



THE ROAD TO HEALTH & WELLNESS

HEALTH TOPIC OF THE WEEK

3/11 - Combined Exercise and Nutrition

Introduction

Welcome back to EPT's miniseries on partnership principles for success. So far, I've discussed Principle #1: Commitment over Motivation and Principle #2: Consistency over Perfection.

This week's focus is a powerful one: Combining Exercise with Nutrition. I might seem like a broken record on this topic, but that's because it is so important. Exercise and nutrition are absolutely a package deal.

Diet and Exercise Must go Hand in Hand

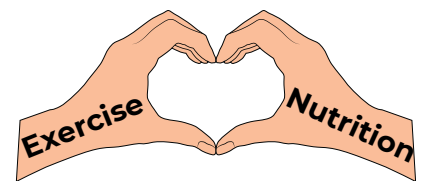
Some people will spend hours at the gym to "undo the damage," only to repeat the vicious cycle by overindulging in junk food or alcohol. Others simply do not eat enough. They skip breakfast or intermittent fast. They'll put all their energy into their workouts but won't reap the full benefits because of their unhealthy eating habits.

Typical Client Categories

I have been helping people improve their health for four decades. Clients I see tend to fall into four categories:

Poor Exercise + Poor Nutrition

These are individuals who get little, if any, regular exercise and have poor nutritional habits. Eventually, they pay the price for their unhealthy lifestyle. They experience premature and rapid aging. Most become overweight and end up taking multiple medications for a variety of metabolic diseases.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Good Exercise + Poor Nutrition

These individuals exercise with regularity but eat the Standard American Diet (SAD). I often see this in males. In high school they “worked out”, played sports or lifted weights. They continue to lift weights or participate in some form of sport or exercise but maintain less than desirable nutrition patterns. They go to the gym but think nothing of downing several beers and an extra cheese pepperoni pizza while they watch TV in the evening.



Despite improper nutrition, this group will still make meaningful improvements. Exercise will increase strength, power, flexibility, athletic performance, improve body composition and create new neurons in the brain to improve cognitive function and mood.

However, the wonderful benefits of exercise are limited due to poor eating habits. Furthermore, high-fat, sugar and processed food consumption promotes systemic inflammation and disease.



Poor Exercise + Good Nutrition

Individuals in this category are the “label readers.” They value eating “clean”, and their diet is much healthier than the SAD. However, they do not put an equal emphasis on exercise. They engage in minimal exercise, if any. Perhaps they do some gentle yoga, light stretching or go for long walks, but these won’t produce the results that come from a prescribed individualized training program.



A healthy diet reduces the amount of sugar, saturated fat and processed foods and goes a long way in maintaining a healthy body weight and minimizing the development of metabolic diseases. However, clean eating does not strengthen muscles, improve flexibility and balance, increase lean muscle mass, improve bone mineral density or create new brain cells, all of which occur with appropriate exercise.



Good Exercise + Good Nutrition

If you are in this group, pat yourself on the back. Good for you! You are positioned to get the best results possible. You are on the pathway to preventing disease and promoting health.



Chances are good that you look much younger and feel better than the folks in those other groups. You are likely to live longer, develop fewer diseases and take less medications. These are all excellent reasons to CELEBRATE. Spoiler Alert: Celebration is the theme of our next article, so stay tuned.



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EPT Testimonials

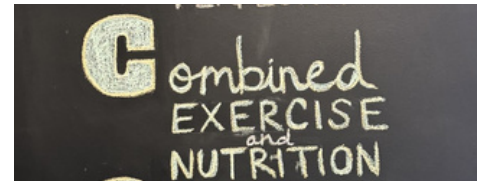
Please check out the testimonials on our website. Many clients have benefited from EPT's individualized personal training or nutrition services. However, the BIG success stories are for people who combine training with proper nutrition.

CHECK IT OUT

We are thrilled to have clients who are no longer diabetic or hypertensive. Many have lowered their cholesterol, reduced chronic pain and lost weight. Others have discontinued medications for anxiety and depression. These are real clients, not exaggerated or fictitious Internet claims. These are also the clients who combine proper nutrition with exercise!

If you're looking to set yourself up for optimal health, focusing equally on exercise and nutrition is the best way to get there.

If you're already doing both, keep going. If you're doing one without the other, please reach out. We can help you to train effectively and eat properly.



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SCAN ME



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