



Key To Fitness

Sound Nutritional Program

By Chris Cosich

Are you exercising but not reaching your chosen goals? Have you spent money on a health club membership, maybe the guidance of a trainer, expended many dollars and ounces of perspiration and found yourself frustrated at not seeing the changes you'd hoped? It's time to take a real look at the largest piece of the puzzle which often happens to be the most ignored—adherence to a sound nutritional program.

In my business, I choose not to use the term "diet" because in the U.S., the term has been so misused, the mere mention invites thoughts of deprivation or restriction. Instead, I invite clients to think of eating as a scheduled program, a lifestyle commitment that is integral to maintaining health, and an absolute NECESSITY to achieving fitness goals, be it losing unsightly body fat, increasing strength, increasing performance in a chosen endeavor, or simply enhancing vitality in everyday living. I constantly reaffirm to new clients that if attention is not given to the area of eating habits, their results will be drastically shortchanged.

In America the word "diet" intimates a schedule one undertakes for a given length of time, that it is something with a beginning and an end. A nutritional program is a lifestyle integration. Eating properly is the largest common denominator in maintenance of health and fitness. It is taking care of the machine that carries us in our everyday activities.

Poor eating habits have a domino effect of physical and psychological consequences that would require more pages than this publication has. For our purposes, a program of

eating will be introduced that will increase energy levels, stimulate your metabolism, combat fatigue and bolster your immune system. Adopted correctly, you'll be eating more and be getting fitter, not fatter.

First, the physiology of metabolism needs to be addressed. Physiologically our metabolism should be fed no differently than when we first arrived in the world. At birth an infant feeds in small portions frequently throughout its waking hours. This is how our metabolism is programmed and synchronized to function. The act of eating STIMULATES your metabolism. Not eating or missing meals slows your metabolism and interrupts the synchronization. Now, if the act of eating heightens metabolic activity, the types of food, and frequency of meals needs to be addressed.

It seems that America has waged a homeland war on carbohydrates and their consumption. Everywhere we look there are "lo-carb" foods being touted as the new weight-loss nirvana. Here is the raw fact: carbs do not make you fat. Your choice of carbs and your portion sizes do.

When Americans hear the term "carb" it is often thought to mean breads, pasta, muffins and the like. Regardless of whether these foods are titled "whole grain" or not, the fact remains they are PROCESSED. By processed it means they are created, that they are not in their natural state of origin.

Eating foods that are processed or "predigested" results in these foods turning to sugar very rapidly in your system and consequently storing as fat. Carbohydrates in their whole form such as sweet potatoes, rice, oats, barley, and

