



★ ALLIANCE OF PRESTIGE & CREDIBILITY
 EXPERIENCE. EXPERTISE. RESULTS.

YOUR WEBINAR HOST & SPEAKERS

<p>Richard Stewart Director of Education Webinar Host</p>	<p>Neal Spruce dotFIT Founder & Chief Executive Officer</p>	<p>Kat Barefield dotFIT Registered Dietitian</p>
<ul style="list-style-type: none"> • Bachelor of Science in Exercise Science • Master of Science in Exercise Physiology & Sports Medicine • Over 30 years' experience in the fitness industry • 3-time National Champion in the Weight Pentathlon 	<ul style="list-style-type: none"> • Industry visionary • Founder of Apex Nutrition • Former bodybuilding champion • Author • 30-year fitness veteran 	<ul style="list-style-type: none"> • Bachelor's of Science in Athletic Training • Master's of Science in Sports Nutrition • Registered Dietitian • Certified Personal Trainer • Over 12 years' experience in the fitness industry

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HOW dotFIT WORKS FOR YOU
NUTRITION FOR YOUR GOAL

YOU ARE WHAT *AND* HOW MUCH YOU EAT


- Food choices affect risk of developing
 - ✓ Heart disease
 - ✓ High blood pressure
 - ✓ Diabetes
 - ✓ GI disorders
 - ✓ Certain cancers
- Amount determines your weight
 - ✓ Obesity directly linked to 300,000 deaths/yr

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ENERGY BALANCE AND BODY WEIGHT

ENERGY BALANCE



<p>Energy in</p> <ul style="list-style-type: none"> - Food Carbohydrates, lipids, proteins - Alcohol 	<p>Energy out</p> <ul style="list-style-type: none"> - Basal metabolism (60-75%) - Thermogenesis (10%) - Physical activity (15-30%)
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Weight


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HEALTH & WEIGHT MAINTENANCE

- **Eat the same number of calories as you burn**
 - ✓ Stable weight/size over time is a good indicator
- **Get 60 minutes of daily physical activity**
 - ✓ For normal weight persons (*JAMA, 2010*)


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WEIGHT LOSS

- Eat 250-1000 fewer calories than you burn per day
 - ✓ $\frac{1}{4}$ -2 lb weight loss per week or decrease in inches/clothing size
- Get 60-90 minutes of daily physical activity


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WEIGHT GAIN

- Eat 250 more calories than you burn per day
 - ✓ $\frac{1}{2}$ pound gain every 2 weeks for males
 - ✓ $\frac{1}{4}$ pound gain every 2 weeks for females
- Regular resistance training to build muscle


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ATHLETIC PERFORMANCE GOALS

- **With Weight/Fat Loss**
 - ✓ Maximum daily calorie deficit is 20% of maintenance calories
- **With Weight Gain**
 - ✓ Avoid rapid gains to avoid declines in performance


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START WITH YOUR DAILY CALORIE NEEDS


FREE FITNESS PROFILE
Establish your fitness goal. →



[FREE PROFILE ON WWW.DOTFIT.COM](http://WWW.DOTFIT.COM)

FULL NUTRITION, SUPPLEMENT & EXERCISE PROGRAM

LOSE WEIGHT Get lean, lose body fat, or tone up. →		BUILD MUSCLE Gain weight or muscle. →	
IMPROVE HEALTH No change in weight. →		IMPROVE ATHLETIC PERFORMANCE Lose weight or body fat. → Gain weight or muscle. → No change in weight. →	

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FOOD CHOICES CAN HELP PREVENT DISEASE & OPTIMIZE HEALTH

MyPyramid
 STEPS TO A HEALTHIER YOU
 MyPyramid.gov

White rice, white bread, white pasta, potatoes, soda, and sweets
 † Use sparingly †
 Dairy or calcium supplement, 1-2 times/day
 Fish, poultry, eggs, 0-2 times/day
 Nuts, legumes, 1-3 times/day
 Vegetables (in abundance) Fruits, 2-3 times/day
 Plant oils (olive, canola, soy, corn, sunflower, peanut and other vegetable oils)
 Whole grain foods (at most meals)
 Daily exercise and weight control

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HEALTH & WEIGHT CONTROL

➤ **Carbohydrates - 45-65% of total intake**

- ✓ Focus on whole grains, fruits & vegetables
- ✓ 1-2 servings at most meals (serving sizes below)
- ✓ 2000 calories/day - 4 to 6 servings (most get 8)

1 SLICE OF BREAD (1 OZ)

½ CUP OF COOKED PASTA

½ CUP OF COOKED RICE


½ CUP OF CEREAL

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HEALTH & WEIGHT CONTROL


- **Eat More Fruits & Vegetables**
 - ✓ 5 servings is fine, 11 is optimal
 - ✓ 90% of people do NOT get 5 servings a day




1 PIECE OF FRUIT



1/2 CUP OF CUT FRUIT



1 CUP OF SALAD GREENS



1/2 CUP COOKED OR RAW VEGGIES

STANDARD SERVING SIZES

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HOW TO REDUCE CALORIES, INCREASE NUTRIENTS

- **Simple Ways to Boost Fruit & Veggie Intake**
 - ✓ Choose whole fruit and veggies instead of juice or dried fruit
 - ✓ 100 calories = ~2 cups of grapes OR 1/3 cup raisins
 - ✓ Add fruit to cereal, oatmeal, pancakes, etc.
 - ✓ Add veggies, beans and lentils to soups, sandwiches, casseroles, pasta, omelets, wraps
 - ✓ Start with a green salad and light dressing
 - ✓ Choose fruit-based desserts

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HEALTH & WEIGHT CONTROL

➤ **Carbohydrates to Minimize**

- ✓ Refined and fat-free foods, added sugars
 - ✓ Fiber and nutrients are removed
 - ✓ High in calories and unhealthy fats, easy to overeat



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HEALTH & WEIGHT CONTROL

➤ **Protein – 10-35%**

- ✓ Higher amounts may promote osteoporosis, take the place of other nutrients
- ✓ Focus on lean sources, low in saturated fat
- ✓ 1-3 servings per day at most meals



4-6 OUNCES OF FISH MEAT THE SIZE OF YOUR PALM SOY PRODUCTS ½ CUP OF BEANS/LENTILS

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HEALTH & WEIGHT CONTROL

➤ **Fats – 20-35% of total intake**

- ✓ **Add 1-2 servings of healthy fats** from plant oils, nuts, fish, avocados and whole grains that *prevent disease*



1 OUNCE OR 1/5TH OF A WHOLE AVOCADO



1 OUNCE/SMALL HANDFUL



1 TABLESPOON OF PLANT OILS

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HEALTH & WEIGHT CONTROL

➤ **Fats – 20-35%**

- ✓ **Reduce** or eliminate unhealthy saturated and trans fat from butter, whole milk, cheese, cream, lard, fried foods and baked goods that *promote disease*









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HEALTH & WEIGHT CONTROL

➤ **Omega-3 fats in fish and fish oil supplements**

- ✓ Body requires these so you must eat them
- ✓ Help prevent and treat heart disease and stroke
- ✓ Raise good HDL cholesterol
- ✓ Reduce high blood pressure
- ✓ Prevent heart rhythm disorders





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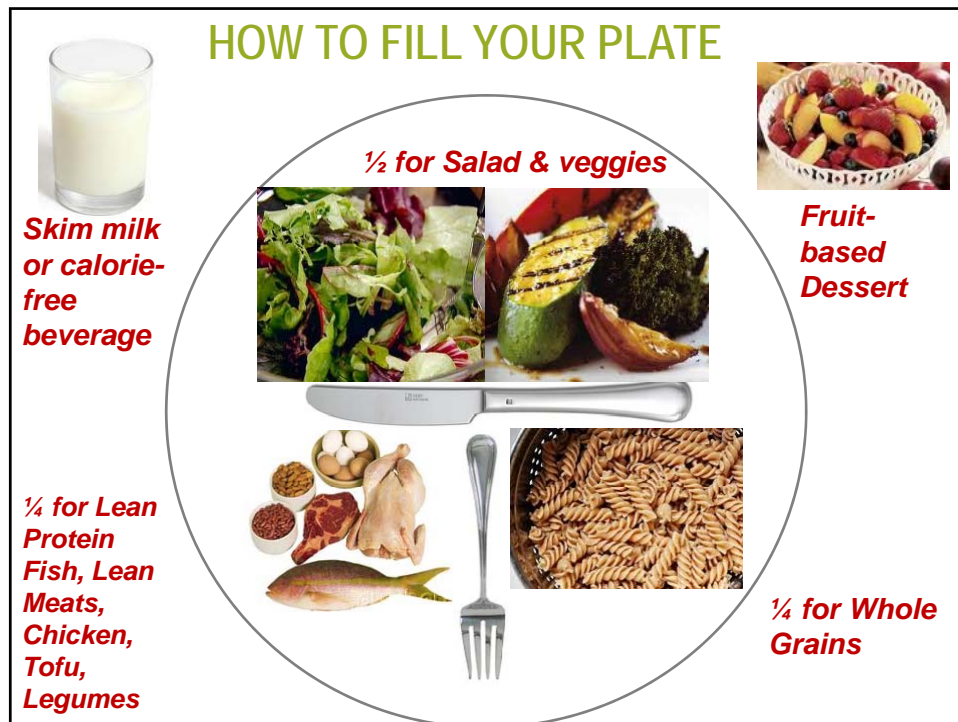
HEALTH & WEIGHT CONTROL

➤ **Good sources of essential Omega-3 fats**

- ✓ 2 – 6 ounce servings of fatty fish per week

 <p>4-6 OUNCES OF MACKEREL</p>	<p>FLAXSEED/FLAXSEED OIL</p> 	 <p>1 OUNCE OR 1 SMALL HANDFUL OF WALNUTS</p>	<p>4-6 OUNCES OF SALMON</p> 
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HEALTH & WEIGHT CONTROL

- **Eat More Fiber**
 - ✓ Typical intake is half recommended amount
 - ✓ Double your intake and lose 5 pounds *without* dieting
 - ✓ Men – 38 grams/day; Over 50 – 30 grams
 - ✓ Women – 25 grams/day; Over 50 yrs – 21 grams
 - ✓ **Tips**
 - ✓ Track it with a journal or online tool
 - ✓ Increase slowly and drink plenty of fluid


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FIBER-RICH FOODS

- Breakfast cereals with 8-10 grams per serving
- 100% whole wheat bread & pasta, brown rice
- Oatmeal (steel-cut vs. instant)
- Bran products
- Beans, peas, lentils (add to soups, salads & stews)
- Fruits with skin – apples, berries, oranges
- All vegetables
- Nuts – add to salads, oatmeal, yogurt

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CUT BACK ON SALT

- High salt intake can elevate blood pressure
- Salt Contains Sodium
 - ✓ Most need 1,500 mg/day
 - ✓ Most get 3,400 mg/day
 - ✓ Limit to 2,300 mg/day
- Biggest sources
 - ✓ Salt shaker, processed snacks, cheese, frozen foods

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MEET YOUR FLUID NEEDS

- **You need ~2.5 Liters per day (10 cups)**
 - ✓ Based on size, activity level and environment
- **Food provides half of daily needs**
- **Beverages provide other half**
 - ✓ Water, juice, milk, soda, coffee, tea
- **8-10 cups of plain water is NOT necessary**

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MEET YOUR FLUID NEEDS

- **Before exercise**
 - ✓ 2-3 cups (16-24 oz) 2 hours before
- **During exercise**
 - ✓ 3-6 oz every 15 min
 - ✓ Use water if exercising less than 60 minutes
 - ✓ Sports drinks
 - ✓ Activity longer than 60 minutes, multiple daily workouts, irregular/inadequate food intake
- **After exercise**
 - ✓ 2 cups (16 oz) for every pound lost
- **Increase intake for hot/humid weather**

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HEALTHY EATING SUMMARY

- Eat 5-11 servings of fruits and veggies, 1-3 with each meal, 1-2 snacks daily
- Choose whole grain bread, pasta, rice and cereals over white, refined products
- Choose lean protein sources
- Eat 1-3 servings of nuts and legumes
- Eat fish at least once, preferably twice a week
- Choose low/nonfat dairy products

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PRACTICAL WEIGHT LOSS STRATEGIES

- Eat Every 4 Hours
 - ✓ 3 meals and 1-2 snacks
 - ✓ Time of day does NOT matter (except breakfast)
- Eat Breakfast
 - ✓ Regular breakfast eaters are more successful at losing and maintaining weight loss
 - ✓ Reduces calorie intake later in the day
 - ✓ Try high-fiber cereal with fruit, egg-white omelets with veggies or meal replacement

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PRACTICAL WEIGHT LOSS STRATEGIES

- Skip the appetizer. Instead, start your meal with a broth-based soup, green salad or fresh fruit
 - ✓ Choose soups \leq 100 calories/cup; avoid cream-based
 - ✓ Choose green salads with light dressing, skip the cheese

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PRACTICAL WEIGHT LOSS STRATEGIES

- Use pre-portioned foods in place of 1-2 meals per day (shakes, bars frozen meals)
 - ✓ Consistently shown to be *more effective* than traditional dieting
 - ✓ Helps control portions, reduce calorie intake
 - ✓ Provides energy between meals, prevents excessive hunger
 - ✓ Result in greater weight loss and long-term success

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PRACTICAL WEIGHT LOSS STRATEGIES

- Remove tempting foods from within eyesight
- Remove trigger foods from work and home
 - ✓ More barriers to food reduces eating
- Repackage bulk items into smaller containers
 - ✓ Large containers leads to cooking, serving and eating more
- Use smaller plates, bowls, glasses
 - ✓ Leads to smaller portions


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WEIGHT GAIN & PERFORMANCE GOALS

- Increase total caloric intake with specific timing of meals
 - ✓ May need more meals and snacks
- Higher simple carbohydrate intake to load energy systems and enhance recovery
 - ✓ White rice, bread, pasta before activity
- Protein recommendations
 - ✓ ~ 1 gram per pound of weight

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WEIGHT GAIN & PERFORMANCE GOALS

➤ **Timing of Meals and Snacks is Critical**

- ✓ **Pre-training Snack**
 - ✓ 10-40 minutes before activity
- ✓ **Post-training Snack**
 - ✓ Immediately after workout
 - ✓ Usually in liquid form based on preference, venue and/or convenience
 - ✓ Can use other appropriate foods (carbs higher than protein, low in fat)

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WEIGHT GAIN & PERFORMANCE GOALS

- **Early Morning Training**
 - Eat a large pre-training type meal as your final meal of the previous day
 - Consume only the pre-workout snack before your workout
- **New Key Takeaway**
 - Regular eating (3-6 normal meals) containing the same foods and supplements will not deliver the same result
 - There is no “catch up” for what takes place in the post training “metabolic window”
- **Large Pre & Post-training/event Meals**
 - Pre-event meal - ~2-3 hours before your major activity
 - Post ~ 1-2 hours after training based on post-training supplement/snack

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WEIGHT GAIN & PERFORMANCE GOALS

➤ Special Topics

- ✓ Supplement Stacking for Maximum Muscle Gain
 - ✓ [Check out the Article](#) in the Fitness Vault
- ✓ Carb Loading for Endurance Athletes
 - ✓ [Check out the Article](#) in the Fitness Vault
- ✓ Creatine Loading for Strength Athletes
 - ✓ [Check out the Article](#) in the Fitness Vault

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Importance of Pre/Post Meal Timing

23 experienced recreational bodybuilders resistance training for 10 weeks – **all things equal except timing:** Greater gains in all areas (fiber size, LBM, body mass, strength, reduction in fat mass) Cribb et al Nov 2006


Category	PRE/POST	MORE/EVE
Body Mass	5.5	3.08
Lean Mass	6.16	3.3
Fat Mass	-0.44	0.22

Type	PRE/POST	MORE/EVE
Type IIa	1153	784
Type IIx	1140	775

Strength Metric	PRE/POST	MORE/EVE
1 RM Squat	46	35.8
1 RM Bench Press	26.8	19.8
1 RM Deadlift	39.6	33

Pre/Post & Mor/Eve meals contained ~5.5gms creatine


36


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SUMMARY

- Start by determining your daily caloric needs for your goal
- Make better food choices for optimal health & longevity
 - ✓ Commit to adjustments you can live with
- Incorporate proven strategies for your goal


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SIMPLE WAYS TO BOOST WEIGHT LOSS

QUESTIONS? WE'VE GOT ANSWERS

- Use the Go To Meeting window on the right side of your screen. Click the QUESTIONS tab and type in your question.
- You'll find a recording of this and other webinars at www.dotFIT.com/webinararchives.
- Questions? Email us at edu@dotfit.com


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MORE INFO

- **New Product Special section online**
 - ✓ Save up to 50% on select products!
 - ✓ Creamy Peanut Butter dotTREATs are 20% off through Aug 31
 - ✓ Go to www.dotFIT.com/specials
- Check out our blog at www.dotFIT.com/blog
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