

Eating for Energy

by: Kathy G. Wise RD LD LDN

Ever find yourself dragging in the morning or the middle of the afternoon? Do you want more energy to get you through the day with plenty to spare to do the things you want to do? If you answered yes to both those questions then read on.

Many people give little thought to food other than what tastes good and fills them up, however food is much more. Think of food as fuel for the body, just like the fuel used for automobiles, lawn mowers, boats, planes and other mechanical toys. You know the importance of using the right fuel for the best performance and life of your vehicle, but did you ever think about the right fuel for your body? Using the best fuel or fuel blend is something often reserved for our vehicles, but wrongfully so. Our bodies, just like our vehicles, need the right fuel, the premium blend for the best performance and maximum energy level. All food provides energy in the true sense of the word, but some are better sources of energy than others. Carbohydrates are the master fuel. In addition to carbohydrates, protein and fat are needed in appropriate proportions. Then vitamins and minerals are crucial for the release of energy from food and for energy production. So if you want more energy you may want to treat your food more like the valuable fuel that it is instead of just something that taste good.

Go for the Grains

Grains are complex carbohydrates. The primary advantage of complex carbohydrates over simple carbohydrates is that they are nutrient dense. They provide more B vitamins necessary for energy metabolism as well as more fiber and iron. Complex carbohydrates break down gradually, delivering a slow, steady stream of glucose into the bloodstream and more lasting energy. Other complex carbohydrates include vegetables and legumes.

Fruit for Quick Energy

Fruit is a simple carbohydrate because it is high in natural sugar. Simple carbohydrates break down quickly, they provide immediately energy, but it does not last long. Simple carbohydrates such as fruit juice or a piece of fruit can be especially advantageous right after a workout to replace the carbohydrate stores depleted by exercise. The advantage of fruit over other simple carbohydrates is that they pack an ample supply of vitamin C, potassium, folic acid, fiber and many other vitamins and minerals.

Protein to Prevent Fatigue

When protein intake is insufficient, especially after a workout, muscles are broken down then strength and energy levels drop. Conversely, if excess protein is consumed, the excess will be converted to carbohydrate and used as fuel or converted to and stored as body fat. So the key to protein intake is adequate protein,

not excess. For the non-athlete that means 0.8 grams of protein per kilogram of body weight. Vegetarians' needs are a little higher at 0.9 grams per kilogram of body weight. For the endurance or strength athlete protein needs increase to 1.2 to 1.8 grams per kilogram of body weight.

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Fat for Lasting Energy

Fat is often thought of as bad or something that should be avoided at all costs. Truth be known, fat is the second most important fuel for endurance athletes. Fat is necessary for many body processes and a fat free diet can be almost as dangerous as a high fat one. The biggest danger lies in the type of fat selected. Monounsaturated fats such as olive, peanut, and canola oils are most desirable. A diet that provides 20 to 30 percent of the calories from mostly monounsaturated fat is sensible, healthy and necessary for lasting energy.

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RPFitness Staff Spotlight!



Susan Kunce
Group Fitness Instructor & Personal Trainer

Sue is a graduate of The University of Akron. She received a Bachelor of Science degree in Technical Education along with an Associate Degree in Business Management. Sue brings 20 years of experience in the fitness industry. She started as a group fitness instructor over 19 years ago and during that time developed and managed group fitness programs. She has a national certification from American Council on Exercise (ACE). She has specialized training and certifications for Strength Training from BTF-PowerFlex and a Kickboxing certification from Gorilla Sports. In addition to instructing a variety of class formats, she has developed and managed Corporate Fitness programs for local corporations. In addition to Group Fitness Classes, Sue specializes in One-on-One Personal Training at RPFitness.



RPFitness Product Spotlight

Get “Leverage” with ULTIMATE MUSCLE PROTEIN™

IMAGINE A PROTEIN POWDER THAT BEHAVES LIKE THIS. Blend it up with milk or water –it doesn’t matter which—and you are guaranteed of producing a perfectly textured shake that is so addictively appetizing you’ll want one for breakfast, lunch and again before bed. The excitement never settles as you leap between vanilla, chocolate and cookies & crème flavors. Each one is prepared by a flavor chemist who painstakingly combines aromas, essential oils and essences using a process that is as much art as it is science. While it pleases your palette like a five-star dessert, this ideal protein powder is so nutritionally complete that you often use it as an entree. Each serving fills your tired muscles to capacity with a clinically-derived dose of the world’s best quality protein source topped with additional amino acids that are regarded as biochemically essential if you are to achieve your bodybuilding aspirations without disappointment. Disappointed you are not. This protein powder is as much about aspirations as it is about operations. Consuming it every day your metabolism soon finds itself swept up in the accelerating waves of anabolism. It never strains for effect. Barriers to progress that forever haunted your training efforts seem to crumble into thin air, its unprecedented potential reflected in your increasing dimensions. As the days turn into weeks and the weeks into months, your friends, family and coworkers approve of the changes. How could they not? Your much desired, athletically proportioned frame is laden with preternaturally defined and strengthened muscles. When you compare the dollar value of your transformation to the sticker price of the protein powder, it is an extremely small investment indeed.

7 Steps to Bodybuilding or Shaping Success

With the release of Ultimate Muscle Protein™ (UMP), Beverly International Nutrition has put an end to the tyranny of tasteless and inefficacious protein powders. In fact, UMP served as the inspiration for the “ideal protein” described above. Its exceptional formula, composed almost entirely of top quality milk protein isolate (MPI), has paid bodybuilders, athletes and celebrities incalculable dividends in terms of its ability to support greater gains in muscle size, leanness and overall performance. Regular users admit that they could hardly have known in advance that a protein powder could have such far-reaching effects on their body’s appearance and performance. How does it do it? Let us count the steps...

1. “ANABOLIC LEVERAGE”: UMP’s exceptionally high MPI content (90% by protein weight) -possibly the highest in the world- is intended to generate and sustain high “anabolic leverage”.

2. “80/20”: Owing to its exceptionally high content of MPI, each serving of UMP contains 80% slow-release micellar casein and 20% fast-release whey.
3. “ADDICTIVELY APPETIZING”: There’s no better way to sympathize your appetite and build your body than to savor the inviting and comforting flavors of this top quality protein with dessert-like taste. UMP can certainly cushion the disappointment and sense of anticlimax experienced with every other protein powder you’ve tried! Beverly’s flavor chemists just improved UMP chocolate and cookies & crème flavors. Now they taste even more addictively appetizing than ever.
4. “CRITICAL CLUSTER”: UMP contains additional “critical cluster” amino acids, namely, glutamine, arginine and BCAAs (branched-chain amino acids: leucine, isoleucine and valine) to encourage greater muscle anabolism and vasodilation, among other benefits.

Tortellini Soup

Ingredient List :

- 1 T. minced garlic
- 2 T. olive oil, divided
- 1 head escarole, cut into 1” strips
- 3 can (14-oz. each) low sodium chicken broth
- 1 pkg. (14 oz.) frozen tortellini pasta, cooked according to package directions and drained
- 1 jar (7-0z.) roasted red peppers, drained and diced
- salt and pepper to taste
- Grated Parmesan cheese (optional)

Directions :

In sauce pan, cook garlic in 1 T. olive oil until golden, stirring constantly. Stir in 1/2 escarole and cook until wilted. Add remaining oil and escarole. Cook 2 min. Add broth; bring to a boil. Reduce heat and add tortellini, red pepper, salt and pepper; cook 5 min. Serve with a sprinkle of parmesan cheese, if desired.

Servings : 8
 Nutrition Facts
 Calories 214
 Protein grams 8

Carb grams 26
 Fat grams 8
 Fiber grams 2



More Products + Tips!

5. "CLINICAL DOSE": Studies have demonstrated increases in total body mass, fat-free (includes muscle) mass, strength and myofibrillar protein when subjects consumed 20 g of protein before and again after training (40 g total). These studies used proteins containing far less MPI than Beverly's UMP. Every serving of UMP contains 20 g of protein, 90% (18 g) of which is "high leverage" MPI!
6. "THE ANYTIME PROTEIN": UMP's unique profile of nutritional ingredients is capable of satisfying muscle building or shaping needs of all kinds, at any time of day or night. Use it 24/7.
7. "PERFECT CONSISTENCY": Beverly added top quality whey protein isolate to UMP (5% by weight, depending on the flavor) in order to give you the most desirable consistency possible during preparation.

Loosen the "Lug Nuts" on Protein Synthesis

Amino acids are the building blocks of protein –the protein you eat and the protein inside every cell in your body. The purpose of consuming a protein powder is to raise amino acid levels inside your body. But raising them to even very high levels won't amount to a gram, pound or inch of new muscle on our body unless they can be sustained. UMP was formulated to support elevated amino acid levels for several hours at a time. This persistence of elevated amino acid levels has been suggested to generate strong upward leverage, or pressure, termed anabolic leverage, on the numerous genetic and non-genetic factors holding down protein synthesis. These factors can be thought of as "lug nuts" like those holding a tire in place. Sustain enough anabolic leverage and the lug nuts loosen, freeing you to gain all of the size, strength and definition your training had the potential to reward you with all along. You breathe a sigh of relief and exhilaration as those longstanding barriers to progress come down and layer upon layer of lean, hard muscle go up.

A "Stimulus Package" in every serving

UMP contains 80% micellar casein and 20% whey. Whey powerfully stimulates protein synthesis. This has been attributed to its ability to raise amino acid levels quickly ("fast release"), albeit briefly. Some studies suggest this may help preserve muscle mass at rest, such as during a layoff from training.

The R&D scientists at Beverly use a metaphor from economics

when they say that UMP's fast-release whey acts like a "stimulus package", the purpose of which is to "kick things off, grease the wheels of anabolism and get things moving again." Once whey's commanding lead evaporates, however, the slow-release micellar casein in UMP is there to help keep the anabolic leverage high and loosen those proverbial "lug nuts" that hold down protein synthesis and stand in the way of your bodybuilding or shaping gains.

Flavors Available: Vanilla, Chocolate, Cookies & Crème**

Eating for Energy

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Putting it all together for maximum energy

So now that you have the facts, how can you eat for energy? Simple, start your day with a well-balanced breakfast and stay balanced throughout the day. Never skip meals and never go longer than five waking hours without eating. Here are some examples of energy packed meals.

Breakfast:

A good choice would be a bowl of whole grain cereal topped with a few toasted nuts, low fat cow or soy milk, and a piece of fruit or fruit juice. If cereal is not your favorite try a couple of slices of whole grain toast with a poached egg and a glass of juice.

Lunch:

A high energy lunch might include, three ounces of water packed tuna, piled on mounds of greens, topped with a little olive oil and vinegar dressing, a whole grain roll and fresh melon. If tuna doesn't appeal to you why not go vegetarian. Try some roasted red pepper humus, rolled into a whole-wheat pita with fresh vegetables and served with a rice and lentil pilaf.

Dinner:

A 3 to 4 ounce lean filet, with a side of pasta or potato, a garden salad with an oil dressing and a plate of fruit for dessert should not only meet your energy needs, but satisfy most taste buds. If red meat is not your preference then why not try a grilled tuna steak, a baked sweet potato or rice, some green beans and a baked apple for dessert.

This information is provided for educational purposes only and is not intended as a substitute for professional medical advice. Do not use this information to diagnose or treat a health problem. Please consult your health care provider if you suspect you are ill, or have questions about your condition.

Exciting New Addition to Your Membership!

At RPFitness we are committed to providing you exceptional fitness programming plus the tools to create an overall healthy lifestyle. Effective immediately, all RPFitness members have been assigned a Personal Program Advisor at the Club! Check the letter sent to your home to find out who your adviser is or simply see Dave or Nikki today....

What does having a PPA mean to you?

- A confidential "go-to person" to address club membership concerns
- A quarterly usage report to ensure your commitment and motivation
- **\$100 worth of CLUB CARDS** throughout the year to use as cash toward programs of your choice that will help you achieve your goals and changing needs....our gift to you!

Ask for a list of club services that include individual and partner training, weight loss program, nutritional counseling, fitness and clinical testing and more!

RPFitness offers limited locker rentals

Due to popular demand, RPFitness will begin renting a small portion of the locker room lockers for \$5.00 per month on a month to month basis. This will allow members to leave items in lockers over night, such as yoga mats, weight lifting belts, or head phones. Please contact your personal program advisor or a team member at the front desk for more information on how to secure your locker today. Please note as of November 1, any locks left on lockers overnight will be removed unless they are in the rented area.



Challenge Yourself

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Personal Program Advisors



Dave Dunham



Nichole Joy

Avoiding the H1N1 Virus

- Stay informed.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Take everyday actions to stay healthy.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay at home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to deal with stress and anxiety.
- Call 1-800-CDC-INFO for more information.