



From
FRAZZLED TO
FREEDOM

WEEK 4



5 Exercise **MYTHS** that will **SABOTAGE** your fitness results

THE MYTH:

Cardio is the best weight loss exercise.

THE REAL DEAL:

For your weight loss goal:

- Eat a PFC balanced diet with REAL FOOD
- Incorporate resistance (strength) training into your weekly routine, 2-3 days per week
- Incorporate high intensity intervals, 2-4 days/week
- Increase daily activity

THE MYTH:

Women who lift weights will "bulk up."

THE REAL DEAL:

Women do not have enough testosterone to "bulk up." Lifting weights will give you the definition you are looking for, and not only will it increase your bone density, but it will give you a "shapely" figure. It will also EMPOWER you!

THE MYTH:

The number on the scale means everything.

THE REAL DEAL:

Throw that scale away! It's a common reason why people get frustrated and stop their routines. Remember, if you are gaining muscle, the number on the scale won't move as fast as you think it should, but your body fat % will be decreasing, as will your measurements. Focus on how you FEEL!

THE MYTH:

To see results, you need to put in hours at the gym.

THE REAL DEAL:

Long workouts are excessive and lead to inflammation in the body. With effective planned workouts, you can accomplish what you need to in 30 minutes and get better results than with long workout sessions. In the gym, focus on what you need to accomplish: strength training and intervals. Outside of the gym: eat right and MOVE!

THE MYTH:

I work out, so I can eat whatever I want.

THE REAL DEAL:

Eating whatever you want will throw all of your hard work in the garbage. You can NEVER out-train a bad diet! Remember, just because someone looks fit on the outside, it doesn't mean they're fit on the inside.

Supplements for the Exerciser...continued

2 Supplements for *Pre-Exercise* and *During Exercise*:

CoQ10Vive™: This antioxidant supports energy production to keep athletes from “hitting the wall”—especially during prolonged periods of exercise. It works by enhancing oxygen delivery to cells.

Endura: This helps keep you hydrated during the workout and functions as a recovery drink to balance electrolytes during post-workout.

Post-Exercise RECOVERY SHAKE

Blend together...

- 1 scoop of **Pure Primal Protein™** (I prefer chocolate, but vanilla is great, too!)
- One scoop of **Dynamic Fruits & Greens** (I change the flavor every time to mix it up!)
- 1 tsp. **Pure GlutaPowder™**
- Half an avocado
- Half a banana
- A handful of ice
- Enough water to make it your desired consistency

I recommend having this PFC balanced shake 30-60 minutes post-workout!

Supplements for *Recovery* and *Post-Workout*:

Pure Magnesium: Skip ibuprofen and ice baths, and make magnesium your go-to recovery supplement. Known for its ability to relax muscles, this mineral is essential for reducing muscle soreness and improving your recovery time.

Pure Fish Oil: This supplement protects your joints by keeping them lubricated, and decreases inflammation caused by exercise-induced stress, reducing recovery time and enhancing muscle growth.

Pure Primal Protein™: The ideal protein powder for athletes, Pure Primal Protein™ is made from beef protein isolate that is completely dairy free and easily digestible. It is high in essential amino acids required for recovery, composed of over 98% pure proteins and has all the metabolism-boosting and lean muscle mass building benefits of whey.

Dynamic Fruits & Greens: This powdered blend of super fruits, veggies and antioxidants is important for electrolyte balance and micronutrient intake. Add a scoop to your recovery shake with Ultimate Protein for maximum effect and convenience!



KEEP IT CLEAN!

Balanced Protein Bars & Healthy Hydration

Balanced Protein Bars

Instead of these...

- soy protein isolate
- high fructose corn syrup
- fractionated, partially hydrogenated, or hydrogenated oils
- artificial sweeteners (sucralose, aspartame, acesulfame K, etc.)
- preservatives (ex. BHT)

Choose these...

- [whey protein](#) concentrate or isolate (from grass fed cows is best!)
- [beef protein](#)
- real food sweeteners (honey, dates, cranberries, etc.)
- coconut oil, nut butters, nuts & seeds
- no preservatives!

Healthy Hydration

Instead of these...

- high fructose corn syrup
- food dyes (yellow #5, blue #2, etc.)
- artificial sweeteners
- synthetic vitamins (ex. monopotassium phosphate)
- hidden forms of vegetable oils

Choose these...

- natural sugars from fruit or honey
- no artificial colors
- stevia only if needed
- naturally occurring vitamins/minerals (ex. potassium from coconut water and trace minerals from sea salt)
- fat should be included in your pre/post workout snack, not your drink



The *Success* EQUATION

Intervals



Daily Activity

BEGINNER

20 seconds ON
10 second REST
4-10x

INTERMEDIATE

30 seconds ON
15 second REST
4-10x

ADVANCED

1 minute ON
30 second REST
4-10x

2-4 TIMES PER WEEK

WAYS I PLAN TO INCREASE MY DAILY ACTIVITY:

- 1.
- 2.
- 3.

EXAMPLES:

1. Use the stairs at work.
2. Use a [standing desk](#) part of the day.
3. Park my car at the end of the parking lot.
4. Take a walk on my lunch break.
5. Play outside with my kids.