

TRAINING TIP OF THE MONTH

January - *JUST DO IT. It is easy to say that it is time to get in shape. Fitness is a lifestyle. Make yourself feel good. Don't start tomorrow - DO IT TODAY!!!*

February - *Protein intake is the single most important factor for muscle recovery and growth. Experts recommend 1g of protein per lb. of bodyweight per day.*

March - *When training, make sure to vary your routine. Vary the number of reps and weight. Some days go heavy for lower reps and some days go lighter and get more reps. Don't go below 4-6 reps in any set.*

April - *Did you know that exercising before eating your first daily meal burns up to 300% more fat than at any other time of the day?*

May - *The best time to ingest protein, carbs and supplements is immediately following a workout. During a workout the body becomes depleted, make sure to re-nourish quickly after exercise.*

June - *Make sure to eat at least 5-6 small meals during the day (every 2.5 - 3 hours).*

July - *If you are working cardio into your routine and cannot do it in the morning, do it AFTER you train with weights. Your weight training takes more energy and you want to be strong for your workout. In addition, your body becomes primed for burning calories after weight training.*

August - *Since it is summer - keep hydrated. Athletes need 10 - 12 12oz. glasses of water everyday. Water forces nutrients into muscle cells for repair & recovery. The more water the better...*

September - *Time to change your routine.*

October - *As the weather gets cooler, remember to do a proper warm-up and cool down. The soreness you feel tomorrow should be due to muscle strain, not muscle pulls. Also, stretching after weight training actually continues the micro-tearing process (micro-tears build muscle).*

November - *Nutrition is at least 70% of bodybuilding. What you eat is more important than all the training in the world. Better nutrition is the single factor that separates the average individual in "good shape" and the individual that everyone wants to mimic. Ask them, it's what they eat....*

December - *During this time, remember portion control. Simple rule, make a fist - keep portions about that size. Eating right is also about timing. If you eat a high calorie meal in the morning, you have a chance to burn it off. If you eat it late at night, it will turn to fat.*