



FITNESS BASICS PART I: NUTRITION BASICS

A comprehensive Active Strength & Conditioning approach to Nutrition, Training, and Recovery





“Active Strength & Conditioning- Finding the Athlete in Everyone”

- **What We Do:** At ASC we aim to create a safe and encouraging environment where athletes of all fitness and experience levels can come to push themselves to make significant progress towards their individual fitness goals in a team setting.
- **How We Do It:** We are an athletic training facility that employs an undulating periodization model utilizing Powerlifting, Olympic lifting, Bodybuilding, and Accessory movements as well as steady state cardiovascular training and HIIT to promote fat loss, increase lean body mass, improve overall strength and power production, as well as cardiovascular output capacity.
- **What You Can Expect:** Upon becoming a member of our Active SC family, you can expect to see significant improvement in overall physical ability, physical health, cognitive function, and mood. Additionally you will have access to two of the most qualified coaches in the area who will be readily available to help you with any questions you have and find the right steps to help you on your fitness journey.





NUTRITION



MACRONUTRIENTS

- AKA “Macros”
- Protein : 4cal/g (Aids in muscle building and recovery)
- Carbs : 4cal/g (Stores as muscle glycogen and provides energy during training)
- Fats : 9cal/g (Slow burning energy source, can help to reduce inflammation)
- Formula (2000cal/Day diet; 30% P, 40% C, 30% F Split)
 - $2000\text{cals} \times 0.3 = 600\text{cal} / 4\text{cal/g} = 150\text{g Protein}$
 - $2000\text{cals} \times 0.4 = 800\text{cal/g} / 4\text{cal/g} = 200\text{g Carbs}$
 - $2000\text{cals} \times 0.3 = 600\text{cal/g} / 9\text{cal/g} = 66.7\text{g Fats}$



PROTEIN

Key points

- Increasing protein in the diet can come with many benefits and comes in many forms
- Aids in muscle growth and recovery
- Can help to improve body composition
- Low levels can be damaging to the body and lead to over use injury and soft tissue damage
- High levels of protein will be slightly de-hydrating
- Increased protein in the diet may need to be supplemented with increased dietary or supplementary fiber

RECOMMENDED PROTEIN SOURCES

- White meat- Poultry
- Fish
- Eggs
- Beans
- Soy
- Lean beef
- Greek Yogurt
- Whey Isolate Protein



CARBOHYDRATES

Key Points

- **CARBS DO NOT MAKE YOU FAT**
- Necessary for strength gains and muscle energy
- Post workout carbs help with soreness and speed recovery
- Pre-workout carbs provide the primary source of energy for our muscles during training (ex. *Banana, whole wheat peanut butter sandwich, lara bars, cliff bars*)
- Can store as fat if broken down quickly, and not used as muscle glycogen
- Muscle glycogen holds on to water and helps with hydration
- Probably the easiest macro-nutrient to overload ourselves with
 - *Do not drink your carbs- juice, soda, sugary coffee drinks*



RECOMMENDED CARB SOURCES

- Old fashioned oats
- Fruits
- Sweet potatoes
- Yams
- Multi-grain hot cereals (*Rye, barley, triticale*)
- Red Potatoes
- Butternut squash
- Black beans
- Leafy green vegetables
- Whole wheat bread
- Sprouted bread (*Ezekiel Bread*)
- Quinoa
- Brown Rice
- Lentils
- Chickpeas/ Garbanzo Beans (*Hummus*)



FATS/FATTY ACIDS

- Can actually help to facilitate fat loss in the body
- Help reduce inflammation
- Slow burning fuel for aerobic energy system
- Saturated Fatty Acids (found in dairy products, fried foods, vegetable oils, etc.)
 - Not more than 10% of daily recommended diet
 - Associated with heart disease and artherosclerosis
 - Increase LDL(bad) cholesterol
- Unsaturated Fatty Acids (Found in fish, red meat, avocados, flax, walnuts)
 - Recommended at not more than 30% of daily diet
 - Increase HDL(good) cholesterol



RECOMMENDED HEALTHY FATS

- Avocados
- Hard Cheeses
- Nuts
- Whole Eggs
- Fish
- Extra Virgin Olive Oil
- Greek Yogurt
- Chia Seeds
- Flax Seeds
- Dark Chocolate
- Coconuts/Coconut Oil



BASAL METABOLIC RATE

- The daily energy required to run bodily functions
- NEVER eat below this number
- Caloric deficit means to be under TDEE (Total Daily Energy Expenditure)
- Can cause your muscles to become catabolic if you eat below this mark
- In direct correlation with muscle mass and body fat percentage
- Increasing BMR means burning more calories while sitting, sleeping, working, etc.



S.M.A.R.T. GOALS

- Useful for all goals in life but particularly in reference to training and nutrition
- S- Specific
- M- Measurable
- A- Action Oriented/ Adjustable
- R- Realistic
- T- Time Bound



S.M.A.R.T. EXAMPLE

- **General goal:** *“I want to look thinner”*
- **S.M.A.R.T. GOAL:**
 - *“I want to lose 5% body fat in 6 months by going to the gym a minimum of 4 days a week for 45-60 minutes a day, and sticking to a healthy sustainable diet with 80% consistency”*



WHAT TO AIM FOR

- Building healthy, lifelong, sustainable habits
- Maintaining a positive trend in progression towards our goals
- Staying realistic about progress
- Taking reasonable first steps
 - **Big Rock Theory**
 - Big rocks: Consistency, motivation, goal setting- Get moving, clean up diet
 - Pebbles: Diet, training mode, active recovery
 - Sand: Supplementation, specialization in sport, extreme dieting
 - Water: Timed dieting, exclusion diets, personalized training 6+ times a week



WATER INTAKE RECOMMENDATION

- Drink half your body weight in ounces of water per day
- Supplement this baseline amount with 16-24oz of water post exercise for every pound lost during training
- Water intoxication, while highly uncommon, is a real thing, it is possible to be over-hydrated and the effects are sometimes worse than dehydration
- Avoid carbonated drinks, high amounts of caffeine, and high amounts of sugar



ALCOHOL AND THE EFFECTS

- Alcohol = 7cals/g (Higher than both carbs and protein)
- Slows down metabolism up to 78% for up to 4 hours following consumption of one alcoholic beverage
- Natural diuretic
- Hangovers are severe dehydration and cause us to seek out fatty and fried foods
- Disables protein synthesis in the body



FOODS TO AVOID (DIRTY 30)

(AND TO IDEALLY NEVER EAT)

Kids Cereal	Soda	French Fries	White Bread	White Rice
Cookies/Cake	Candy	Ice Cream	Hash Browns	Sugary Coffee
Croissants	Energy Drinks	Chips	Pot Pies	Ramen Noodles
Donuts	Fried Meats	Bacon	Salami/Pepperoni	Hot Dogs
Bloomin Onions	Nachos	Crispy Chicken Sandwiches	Margarine	Gravy
Caesar Dressing	Ranch Dressing	ALCOHOL	Mayonnaise	Cheddar Cheese



FOODS TO EAT MORE OF

WATER	Fish	Broccoli	Spinach	Raw Oats
Almonds And Walnuts	Blueberries	Whole Eggs	Green Tea Black Tea Coffee	Chicken
Lean Beef	Avocado	Cottage Cheese	Apples	Fish Oils Krill Oil
Olive Oil	Green Supplements	Milk	Dark Chocolate	Whey Protein



SUPPLEMENTATION

- **FOOD FIRST**
 - Know you're supplementing
 - Know what you're taking
- Whey Isolate Protein
- BCAAS
- Shelf Steady Probiotic
- Daily Multivitamin
- Fish Oil
- Catalyte Electrolytes if training demands do not necessitate carbohydrates
- Men- Low serum zinc & vitamin D levels are related to low testosterone