



Exercise - Transcription

Exercise Overview

For this class today, we're going to talk about exercise the best types of exercise for metabolism and energy and to keep you focused during the day, pre-workout nutrition, post workout nutrition, fueling in the middle of your workout if you should and if you do what that looks like and then supplements for exercise is a big thing. I'm always asked about it.

So we're going to wrap it up touching with your those and then of course your action steps and the thing is, you know for me and as a registered dietitian a current cross fitter, which is a type of exercise a former marathon runner and just overall fitness fanatic and person who's the lover of an active lifestyle I hear and see the same frustration over and over and over. I hear that you're kicking butt during your workouts. You're looking pretty awesome while you're doing it but you're just not seeing the results in the mirror that you're hoping for.

So people often will ask and where is all that gym time and that hard work going that I'm putting in day in and day out at Daily Grind. I'm sure you know at least by now. You should know it but module four that your diet, your nutrition is really really important and you know athletes especially and especially even if you don't consider yourself an asset, if someone who's working out exercising you need to pay extra attention to fine tuning your nutrition because what you what you eat can really make or break your workout and your recovery too so that's why it's important to eat the right Foods before, during and after a workout so basically all the time right? Otherwise, you're never maximizing your workout or making the most of the time that you're at the gym sweating or out on the sidewalk, you know, running you're sweating doing whatever you're doing whatever active thing you're doing so today what I'm doing a module four it.

That's the plan is I'm gonna let you in on my best strategies, strategies that I use with our clients who are athletes, who are Runners, who are iron men who are cross fitters, who are just people who try to work. We're just trying to work out and lose a few pounds, you know, I know it we've got people here today that are at all ends of the spectrum and I definitely want this to be valuable for you whether you consider yourself someone who does exercise or consider yourself an athlete or you're someone who's just not even sure where to start we're going to hit an all those different areas today and really, you know, the strategies on my share with you will help transform your workouts and quite possibly your life because with the right fuel for your body, that's what it takes to get to be your most energetic, fittest, leaner self.



So let's get this show started. So the best kinds of exercise and the types of exercise that boost your metabolism the most and what we know now based on a research, is that hamster wheel workouts? That's why you see the hamster wheel here and I call them that those types of workouts. Don't help with energy and with focus and with weight loss. In fact, what those do is they cause inflammation and inflammation is that concept that we hit pretty hard in module 2 and I'm going to circle back to that in a second. But for years we've been told about exercise is that you know, your burn more calories than you take in you're going to lose weight and you've got to have that deficit and so because of that it's no wonder we spend hours and hours upon hours running or ellipticaling or doing that hamster wheel type over work out where you're going kind of slow for a long time to burn as many calories as we can and the interesting thing is to this day there hasn't been a single study showing that exercise alone causes significant weight loss and certainly not sustainable weight loss.

There's so much more to it than that and we've covered that, you know, the first couple modules we talked about that one of the main reasons that burning tons of calories through exercise can still result in not losing a single pound or actually gaining weight, we'll talk about in a second. It's because of that super duper important thing that you don't hear about very often that we talked about in module 2 called inflammation. So you've seen this graphic before this all ties back into that concept of inflammation and just a quick reminder because I know we've covered a lot of material in these modules that inflammation is when your body is inflamed on the insides and you can't see it and you can't feel it. But when it's inflamed it says if there's a fire inside your body so might remember that visual there's a fire in your body and your body has to constantly focus on putting that fire out and that internal fight result in you having less energy, perhaps digestive issues, dragging workouts, reaching for energy drinks or espresso in the afternoon, in the morning all the time and ultimately gaining weight as well process because of that inflammation. And so this is how exercise too much exercise can cause inflammation in your body.

As we talked about it in module 2, a little inflammation here and there is okay and if even normal because your body is really good at taking care of inflammation. That's why when you stub your toe where you get a paper cut the area gets inflamed and it heals but the problem is if you're doing the wrong types of exercise that are inflammatory types of exercise on a daily basis, you've got to understand that there's going to be an abundance of inflammation happening in your body that your body's not getting break around if you're doing that day in and day out or even if you're doing it, you know a few times a week but not having enough time to rest in between and that time that amount of time looks different for everyone. You know, that's going to cause inflammation happening that your body is not getting a break from so we see this in clients all the time clients who come to us who they just think they're doing all the right things. It doesn't make any sense why they're not able to lose weight or whether still not having energy at



work in or they're just dragging by the afternoon and they're so tired and they're not able as a single pound I speak and crushing at the gym and they're like, I'm doing my workouts, four days a week, five days a week. I'm working my butt off but the constantly tired and they think that they're doing workout routine is going to result in more energy and weight loss what's happening is essentially inflammation it drains your metabolism because your body is focused on healing.

So that's why working out too hard or too much without rest can cause inflammation. Another thing another fact that ties into it is the stress hormone called cortisol. You might have heard of cortisol before and what happens is when you work out too much or too hard without enough rest your body's production of cortisol increases and as your stress hormone, and I briefly mentioned that we're going to cover that probably a little bit deeper in one of the next modules but cortisol is that stress hormone that can set you up for weight gain by raising your blood sugar levels and triggering triggering the release of your fat storage hormone insulin, and we talked about this with stress about how being stressed out can literally cause weight gain without eating any more, any different anything sugary or bad for you? And that's because that's what Cortisol does is it raises your blood sugar regardless of what you're eating and that truly is when you exercise hard without getting enough rest. So because of the inflammation piece and the cortisol piece, this is how you can be working your tail off and not seeing any results in the mirror in your waistline and your body and then also that's how being tired all the time and not having energy goes hand-in-hand because it's like there's those fires inside you that does negative effects happen is your body is constantly fighting these fires inside of you and if that it doesn't have time to give you energy or to help you focus because all that compounding inflammation.

And for me personally, I went through an experience with inflammation where I actually came to a point where I had to make a personal choice to change the type of exercise that I was participating in I used to do those hamster wheel workouts where I woke up at 4:00 in the morning almost every single day to get to the gym and I had do that little you know hour so on the treadmill or an elliptical and I was before I instructed a six o'clock a.m. boot camp class where I worked out worked up a sweat for another hour and I did that almost every day for years and I wasn't the only one doing it a lot of other people are doing that at the gym and the thing is my body. It wasn't in any better shape back then I think this is so interesting and so important to know that my body wasn't in better shape and it certainly wasn't as healthy and what happened was despite my hard efforts, I was continually inflamed and bloated and I didn't even really realize it at the time. I knew that I was I just needed exercise more. I thought I just needed to exercise more and I was gaining weight at the same time and this ties back into how I shared with you. I was in school for dietetics and nutrition along with exercise science, I have a degree in exercise science as well and I was diligently doing what was considered healthy.



But what was happening was that inflammatory exercise regimen I was putting my body through it just it just continued and that was causing inflammation and then I started running marathons because if it's all about calories, I just need to burn more calories, right? And when your Marathon running you're running for a long time, you're burning tons of calories. So I started running marathons and there came to be there came a point where I just had to step back and reassess what is going on and what's healthy and what's not something just didn't feel right. What was I putting my body through and was it even working? So but before I gave it up before I stopped running and before I stop doing these crazy amounts of exercise, I really had to be convinced that it wasn't healthy because at the time my head was buried in research and nutrition dietetics school. And when I came across the studies, I'm as topic of exercise. I honestly didn't want to believe what I was finding but there was no that these long durations of cardiovascular activity on a regular basis can cause inflammation which is at the root of most diseases and also at the root of my low energy levels and my weight gain, so I just kept on exploring your how could that tie into weight loss and weight gain and that's where I found all the information about. It was referred to as chronic cardio where you're doing those hamster will work out and essentially inflammation is draining your metabolism and causing that increase in cortisol.

I remember just being like what? You know, finally understanding of that you can gain weight from the stress you're putting on your body doing something you always been told would help with weight loss and it's not about weight loss, but I do want to mention that because I know so many people are trying to burn calories at the gym so they can shed pounds and I'm opposite happens. So that was really a problem and I just kept thinking gosh like isn't running supposed to be healthy. I just kept repeating that to myself for a long time. So all these people that you see at the gym there an elliptical machine for upwards of an hour. They're getting themselves gold stars every day when they're actually doing more harm than good. You do that every day. You're just making your body fight and fight and fight and you know, if you're putting in those long hours of endurance activity without giving your body a break, how do you expect it to recover?

Always think about that to your body is so good at healing itself. But do you really want it to spend all of its resources on healing instead of giving you energy and building muscle and not to mention just a higher quality of life? Because I remember every time your body is inflamed whenever it's in play and it's focusing on healing that not energy, not happiness, just healing. So I remember I was reading all this research and I just took a deep breath and I just sat there with my thoughts and I examined them with an honest heart and thought it just it makes sense it explains why there are so many overweight marathon runners it explains why so many people can work so hard at the gym and not lose a single pound despite their hard efforts and you know, really that's what it came down to so it's so I want you to know it's true that staying at



exercise can promote fat gain and weight gain and if you're doing the types that are inflammatory, which

I'm going to just keep coming back to is this hamster wheel workouts the long duration of cardio when you're not even really, you know, working that hard. It's something you can do for like an hour versus the shorter one. So all exercise can produce an inflammatory response and a slowed metabolism. If you're doing too much. So what you want to do is you want to make your workouts harder not longer and not necessarily more frequent want to make sure you're well rested so that you can do harder workouts and shorter ones and exercising in that way is going to support your metabolism most without promoting that inflammation. So just like it's downright mean to restrict your body of the nutrients it needs, like fat or calories, you know, subjecting your body that constant state of inflammation's dishonoring to it too. So that's why it's really important to give your body periods of rest and recovery and do the right types of exercise. So those are the right types and I'm talking about the types that boost your metabolism the most.

So back to kind of what I was learning about this I kept reading and researching I was trying to figure out if that chronic cardio isn't good for me and doesn't really seem to be good for anyone because nobody wants to be promoting disease in their body every day. I researched it more and found that the best types of exercise for your metabolism, energy, weight loss, focus, disease prevention. Everything is those High bursts of intense exercise for a little while with enough rest in between and I'll explain that, I'm going to tie back to that in a second and nobody want to do is want to give your body breaks and time to heal between each workout. So you want to listen to your body and let it recover and stop doing those low and tense, you know exercise for a long time. It's not only just an effective for energy and weight loss but sadly, it's also just a waste of time. It doesn't help the number on the scale. It doesn't help inflammation. It's just promoting that inflammation, so it's not healthy for your heart and it's not contributing to disease prevention at all either.

So for me what happened is once I changed my exercise regimen, I actually started losing weight. So I started exercising less and doing short. So less frequent just a few times a week and my workouts instead of those sixty to a hundred and twenty minute workout. I started doing 15-minute workout, 20 minute workouts and twenty pounds actually came off pretty effortlessly with the change in my exercise regimen along with adding in some high-quality vitamins that I hadn't been taking up to that point either and fast forward to now and I really look at my life today. I'm actually eating more calories and more fat than ever before in my entire life and I'm exercising quite a bit less than I was, you know, what the terms of the amount of time when I was when I was trying to lose that weight.



So it's so interesting and you know, I'm in the best shape of my life and I don't tell you that to brag but because I used to believe that getting in shape was about 50% exercise plus 50% nutrition. We were taught that for so long and now I know that your nutrition matters a lot more and then you also want to make sure you're doing the right types of exercise and that equation, you know, I really think it's more like 80% nutrition 20% exercise. So when I say that I want you to know I'm a huge advocate of exercise. It's so healthy. It's so important, so many people are just sitting in front of computers all day long. Like we're how we all doing right now, but it's what we do. It's what we do in our in our lifestyle. We need to be more active. We need to be moving our body and moving our muscles and working our bodies, but I want you to know the same time that when it comes to, you know, weight loss, for example, you don't need to be putting in crazy amounts of exercise. In fact for a lot of our clients when they come to us doing these crazy intense exercise regimens, we actually have them completely back off for a time of healing before they start exercising again, because we need to get their body a break so we're not adding to that inflammation.

So I don't promote those types of exercises hamster wheel types, but the kind that really can push you through any Plateau that you're having the type that can be super beneficial for boosting metabolism and those are the kinds that it's those short bursts of activity at the high intensity intervals. At least a few times a week that supports your metabolism the most so high intensity high intensity interval workouts are what they are is they're alternating short periods of intense exercise with recovery periods. So short amount of times we working super super super hard and then you're resting so you're not just staying at the same easy Pace on the elliptical or the treadmill, you're working really really hard as hard as you can and then you taking some time off.

That's really what it is. It's a simple as doing doing some exercise and then resting and those high intensity interval workouts. They can be Crossfit workouts. Sometimes they're called HIIT workouts, Tabata workout. And if you're going to a gym those with the type of exercise that you want to look for or you can do it yourself. That's how I started for my intervals and this is what I recommend for our clients who want to start doing this at home. You can mix up by including parts of both cardiovascular activity and resistance or strength training to keep your heart pumping and your muscles strong too. So the cardio workout part might be jumping jacks, mountain climbers, running up and down stairs come for cardio and then the strength it might be squats. You might be using hand weights and doing bicep curls, it my push-ups. It might be lunges you're mixing in both the cardio and strength training exercises things like burpees and squat jumps are kind of both cardio and strength.

So that's why I would recommend starting with if you're if you just aren't really sure where to start when it comes to exercise or how to modify your exercise going from those hamster wheel



type workouts that's what I recommend doing and as far as time goes I'd recommend starting with about 30 seconds. So set your stopwatch for 30 seconds and then do sets of those and any other moves that you love what you're doing is doing 30 seconds on and then a 30-second break in between sets a minute break allows your body to rest. You can push yourself really really hard again, but not too long of a break because you don't want to be fully recovered between your sets and then you know, if you want to if you want to start with 20 seconds on and 40 seconds off you can do that too, or maybe even 15 seconds on and like 45 seconds off. You can do that too. If you're just starting out or when you when you're beginning to feel tired like towards the end of the workout and maybe 10 minutes in it might be five minutes and for you it might be 15 minutes and you can start with just a few minutes of this and then work your way up based on how your body feels so generally with our clients for weight loss. We recommend doing a regimen like that. You know it three to four maybe five times a week but your only working out for 10 to 20 minutes and it just you know depends on how fit you are and how your body responds as far as your starting point and a great thing about if you go to a class like if you got a CrossFit classes the workouts are already designed like this for you with that combination of resistance, the strength training and also the cardio a lot of times you're not even adding an extra cardio because the weight lifting type is so it's already, you know, cardiovascular workout in and of itself and same at the Tabata classes and the HIIT the high intensity interval training classes. They've got it planned out for you. So if you have any of those options near you, that could be a great way to start doing it since already planned out for you so you don't have to be creative but also on your worksheet for module 4. I've got some recipes for exercise in there as well. So definitely check that out as a great resource for you.

Okay, I think I've already hit rest is pretty hard. So we won't spend too long on this slide, but make it a point to rest, you know over-exercise. It's just as bad as not getting any exercise at all. And you know, even arguably works just like, you know, just like just like I mentioned with respect to restricting your body of fat and calories. No, it's subjecting your body to inflammation every single day. It's really just dishonoring and you want to treat your body with respect so that it rewards You by working, you know to its best ability for you giving you energy and Crystal Clear focused and positive moods and glowing skin and hair and nails that means you really need to give it periods of rest and recovery and listen to it rather than doing things but it doesn't like right. So for me when I reevaluated what this balance looks like and what honoring my body could look like for me it didn't look like waking up at 4 a.m. And going to the gym for a couple hours. That's at just I knew that just wasn't healthy for my body.

So you really want your workouts to be you know, it's good as possible and when you take a break, that's an awesome thing and I am constantly reminded of this myself because I feel great when I workout, when I exercise. I feel so good. But there are definitely times that I have to I have to wake up I wake up in the morning. I say, you know what today's arrest day. I need a rest



day my body needs to recover and it doesn't sometimes it's not even because I worked out too hard at the gym. It might be because I didn't sleep well, it might be because you know, I got a stressful week at work, maybe because I'm recording modules for an online boot camp. I don't know what it is. But what it is, it's all about listening to your body and then paying attention to it and giving it the rest of it needs when that's something that it needs and and as you know, as you do this is you go through paying attention to how food is affecting you, you're really getting more in tune with your body. I've already heard that from so many of you that you're saying that you're you're able to notice when you're hungry and that's something that hasn't happened for so long and I know because we've been dieting we really get so far removed from our hunger and our full sensors, but it can be hard to even you know, how you feel and that's one really important thing about this boot camp going from frazzled and not knowing how you feel to freedom and being into with your body and being able to say, you know, am I hungry? Am I full? Do I need a rest day? Do I need to kick my butt at the gym today? Even though I wasn't planning on it that's part of this too. So just always remember to try to listen to your body and you know, give yourself a break when you need it. So your body can recover.

Exercise Nutrition Overview

Now into the nutrition you've definitely seen this before by module four you know, your Ps, Fs and Cs and it's also important to understand how and why they're important for your workouts and your recovery too so first we are going to cover why are your Ps, Fs and Cs are important for crushing your workouts and for recovery, and then we're going to go into specific pre, post and mid-workout Foods. Let's go through each of three of these and how they relate to your workout.

So protein has been given most of the spotlight in the world of weightlifting, Sports Nutrition and Crossfit and for good reason because protein is and Muscle Recovery. It's necessary for healing, we've been talking about healing a lot need protein for healing and helps to maintain your immune function as your body recovers from the stress of your workout because remembering the workouts are good. They are stressful on your body. You want to help it recover from that from that stress and for workouts that involve more of the strength training and muscle building having a post workout protein is even if it's extra important. It's always important especially if you're doing any sort of muscle building workout, strength and resistance training workouts. You definitely make sure having protein because protein is not stored in your body. So we have to replenish that following exercise and then remember too, protein boost your metabolism every single time. You need it. That's why I want to eat it throughout the day every day during the day because boosting your metabolism means more energy level better energy levels too.



So my favorite protein, If i were to name my top three p's, I would say eggs, salmon and grass-fed beef. Those are like just my three favorites is my three go to is but you know that your other proteins are going to be your meat your fish your eggs. And if you're looking to lean out the amount of protein, you're going to implement a we've talked about proportions throughout this module. We're looking at the circumference and the thickness and circumference the palm of your hand. Okay, so that's how much you want at your meals and then at that time about half of that so usually that ends up being, you know, four to six ounces of protein at mealtime for women usually little bit more maybe five or six or seven ounces for men at mealtime and then snack time is just going to be a couple ounces of protein, now at what that it comes to you. I don't like to give too many equations because remember this isn't about counting. It's really about learning how your body responds.

But whenever we talk about Sports Nutrition, someone will always ask how many grams per kilogram of protein do I need because that's a pretty common measurement when it comes to trying to figure out your protein needs in the World of Sports Nutrition. So I would say, you know, pretty standard be a gram per kilogram. If you're looking to lean out. that's probably what you'll need is about a gram per kilogram. You can figure out how many kilograms you way by dividing pounds by 2.2 or that ends up being 15 or 20 grams per meal and half of that snacks, which is exactly what we've been talking about. Now, if you're someone who's looking to build more muscle, muscle gain, you're going to need more protein. This is where protein becomes really important when you're looking at muscle building. So you're going to need more like 1.3 to 1.5 grams per kilogram. So you could do is you can take your body weight. You could divide it by 2 point 2 and then you could figure out you know, 1.3 to 1.5 grams per kilogram. So take your weight in kilograms multiply it by 1.3 and then take your weight in kilograms multiply it by 1.5, and you've got your range of how many kilograms you per grams of protein you need and then what you can do is kind of figure out. Okay. Well, I eat three meals a day and I have you know a couple snacks a day.

So how much how much protein do I need is probably or somewhere around 30 grams of protein for each meal unless you know, maybe 10 or 15 grams at snacks, maybe even 5 or 10 grams enough to be a lot of protein at snacks, but that's kind of your starting point your general recommendation for protein. So long story short, it's just know we're trying to get protein in every single time we eat if you're doing strength building workouts, you want more protein especially after and if you're someone who's mostly looking to build muscle, you're also going to want more protein and if you're trying to lean out if you're looking to lose weight, about a gram per kilogram. So just keep following the same recommendations that I've been teaching you this whole module.



Healthy fat, we've talked so much about healthy fat healthy fat might be my favorite thing in the whole world.

So the reason why fat is important for exercise is it needed to lubricate your joints from high-impact workouts and it supports your bones and it keeps your metabolism turbocharged four hours after your workout want to make the most of that work out right? Fat also helps to really reduce that post-workout inflammation and then it also because of that it reduces your recovery time because when you're inflamed takes longer to recover and you're more your sore for longer periods of time, so that helps to reduce that so it's really really good. So avocados, coconut oil, nuts, seeds, butter. Yes butter. One of my favorites also gives you energy and the fuel that you need for, you know to perform and also to recover my top three healthy fats. I don't know. Why is that it for proteins going to say it for fat and carbs as well? Just keep it consistent. I would say coconut oil, coconut oil is one of just one of my favorite healthy fats it will okay, I'd probably say butter and heavy cream, but I'm gonna give you a few different ones because those two are ones that I always talk about.

So coconut oil. What's so great about coconut oil is it contains medium-chain triglycerides or sometimes they're called MCTs and that's the type of fat that's digested really really quickly and has great Energy and Metabolism boosting effects. So coconut oil, because of all the MCTs in it. It can boost your metabolism give you awesome energy after your workout and then it's also super anti-inflammatory. So that means it can help reverse that inflammation and speed up your recovery. So I would recommend cooking a batch of spinach or other greens and coconut oil and then pair them with your favorite protein. Maybe it's eggs, maybe that salmon. Maybe you're serving it with a can of wild caught salmon over the greens. So so yummy, so you're getting in your fat or protein your carbs another favorite. I think I might have mentioned this one last week avocado is so great. It makes for an excellent, you know, post-workout fat because it gives your body a lot of vitamins and minerals for recovery. It has magnesium, which we're going to talk about more in a little bit, has potassium, vitamin K and a lot of you know the anti, all the fats are going to have those anti-inflammatory properties and what I love, you know after workout and again, I'm getting a little bit ahead of myself, but one of the reasons why I thought of avocados is because I love making a PFC balanced protein smoothie after workout specially if you're not super hungry and avocados blend so nicely and smoothies. So it make it nice and creamy. It's a great way to get in healthy fats about half of an avocado but probably be the amount that you want to have after a workout. You can blend it with a protein powder a couple scoops of that for your P and then your C could be a handful of berries or half a banana great great protein smoothie. Another great one to olives. They're a nice portable fat. They're really high in antioxidants and I liked their portable and they're kind of people can't forget about olives. So I think those are good ones. You can take them straight, you can add them to a dish or top a big



salad with olives, out of your choice of protein and carbs and you've got a nice balanced meal there as well.

Speaking of carbs. So, you might remember that carbs give us quick energy and they have the greatest effect on raising our blood sugar levels and when you exercise, carbohydrates replenish your muscle glycogen and you know your muscle glycogen, you need to fear punished after your workouts, you're burning those stores during your workout. So they give you energy after your workout by raising your blood sugar levels back up. And a lot of nutrients in them that we need for Recovery. My favorite three C's of probably be sweet potatoes hands down or probably my number one carb choice for after a workout they're starchy. So they're going to give you there's one of those starchy carbohydrates. They're going to give you more of that sugar that your body actually needs after a workout. Also yams, squash, pumpkin, those also fall into that starchy carbohydrate category and they're complex carbohydrates going to help replenish those glycogen stores after a tough workout. So I like to pre cook big batches of sweet potatoes, pumpkin, butternut squash in the oven and then you can freeze or refrigerate them and you can have a quick nutritious real food carbohydrate right on hand for after your workout for your post-workout Meal which we'll get to in a little bit, and then you can top it with coconut oil and you can use my favorite healthy fat coconut oil or butter another favorite of mine. You can even talk a little heavy cream. You could put a Sprinkle of cinnamon on there and then add your favorite protein and you got a PFC balanced meal or snack.

Blueberries are another really good one to four after work out there berries are like the lowest sugar fruit. So they're really good for bringing your blood sugar levels back up into the range after your workout and then helping keep them stable for a long time through lower in sugar than a lot of other fruit. So blueberries are one of my favorites you can easily blend those into a smoothie as well and dried fruit is another good one because it's a portable carbohydrate you could bring the dried fruit with your beef sticks and then with your olives, you've got a portable PFC snack or nuts or seeds for your Healthy fat, that would be more like a trail mix.

So you've seen this one before too in module 1 the blood sugar roller coaster. So having the way that the protein fat and carbs work together is having the PF and C before a workout help you make it through your workout feeling strong and steady and not crashing. So if your energy level if your blood sugar levels are low, you're going to have low energy levels going into your workout. So P, F & C help you make it through the workout. Not hit a wall. If you've heard that term before hitting a wall you're going to make it through your workout strong and steady and then having your P, F & C after your workout help you hit a wall or a low later in the day or evening. So if you've ever noticed like in the middle of your workout you feel if you work out in the morning, so not the middle of your workout, but later in the day, if you do a workout in the morning, you feel like you're starving later in the day by mid-afternoon. This will always happen



to me. I work out in the morning and I ate normal just like I normally eat, you know during the day breakfast, mid-morning snack, lunch and afternoon, it would just hit me I'd be so hungry or maybe you find yourself hitting a wall in the middle of your evening workout. And what usually happens is you're not getting your PFCs and throughout the day if you skip having a snack that's when your blood sugar levels will crash the so you might end up going into that work out with low blood sugar levels and that's when you hit that wall. So the right snack helps keep your blood sugar levels stable and your energy levels consistent and your snacks don't need to be huge. But you're going to feel your best when they're PFC balanced. So like a beef stick with an apple and peanut butter maybe 2 or 3 tablespoons of peanut butter or almond butter, canned tuna is great that can be super portable too, you can add a couple tablespoons of olive oil, you can chop up some avocado and put it in there for your fat have a handful of grapes or berries in the side. That's a PFC balanced snacks. Your snacks don't need to be huge just to make sure they've got protein, fat and carbohydrates or kind of back to that trail mix idea. You could cut up beef, you know strips of dry beef or dried salmon and then mix it with dried fruits and nuts and seeds and you've got a PFC balanced trail mix for an afternoon snack. So those are a few ideas there.

So talk about a little bit, you know the amount you're going to have of each macronutrient PF and C it really depends on the type and intensity of your workout. Like I mentioned you're going to do more protein for the strength days, but it also is going to depend on your goals, your weight and your individual needs. So generally I'm telling you, you know, generally the more intense the workout the greater the need for carbohydrates. You have a super super intense workout. You're probably not going to want to pick one of the non starchy carbohydrates. So that would be your salad vegetables. If you think of the vegetables you can eat raw. That's generally what you're non starchy carbohydrates are so you know broccoli, cauliflower, spinach, green beans, you're going to want something a little bit more or if you have those types of vegetables, you're going to definitely want to have a lot more of them. But if you have your searching vegetables like sweet potatoes, you can probably have you know, half of a sweet potato or half of a cup of one of the starchies like the pumpkin or yams and that'll work well for you and you're doing the intense workouts.

And then for the muscle building ones focus on more post workout protein, fat is always going to be important to lubricate your joints Aid in reducing that inflammation, boosting recovery. So long story short, there's a huge benefit to including all your Ps your Fs and your Cs you really want to aim to consume all three of those macronutrients.

So we hit on this a little bit with the blood sugar roller coaster we've been talking about snacking but it's not just about what you eat. But when you eat this really really important so people always ask me after I work out, how soon do you want to eat? You want to eat immediately?



And my answer is no you actually want to wait to eat about 30 to 60 Minutes post-workout. Now that's ideal. If you feel like you're going to faint at the end of your workout, please eat something don't wait just because I told you to wait, but the reason why that 30 to 60 Minutes post workout as ideal is because when you give your body, you know the buffer time it so that it can transition from the fight-or-flight mode you're in while you're exercising you're in this like fight or flight intense mode, you want to transition from that to this rest and digest mode because that's going to allow for optimal nutrient absorption and utilization because once your parasympathetic nervous system can take over that's without rest and digest mode that healing and regeneration can occur, but you don't want to wait much longer than an hour after you wrap up a workout to refuel or your body's not going to be able to maximize your post-workout meal. That's because your cells are more sensitive to insulin after your workout and we want to make sure we get some of these nutrients back into our cells so that helps really enable the efficient movement of quality fuel into your cells for that rebuilding, that recovery. It's about 30 to 60 Minutes is right for post workout, but let's go back and talk about pre-workout.

Pre-Workout Nutrition

Let's get into some of the specifics we talked about the best kinds of workouts and how each macronutrient plays a role in your performance and your recovery. So now how should you eat to really optimize your performance, you know, you probably heard a lot of different ideas suggestions and advice and really it's confusing. There's so many different points of view on how to fuel for exercise and I'm going to say this again the say this a couple of times the biggest thing is to learn what works for you. I can't emphasize this enough, you know, my intent is to provide you with what I found works best for most of our clients, for me but something different might work for you something entirely different might work for you. And that's totally fine.

So you want to do is want to experiment the amount of Ps, Fs and Cs especially before a workout. And the reason is the last thing you want to do is consume too much food in general or too much of a particular macronutrient that could weigh you down the entire purpose of a pre-workout snack or a pre-workout meal is to maximize your workout. Okay, right. So keep that in mind the whole point is to maximize your workout. So if you try to have a pre-workout snack, you know tomorrow morning if you're working out at 6:00 or 7:00 in the morning you wake up and you get up and you have a snack and you go straight to your workout and you feel terrible. You're not going to want to do that and this definitely goes against what I normally tell people in general you want to eat within an hour of waking up. So that's generally when you have want to have breakfast, but if you're working out right after you wake up and you know, that's like and you're trying to figure out your our window and you're having that snack and it's just not working for you during your workout and I want you to scratch that advice that I gave you and skip that



because it works best for you is going to probably be not eating then until right after your workout and that's okay because the whole point is want to make the most of your workout.

So first thing in the morning might look a little bit different if you're someone who works out in the evening, you know, seven eight o'clock at night, you might not really need anything else you have dinner at 6:00 or 6:30. And then you go into your workout. That might be just fine for you. So it's all about the timing if you work out just a couple hours after a meal you might not have to really have a snack but if your workouts going to be super intense, you might actually have a snack and have it a little bit early now generally were talking about PFC every three to four hours. You might be having a snack after lunch two hours later because lunch is at 1:00 and your workouts at four.

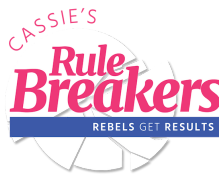
So you might have a snack, you know, if you have lunch at 12:30 or 1:00, you might have a snack around 3:00 maybe 3:30 right before your workout. So it's really an in oh somebody else might have their snack at 1:00. Somebody else might not have snack so it really depends on what you need going into that work out and that also ties into listening to your body because you know, once you do this for a while you can kind of start to tell when your blood sugar levels are getting a little bit low when it's kind of, you know getting to be time to eat because every time you eat you want to remember you want to be about a 5 on a scale of like one to ten start, you know, stuffed and starving and you want to be about a five so, you know, you shouldn't you should feel starving at meal and snack time, but you shouldn't feel so full they don't feel like eating and when it comes to feeling between your workout, it's going to be a little bit different because you might be like, you know what I'm not really feeling like I'm at that five yet. I'm still pretty full but my workouts and like an hour and I know it's gonna be a tough one such probably eat something right now and eating something. It doesn't have to be a full-blown snack. It might be a bite of a beef stick. It might be one hard-boiled egg for your protein and then you might have just a little spoonful of nut butter and a handful of blueberries and that might be your snack just to make sure that because your blood sugar levels were falling after lunch just to make sure you bring them back up. They can stay nice and stable during your workout. So just something to keep in mind that you know, you want to try to figure out what works for you as far as timing you need to a lot of people need to be able to have time to digest food and a half hour an hour is not going to do that. And then there's other people that can eat a huge meal and go into a workout. That's not me. But I know that you know that confection work for people and for me personally when I'm doing more strength training I can have a huge deal like I did strength training this morning and I had eggs cooked in butter and spinach about an hour before that work out. I know a lot of people can do that and I had three eggs, so it's quite a bit but it wasn't a huge cardio workout back when I was training for marathons. I could never eat that and go running. My stomach was just kind of crazy but depends on the type of exercise and it depends on how your body responds. You know, smoothie is my favorite easy to digest pre-workout



option. I would have been doing some cardio today. I would have been making a smoothie first thing in the morning. We'll get back to that too in a minute here.

So for me personally and you know for a lot of our clients who are athletes having extra fat before a workout can really keep you from hitting a wall because remember that extra fat is what keeps your blood sugar levels nice and stable it helps to really keep them stable. So, you know your nuts, your seeds, avocado, your cheese that's going to help that's going to help stabilize you but also important to keep in mind that fat takes the longest time to digest that's actually why it helps prevent, you know helps you prevent hitting a wall, but for that same reason some people don't do very well with that before a workout because I can give you kind of that gut rot because it takes longer to digest so you want to really experiment with fat and probably not do it like a, you know race day or competition day or really important day want to see how your body responds to it. So you might start out with just a couple tablespoons of you know, healthy fat and you might increase it I find that on days and I'm doing strength. I'll have you know, three or four tablespoons of almond butter, peanut butter before my workout. And I might just have a little bit of carbohydrate and a little bit of protein like one hard-boiled egg and maybe just a handful of blackberries going into it. But extra fact that's going to keep you full for longer. But you know for you you might find it just takes longer to digest and maybe it gives you a little bit of a stomach ache in the middle and then it's not going to be right for you. So I'm laying it all out here. I really want you to test, you know experiment with yourself and see what works for you.

And this is just an example of what I used to do back when I was running. You know, this is this is I wanted to show you like how much food I would have before a workout, you know, two or three hours before I make sure I had kind of more of like a mini meal protein, fat and carbohydrate and then again an hour before I'd be fueling with some carbohydrates and fat bananas are a little bit easier to digest but then kind of go through quickly to so it's another thing you want to kind of watch to how your body responds to different foods as far as digestion goes and then right before I start a race, I'd have some quick carbohydrates that I was just going to burn for energy super fast because remember carbs there's a quick energy to turn in Sugar so grapes or berries. I might have right before interesting thing is this is pretty much the same way. I eat before, you know CrossFit competition or before doing any type of work out. I plan it out a little bit better where I eat more food like on the days that I'm gonna have like a race or competition and I do that because usually when you start racing or you start competing and you don't really think about food very much and your workouts are generally going to be longer on those types of days versus the day-to-day, you know, 20 minute or hour-long workout that you're doing. So these days I kind of like, you know, the races and competitions I plan out a little bit more, but I just wanted to show you that it's you know, it's kind of timing and quite a bit more food going into it.



Mid-Workout Nutrition

And then mid a workout or sometimes it's called intra workout when you're eating and your workout, again. this is really going to depend. So if it's a longer workout, you might you know, like a marathon for example, you're going to want to have you know, some food probably in the middle of it. I will say that for the last marathon that I did that was the one that I fueled the best for and I actually didn't have to have anything in the middle of my work out because I plan it out so well ahead of time my body was responding so well too fat. I ate a lot of fat going into it and I pretty much turned down all the fruit they were offering me and I didn't use any of those gels or anything like that during that Marathon. I just felt so good.

But before that, I had done more like the carbo-loading strategies you might have heard of where you eat like a ton of carbohydrates, a plate of pasta the night before and my it was just I mean all those carbs your body just burns off and then you hit a wall and you're just you're so hungry. You need to just eat you have to refuel and that's why a lot of people have to that's why you see a lot of people using those energy drinks, sports gels and things like that in the middle of their workouts and not that those are you know, terrible. I mean, I wouldn't necessarily recommend them. I'd recommend having real food in the middle of your workout if you can but I don't think that always has to happen as long as you're feeling really really well beforehand other thing. I want to mention to you want to be careful a lot of those like workout fuels that are marketed towards us, you know, they're not going to be that healthy. A lot of them are just like drinking sugar water with a multivitamin which you know, you can eat, you know, some berries, eat some sugar and then take a multivitamin instead of having to drink it and a lot of them are going to be loaded with artificial sweeteners and sugar alcohols, which we talked about in the last module those interfere with digestion and they can cause major GI distress and you know, the last thing you want to happen in your workout is to have that GI distress.

So if you're someone who likes sports drinks, I don't think you need them for exercise. But the reason I put Endura on here is from my own research and back when I was drinking sports drinks when I was running a marathon, I was trying all sorts of sports drinks myself back when I was in town. I found and Endura to be the best option. It's rehydration formula. It's got tons of vitamins, minerals and electrolytes and it has real sugar which when it comes to choosing between artificial sweeteners, sugar alcohol, you know, Stevia we talked about as a great option, but I also think the whole point of getting this in while you're working out is for the sugar. So in this case, I wouldn't pick Stevia, I'm actually going to pick real sugar so your body can burn it off but you can also feel it, my favorite way to fuel is plenty of water and then your real food Ps, Fs and Cs like we talked about and then, you know, take a multivitamin, take your



supplements that are important for exercise as well. I don't think that we need sports drinks but long story short for fueling in the middle of your workout. I really don't think you should have to you know for workouts the ones that I'm recommending that are less than an hour long sometimes less than a half hour long. You should really have to be fueling in the middle of it. You should be eating PFC balanced to figure out the timing of your meals and snacks that you don't have to eat, you know, 15 or 20 minutes and she'll work out

For the longer ones, you might you know, you might want to and then what you're going to eat in the middle of it is just totally totally different totally up to you. I got to a point where if I had to have something in the middle of running I would have coconut oil and keep it in a little ziplock baggies and I was I would literally just like eat it a nurse squeeze it out, you know rip rip a little tear in the Ziploc bag and just squeeze it into my mouth because it was pure fat was MCT is you burn for quick energy and it lasted me longer. So it's a great option.

Post-Workout Nutrition

Now post workout nutrition. This is a biggie I'm constantly asked which foods are the best to eat before and during a workout in order to maximize performance when I'm not ask nearly as much as the question that we should all be asking. What about after a workout because recovery is a critical component to any sort of training plan whether you're training for something or just exercising to be healthy and Recovery is a lot more than just lounging on the couch after, your nutrition is essential to really optimize your recovery time and reduce muscle soreness as well.

So if you work your tail off at the gym just you know, don't sabotage sabotage your results by neglecting your post-workout nutrition. You want to follow up your routine with the right foods that are going to help maximize your workout results and then reduce that recovery recovery time to it really the wrong foods can undo all of the hard work you just did so provide your body with what it needs and your body thinks you both at the gym and outside of it, too. So what happens when you're exercising is your body is really breaking down muscle fibers and after you work out like I talked about that window of 30 to 60 Minutes. That is the perfect time that your it's a perfect time to eat because your muscles are repairing. Do you want to give your body what it needs to rebuild, repair and recover.

So you're really making the most of those exercise efforts so that those are a couple of things. I want you to keep in mind when it comes to post-workout fueling that timing that we talked about that 30 to 60-minute window and then also surprised I'm going to recommend PFC balanced post-workout. So the absolute best post-workout fuel includes the combination of all three macronutrients your protein, your fat and your carbohydrate. We already talked about why each of those is just so so critical to have after your workout. So, you know a great a great post



recovery meal might actually be your typical lunch or dinner. It doesn't have to look like anything crazy here. I showed you know, I pictured this is one of my favorite post workout meals. It's just a couple eggs cooked in coconut oil or butter and then I used that starchy carbohydrate is the sweet potatoes, you know a place that maybe half of one of those and then have some avocado for a little bit of extra fat, so notice I'm getting in a little bit extra fat and this is a very small post workout meal.

So this this might be assuming I already had dinner went by evening workout and I'm just having a little something after my workout and that's another thing that I forgot to mention earlier is if you're working out in the evening generally, I don't recommend protein before bed because protein boost your metabolism so much it can actually interfere with your sleep. But if you're working out in the evening and especially if you're doing some sick some type of strength training really just in general, you know, we talked about how important it is to get protein after your workout. You should still include protein, but if you notice you're not sleeping very well, that's something that you want to pay attention to and some people, you know, if I would if I work out too late in the evening and I'm not going to fall asleep at night because usually working out gives me energy. That's why a lot of people like to work out in the morning because they have more energy during the day.

So if you're having trouble falling asleep, don't just blame it right on the protein. It might be because your workout is later in the evening. But if you are also not used to having any nutrition after your workout you added a PFC balanced meal. So keep in mind the protein could be interfering with your sleep and keeping you awake because it just helps to you know, not only recover your muscles and repair your muscle fibers, but it boosts your metabolism too so keep that in mind as well.

And then also I have shown I showed you here a picture of a smoothie because you can get in your PF&C in a smoothie. It can be easier to drink something quick. Especially it depends when your workout is but you know, you don't have to sit down and have a full-blown meal. That's one of the probably the biggest barriers I hear from people who work out. It's why they don't eat after, is they don't have time. You know, I work out and I shower and I rushed work. I don't have time to sit down and have a big breakfast and that's okay. The goal is just to get the nutrition into your body about an hour after you work out in whatever way works best for you. So you can totally drink it in a smoothie if that works for you better.

Hydrating! speaking of...actually I constantly remind myself to drink water. It's just not something that I do enough. And this is a huge one. What you want to do is you want to aim to drink about half of your body weight in ounces and probably up to about a hundred ounces a day and that's just kind of a good general rule of thumb. I know sometimes people like numbers and I think



someone asked me that so I was thinking back to that as well and you know, making sure you're doing up to a hundred ounces water day is super super important also because a lot of times when we think that we're hungry, we're just thirsty. So if you had if you ate an hour ago, and you feel like you're hungry, I mean you might be maybe didn't eat enough, but it could just be because you're thirsty too.

Also the idea is to make sure that your water is filtered. That's something that I wanted to mention and then drinking before you're thirsty is a good habit to get into in this one and I'm constantly reminding myself about you know, don't just drink because you're thirsty just like with food want we want to know drink to stay ahead of our thirst just like with eating, you want to eat to stay ahead of our hunger. So, you know, if you know that water intake is kind of a problem area for you like it is for me. You might put an alarm on your phone. Like, you know, like I like my suggestion for reminding you to eat every three to four hours setting an alarm is a great idea to remind you to have your take a break from your computer and have your mid-morning snack. You can also set alarms to drink water during the day too. I know a lot of people will keep a water bottle, you know at their desk and it's a great reason to have to get up. I know sometimes if you go to the bathroom or when you're drinking more but it's also good to be stretching out your legs and moving during the day as well.

So we have clients that will say I can think of a particular client and she told me that she would literally just drink tons and tons of water because A she knew it was good for her. But then also if you don't make it go the bathroom so you have to get up and move and I was just a great way to get away from her desk, but I also know you don't want to overdo it either. So I'm talking about drinking water. Don't go super super crazy with it. I mean, you don't have to force yourself to just be drinking way more than you've ever had before in your life. It's all about finding that balance.

And actually it cold fluids are going to be the best to it helps to keep your heart rate down. So especially while you're working out and one other thing I want to mention too is that you can actually learn your sweat rate. This is interesting. You can weigh yourself naked before you exercise and then for every pound you lose you weigh yourself after for every pound that you lose you need 16 ounces of fluid to replace that. Runner sometimes like to test this during their training, they have a general idea of how much they have to drink to not get dehydrated. I don't think you have to do things like that. I think, you know not stressing about it and just drinking throughout the day drinking water before your workout during it after just kind of keeping that in mind is a good thing to do as well. But you can actually measure that you can measure your spot rate spot rate.



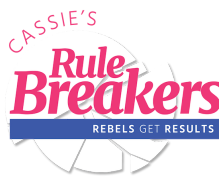
So it's just a few extra things when you're exercising and you know, you need PFC you're just gonna probably need more of it. And that's something that a lot of people kind of forget about when they exercise you actually need more food, you know, and you don't not a ton of extra food. I know sometimes people just go crazy and they think because they hit the gym for 25 minutes now, they can go to the all you can eat buffet and that's not the case but you will need more food. So if you're trying to eat your Ps, Fs and Cs like I outlined in the first couple of modules and you're following those portion sizes and now suddenly you're adding in some of these metabolism boosting workouts. You probably will be a little bit hungrier. So don't be surprised. That's a good thing because your body is using the fuel that you're giving it so you definitely want to make sure you replenish it so that your body can make the most of that work out and you're going to need to sleep more rest more. This is a huge one for me. I always forget that when I'm in a when I have good workout, my body is tired and needs to heal and not only do I need rest days from the gym, but I need to make sure I'm getting in really really good sleep.

Back when I was marathon training, that was one of the biggest prizes for me. I had to sleep so much more and it makes total sense because you're putting a lot of stress on your body and your body needs to rest and recover, but I just hadn't thought about that. I had worked it into my training plan.

Supplements for Exercise

So a healthy exercise, it's really really beneficial but that increased amount of physical activity. Like I said, it means eating more, it means increased nutritional demand and stress on your you know, your bones your joints your muscles. So supplementing with adequate nutrients can really protect your joints from wear and tear it protects your cartilage and it really supports recovery after exercise by helping to decrease that inflammation and soreness and if you paid attention when I talked about supplements and I think module 2, you might already know what I'm what I'm talking about to decrease inflammation and soreness. So there's so many supplements out there. I mean, especially for Sports Nutrition, it can be so easy to get overwhelmed and confused and a lot of the popular sports nutrition supplements, they contain artificial ingredients, sweeteners, flavors and loads of sugar and artificial, you know, the artificial sweeteners in Sugar. I can't believe how much there are any specifically Sports nutrition supplements, these recovery supplement and all of that will just do more harm than good.

Some like I mentioned before the right supplements. Those are the ones are going to be really really good for you want to make sure they're pharmaceutical grade because they're regulated and actually have what they say that well the bottle says they have remember four out of five supplements on store shelves don't even have what they say they have in them, and it's just so



scary as you so you know, so many people are just walking into a store and saying where are the sports nutrition supplements. They're grabbing them off the shelves are putting these things in their body that they think are helping that are actually hurting them and harming carving their workouts and harming their body and causing inflammation. So you want to be super super particular about your supplements because the right ones they can make your workouts better. They can enhance your workouts. It can speed up recovery time and reduce the risk of injury and the wrong ones can just do the total opposite.

So I'm going to Rattle off just a few key supplements for Sports Nutrition rushing to call it. You know what Sports Nutrition just for exercise when you're doing a workout when you're exercising in general and these are also on your exercise guide. So your worksheet for module 4, they're listed. So if any of these resonate with you you'll have them for your reference as well. This is one of the main questions I get is what supplements should I be taking some you know working out now and I'm not sure what to take so Glutamine, my favorite supplement. It's the most abundant amino acid in your body, you know Glutamine because we talked about it in the last module it's known for busting in a sugar Cravings. I've already heard from so many of you but you're loving your glutamine is Pure Glutacaps can just take away a craving and they can prevent craving if you get a craving they can bust them. It's just amazing. I just I love that you're all benefiting from that as well. But it's also good for a lot of other things, glutamine that amino acid. It's really important for repairing your muscles and reducing inflammation, of course that helps reduce your recovery time as well. And it's probably I would argue one of the most important supplements anyone doing any sort of exercise can add to their regimen so it comes in capsule or powdered form and I recommend using whatever works best for you. Whatever you're going to take if it's easier to put the powdered glutamine and a smoothie and do that and you know do like I usually do like a tablespoon in my smoothie after my workouts before my workout. I always just try to think to put a tablespoon of glutamine in the Glutacaps are really convenient as well as you can take those with you and this is kind of a general mount you're gonna want to take for exercise. It's a big I know it's kind of a big gap is two thousand to ten thousand milligrams a day, but it also depends on a lot of things if you're someone with sugar Cravings are going to be more on the higher end like me. I'm closer to ten thousand milligrams a day because I exercise regularly and I have sugar cravings and this is why this is actually super super conservative recommendation. A lot of people recommend way more glutamine than that so you don't have to worry about taking too much of that either.

Fish oil. So this is what I was thinking I was talking about inflammation. I thought I wonder how many of you already know what I'm going to say. We've talked about fish oil before too because it helps reduce that inflammation, helps with weight loss types of brain power. It's another key one for exercisers because it's a natural anti-inflammatory. So it helps to ward off the damaging effects that post exercise inflammation that it reduces soreness because it keeps your joints



protected to keep them lubricated and it reduces soreness because all the good healthy fats that help to decrease inflammation. So fish oil is one that I highly recommend 2,000 to 6,000 milligrams per day and you want to make sure you're looking at that ratio. It's 800 milligrams EPA to at least 400 milligrams DHA. It's a really really good ratio that you're looking for.

Probiotics, so what we've talked about these before to and the reason why they're really important for exercise. So if you've ever experienced any gastrointestinal those GI issues do if you've ever had trouble if you're a runner you've ever had Runner's struts, you don't need to speak up or say anything right now, but you know who you are and I know a lot of people struggle with this and I think I'll have a reason why people have GI distress during workouts and runs is like I mentioned a lot of those, you know gels and booze and different Sports Nutrition bars and things are going to have artificial sweeteners and sugar alcohols that can cause extreme irritation to your gut even hours actually after consuming them because your body doesn't do a good job digesting them and processing them. They're following a lot of these popular Sports Nutrition fuels. So if you have you know, GI distress during your workouts any of used, you know, any of these sorts of products pay attention to how your body responds but also, you know, if that's what it takes to cause or not probiotics can help you so much with regulating your digestion, while you're working out and just helping keep things just feeling really really good during your workouts there those live microorganisms the healthy gut bacteria, so they're beneficial for everyone. That's why we've already talked about them. But especially, if when you're exercising probiotics are great to help to help keep your immune function up because the exercise puts stress on your body and also to replenish all the good healthy gut bacteria that helps reduce inflammation and reduce sugar Cravings too.

So this one is my favorite other than glutamine. I call this the Miracle Mineral; magnesium. So I used to do a lot of crazy things putting my body through a lot of stress with exercise. I would take ice baths because ice baths would reduce inflammation and they were the worst I go in there wearing a sweatshirt and I'd be freezing and I have a cup of tea right there and I try to sit in there as long as I could and I used to take ibuprofen because you know that helps reduce inflammation. It's a terrible idea. Don't do it.

But I would do all these crazy things and then I found this Miracle Mineral magnesium and magnesium helps to relax your muscles and it prevents soreness, you know, right after a workout. It relaxes your muscles so much that I mean pretty much I can't think of any clients that haven't found this to work for them. Sometimes the dosing is so low one tablet of magnesium only has a hundred milligrams and a lot of people need a lot more than that. So when people say magnesium doesn't work for them, well, it's usually because they're buying a really cheap poor quality magnesium supplement. There's so many types of magnesium out there, magnesium oxide is terrible pretty much all of the magnesium's are terrible except for



magnesium glycinate. That's the kind that you want that's absorbed like directly. It's not a lot of magnesium aren't even absorb. So just kind of pointless. So you want to look for high quality and you also want to look for the right type magnesium glycinate, but you also want to make sure you're taking enough of it to really give it a fair chance to know if it's working.

So once I found magnesium, I started taking enough of it. I was able to skip ibuprofen. Skip the ice baths, magnesium with my go-to recovery supplement for producing soreness. And that's because it relaxes your muscles so much. A lot of people find that it helps us sleep as well. So if you're someone who has a tough time falling asleep at night try it 300 to 500 milligrams of magnesium with your bedtime snack like 15 to 30 minutes before bed and you'll probably find that you're able to just sleep like a baby it just relaxes you but of course, it doesn't make you groggy or anything in the morning like Tylenol PM and some of those other not natural ways that people help themselves fall asleep. It's this is like, you know a natural healthy way to do it. So a post-workout I would recommend starting with 300 to 500 milligrams. But again as a super super super conservative recommendation after I strength training workout, I usually take 800 milligrams of magnesium. So that's like, you know eight of those tablets and it can seem like a lot but it helps so much and one you find out how your body responds to it, it's going to be you know, your Miracle Mineral that you're not going to want to miss. So that's a great great option.

And then one of the last things I want to mention is coQ10Vive. This is really great. If you're someone who says I always seem to hit a wall in the middle of my workouts now again, it might be because you're not getting enough fat. So definitely Implement nutrition strategy. We talked about earlier, the PFC and the timing but coQ10 gives you energy because basically it optimizes your energy during and after your workout because it helps with the transfer of oxygen to your cells. So your cells stay loaded with oxygen so you don't hit a wall as fast. So this supplement is one that I recommend to anyone with chronic fatigue, anybody hitting a wall in their workout and also anyone on a Statin drug because statin drugs deplete your body of CoQ10. So not that I and I'm not going to go in the Statin drug discussion right now, but if you were if you're on a Statin drug, the doctor should be giving you a compliment of coQ10 with it because the Statin just depletes your body in coQ10. So, a lot of people to go on a Statin drug don't have any energy. They start thinking know they've kind of tee, they get tired all the time. So because there are cells aren't getting enough oxygen that's a side note, but coQ10 because it gives your cells oxygen it helps you to prevent hitting a wall and it gives you energy after your workout, too.

Okay, last one. This one is important. Most people are deficient in vitamin D. Almost everybody's deficient in vitamin D and the recommendation for vitamin D is generally at 5,000 IU's a day, but I find that it can take more to keep our level into the normal range and the doctor will tell you the normal range is 20 to 80 and it really I want to see it between 50 and 80. There's no negative effects to having a higher vitamin D level and most of us especially because of



winter and in the midwest in the northern states are going to be lower in vitamin D levels because vitamin D is actually a hormone that our body produces in response to some way. So supplementing with this on a daily basis is good for everyone but also for exercise because of its bone health because it helps to build your bones, build your muscles, helps your immune function. It's good for so many things but exercise is really really important because the bone health and energy levels.

Protein powder can be so so helpful, you know when you don't feel like eating when you're trying to get a more protein because you're exercising more and you just don't feel like eating chicken and fish and eggs all the time, protein powder can be just such a great simple way to get a new protein. Now that all protein powders are created equal. I think we talked about this a little bit most the ones you find on the shelves are going to have they have sugar artificial sweeteners dangerous toxins in them. They found that same category as supplements because they're not regulated. So there's really no standards for protein powders unless you're looking for pharmaceutical grade protein powder. So that's what I recommend and the different there's different types of protein. You want to find what works best for you. Whey protein is strongly recommended for after exercise. And I think whey protein is great, we actually get our Pure whey protein imported from New Zealand because they have grass fed cows. What's going to be the highest quality, has omega-3, CLA, it helps to reduce inflammation doesn't have any other junk in it just a little bit of natural vanilla flavoring from of vanilla bean. So that's a great option. Pure Primal Protein. This is why I meant, we recently just came out with and it's a beef protein. This is really really great. If you're a vegetarian, but you're okay with still getting in be from you just don't want to eat it. This is a great option. It's also just great because it's a great way to get in those nutrients, especially if you just don't feel like having you know, a grass-fed burger right after your workout and you might be thinking that sounds great. I'd rather take the burger and do that but this but protein powders are great way for if you're in a hurry and you just need to get it in maybe you don't feel like eating for stick days protein powder is awesome. And then you just pick your fat. You pick your carbohydrate and you blend it together with ice and water and you've got yourself a PFC balanced smoothie.

So I put my favorite recipe for a PFC balance post-workout smoothie and worksheet 4 so make sure you check that out to the worksheet that goes along with this module, but basically you're picking a protein, a fat and a carb, so your protein is going to be a couple of scoops of your protein powder and then you're healthy fat. Like I mentioned that could be your half of an avocado. It could be two or three tablespoons of your favorite kind of nut butter. Have you been used heavy cream a couple tablespoons of heavy cream. It's great in a smoothie and your carbohydrate that might be half a cup of berries like pictured here. It might be half of a banana and you actually do want to go you can go for towards the fruit when you're having this smoothie after your workout because you want to get the sugar in to replenish your muscle glycogen.



Exercise Masterclass

Cassie: Okay, cool. Why don't we dive right in, super excited. I was like, we're talking about exercise. I want to be on this master class because it's one of my favorite things to talk about especially because I feel like, for so many years, I was doing it all wrong and it's really frustrating and I'm sure you see this with your clients to Taylor. Just when you know, when people think they're doing the right thing and that's totally relates to food as well and dieting like, you think you're doing the right thing and you're eating low-fat and you're restricting your calories and your dieting and then you find out that like, oh that's what actually caused me to gain weight by shutting down my metabolism and same with exercise people think they're doing the right thing by, you know, just crushing it at the gym and spending like two hours and elliptical, going super slow. I did that for years thinking that was the right thing to do only to find out that there are actually a couple specific reasons why that can totally backfire and cause you to gain weight and have a really tough time, you know, losing weight if you're not gaining weight, so that's what I want to talk about today. Is exercise, how it all works, the science behind it, the best types of exercise. We've had questions about supplements for exercise, food for exercise. Am I missing anything?

Taylor: Yeah that covers it.

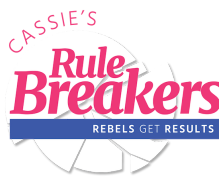
Cassie: Okay

Taylor: Type of food and supplements. Yep.

Cassie: Okay, and I'm going to slow down a little bit so I'm not out of breath this whole time as I'm exercising for the theme of the masterclass. I thought it was kind of fitting to do my little walking while we're talking. So yeah, let's just dive right in.

Taylor: So I think a good way to start would be to talk about just what you said, the things that people come to us thinking or the right things to do and we see those, we kind of want to dispel those myths and the first one would be, just that chronic cardio, that too much exercise in the gym.

Cassie: Yeah, and you know, I'm a former recovering marathon runner and this is one thing that, like always boggled my mind was like, you know the reality, is that running marathons or even if you don't run marathons, if you're just exercising every day, really hard for like at least 60 Minutes, like I know so many people are in that mentality, but that can actually be a reason why we hold onto that last 20,15 or 10 pounds and what it really ties back into, is that it's not just



about calories. You'll burn more calories than you take in and you'll lose weight, right? That's what we've been told but wrong because with that in mind, it's no wonder why we spend so much time, like elliptical and trying to burn calories because we've been told for so many years, you just have to burn more calories, but here's the reality, nowadays more people than ever have gym memberships is actually like a stat. More people have gym memberships and ever before and we're heavier than we've ever been. And to this day, there's actually never been a single study showing that exercise alone can cause weight loss and certainly not sustainable, you know, in fact of significant weight loss. There's so much more to it than that. So I kind of mentioned a minute ago, like there's two main reasons why burning tons of calories through exercise can actually not result in losing a single pound and even cause you to gain weight and those two reasons which we can kind of go into together Taylor, are cortisol and inflammation. We talked a lot about inflammation around here and then you probably know cortisol as your stress hormone. That's kind of like known as your stress hormone. So those like two main reasons.

Taylor: Right. Exactly and so like, when I think about inflammation and wait and how that correlates. I always just think, you know, inflammation we hold on to excess weight. So increasing of inflammation equals stubborn weight and inability to lose weight. So there really is a direct correlation with that over-exercising, not giving your body enough time to rest and repair that inflammation before you get back into the gym for another hour, 2 hours on the stair stepper or treadmill and that is a direct correlation with holding on to that weight that you want to lose.

Cassie: And I think It's important to mention that like, inflammation isn't bad. Like when you're exercising your body builds up inflammation. That's just a natural response and it's actually, it's part of muscle building and it's part of the whole, you know, it's just part of life, but you've got to give your body time to recover and heal and the problem is, with over-exercising and even every, exercising every day can be over-exercising and also I'm like, we're not exercise grinchies we're not telling you to like, not exercise at all. We're going to talk about like how you can exercise and how it can actually benefit your metabolism and your energy levels and your waistlines. So it's not all bad news, but I think the good news about this, is you don't have to exercise every single day, for 60 to, you know any longer than that minutes that you know, people do and the part that you know, Taylor's talking about right now with inflammation. You actually create inflammation in your body from exercise and essentially, what happens is if you're building up inflammation everyday or even like, if you, what I used to do is exercise twice a day. That means twice a day, I was compounding this inflammation which actually drains your metabolism because your body focuses on healing. So if we exercise too much or for too long, there's like this abundance of inflammation happening that your body is not getting a break from so it just keeps on compounding and then your body is like constantly trying to fight it and that's just totally draining your metabolism as your body tries to put all of its energy into healing



inflammation. We've talked about inflammation before and probably use the analogy of having it. It's kind of like there's a fire inside of you and it keeps getting bigger and your body's like trying to put it out but then you just keep growing the fire. It's like you're fighting against your body. And what we want to do is work with our body and do the types of exercise that are boosting your metabolism and that are not just causing damage.

Taylor: Yeah.

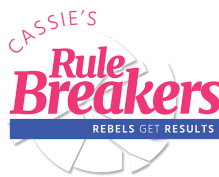
Cassie: Well, that's one of the things, I guess just to kind of like, you know finish the loop. The other problem with exercise, is that too much can be a stressor and we know that stress, we talked about this a lot before too. Stress causes your body to release cortisol. Your stress hormone and cortisol spikes your blood sugar levels and then at, sugar gets stored as fat, that's a kind of like, the short answer of what happened there in your pancreas secretes insulin. Insulin's your fat storing hormone. It takes that sugar, stores it as fat. So think about this, think about how you're not even eating any differently, not to mention a lot of times when we exercise, you know, where hungrier and that's normal because we're burning calories in our body actually wants to like, get those calories back. So if you're exercising, you know too much or too hard, you're building up this inflammation and then you're releasing your stress hormone, which causes your body to gain weight that way so, it's like a double whammy negative effect of you gaining weight and draining your metabolism. Maybe nobody ever told you that about exercise. That's like the bad news about exercise. But the good news is that's only bad news if you're doing way too much of it and you know what, you have, you've got better things to do with your life than just wasting it away by exercising too much. Like if it's fun for you and you enjoy it then great. We want you to like be active that's a really healthy part of life and it is important for your metabolism and your weight for you to be moving just like I am right now, just like a little bit of activity throughout the day, but just like killing your body which is what a lot of people especially, like a lot of the women that we work with. We see that they've just been like killing their body at the gym and they're just so disconnected from their body like from dieting and from trying to burn all these calories that ends up just being a disaster and not producing what you're trying to produce anyway.

Taylor: Yeah, so I'm thinking it would be good to give some things that, they people could ask themselves. Like if are you exercising too much, you know, there's things that you can look at in terms of how you're feeling and determine if this is you. If you are someone who might be exercising excessively and that might be holding you back. So like, you talked about producing too much cortisol and over time that's going to lead to, your adrenal glands really burning out so, that lack of energy and lack of motivation and just feeling very lethargic and fatigued all the time, that could be one really clear sign.



Cassie: Yeah, yeah. I also think just like, I think sometimes it's like, okay, let's just bring it back to like, really really basic. Like, how am I feeling? Like a Monday morning. I love, I've been going to these workouts here in San Diego at 6:30 in the morning downtown so it's like half hour drive and it's just like a really fun like high intensity interval workout, which is we're going to circle back to that in a minute because one of the types of exercise that I recommend but Sunday night, I went to bed really late and I was like, you know what my sleep is so important it would not be smart for me to get up at 5 o'clock in the morning to go crush a workout after a really long exhausting weekend and we have a big week ahead of me. Like it just wouldn't be a good idea. So I skipped my workout. So actually sometimes it's good to skip your workout. Well actually a lot of times if you're exhausted, it's good to actually prioritize sleep over your workout and that can be something also like, really difficult to comprehend because at least for me, I used to like totally sacrifice my sleep for my workouts. I've been getting up at like, you know, 4:30 at the gym, right when it opened at 5 crushing these workouts because I thought I had to burn all these calories but really, prioritizing sleep can actually be better not just for your overall health, but even for your waistline because we've talked about before how sleep actually impacts your metabolism and your weight by regulating hormones that are responsible for your metabolism. We're going to go into all of that, but it's a really really important piece of the puzzle. So kind of a circle back. I think just asking yourself, like how does my body feel? Am I ready? Like, you know those moments when you're just like, okay. I'm so ready to crush a workout. Like I haven't really been moving much for a few days and like, I feel great, I feel rested, I feel energized and then there's those moments on Sunday night at 11 o'clock at night when you're like, I'm so tired. It would not be wise to wake up at 5:00 in the morning. It would be wise to sleep and prioritize that so, that's kind of like a really basic question you can ask yourself. But I also you know, I like the things that you were saying too Taylor, just like how you know, like am I feeling, even like am I my feeling stressed out? So this is something I think that is an interesting thing to think about if you're going through like a really stressful time. Exercise can be a good thing because sometimes it's good to like, have an outlet to take that out on and it can get really bad thing because when you're already stressed out your cortisol levels are rising and that stress hormone, and like we talked about, exercise is a stressor. So you want to kind of be careful with that. So it's like, when you're stressed out, you know, sometimes you just want to crush a workout and you know what, you kind of you want but what might be even more beneficial, is just doing something more healing like yoga which a lot of times were stressed, I was like, the last thing that we want to do, at least for me. I'm like I don't have time for yoga, like I just want to likely crush a workout but that can be like most healing thing for your body instead of causing more, you know stress on an already stressed body. Does that make sense?

Taylor: Yeah, and I kind of circle back to something you said before to kind of Bring It full circle. It's really about listening to your body and how you're feeling. So, like for me, when I'm very



stressed out, I want to go on a long walk in the woods like that, like a hike for me is what is really nourishing and I know if I was to like turn on a high-intensity video in the house, it just wouldn't, that's not the right time for me to do that. Whereas for you, it might be completely different so I think that's where really tune into what is your body needs, what your body is saying is really important.

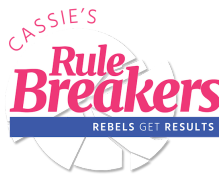
Cassie: And I think also, like connecting your body because like I mentioned too, like so many of us are so disconnected because we're just used to like not listening to her body and just restricting and starving it and like trying to ignore it in order to like, you know, follow these dieting Rules and Things that we've done. So part of rule Breakers is, we're getting back to connecting with ourselves and our body. Like how do I feel? Am I hungry? Am I stress eating? do I actually crave sugar or is it like more of an emotional response or is it a physical response? Like these are the questions that we want you asking to really connect to yourself again and same with exercise. You know, if you're stressed out, are you just going to go crush a workout so that you don't have to think about everything and so that, you can just totally disconnect or you know or maybe you actually should do the opposite and reconnect with your body. There's something like yoga and like a 5 minute meditation and like, just deep breathing and like getting yourself back into your body and is grounded state so, that you can go from there and tackle all the stressful things instead of causing more stress on your body and just going crazy, which like, that's like my automatically, that's what I want to do but I'm trying to bring it back to my body and doing more things that are like, actually going to bring me back to the present so I can handle stress better. That makes sense.

Taylor: Yeah. Yeah great point. I really like that sometimes we might want to do something different but maybe what we need to do is like, sit with those feelings and

Cassie: yeah

Taylor: meditation and yeah, that's a good point. I like that.

Cassie: and I think the cool thing about exercise is like boosting your metabolism and doing a workout that's good for your body and your waistline. It doesn't require great length of time and you can still get like that awesome sweat session. Like I know a lot of people like you might be listening, to those might be like, okay. Well, like I feel great when I have a good workout and I sweat like are you telling me not to do that? And we're not telling you that at all. We're just telling you that we want to make sure we're not like overdoing it. So maybe we should get into talking about like some of the best types of workouts for metabolism. What do you think?



Taylor: Yeah. Yeah, so that high intensity interval training that you are talking about that you did this morning. The difference between that and that chronic cardio is that it is not going to cause that inflammation. So it's going to allow you with high intensity interval training. We're bringing our heart rate up and then we're bringing it back down to give our body that time for that recovery before we take the heart rate back up again. So we're repairing from that inflammation.

Cassie: Yeah. It's like alternating is short periods of like really intense exercise with recovery periods. So it's basically like you're doing some exercise and then your resting. Your heart rate is getting up and down which is really good for your metabolism and these are the kind that like really turbocharge your metabolism, but they don't require a lot of time like, these could be a 5 or 10 minute workout because they're so intense that like you wouldn't be able to do it for an hour, so you know compare that to doing like the elliptical or even like what I'm doing now, where you're just like going super slow. It's good to work in some stuff like this throughout the day, but you don't need to be you know, going for hours and hours at a time. So, I think that's a great thing about this interval training type of stuff is you know, you can do it anywhere while you're traveling at home. You don't need a lot of equipment and it doesn't have to be like super crazy and long and it can be things like, you know, jumping jacks, walking lunges, high knees in place, mountain climbers just like squats, push-ups, sit-ups, burpees looks like a lot of bodyweight stuff, but the goal is to like, you know, you're on for probably like you can do it in different ways. We usually recommend like doing like 30 or 40 seconds where you're doing the movement and then you know, 30, 20 to 30 seconds where you're resting. So the goal is your heart rate comes down but not so much that you're totally rested. So this break like the 20 or 30-second break. It's to allow your body to rest. You can push yourself hard again, but not so long, we're like totally recovers and that's actually the parts of really good for your metabolism versus, you know, compare that to just running on a treadmill slowly for an hour. It's very different type of workout.

Taylor: Right. Yeah, and sometimes you can even, in your rest period depending on where you're at in terms of fitness level. It might be like a light Jog and then your high-intensity period might be a sprint if you're doing you know work out on the treadmill, maybe it's a dog Sprint, jog Sprint,

Cassie: type of

Taylor: versus just doing nothing during that rest period.

Cassie: Yeah, yeah, exactly and I created like some little workouts with this in mind. So I'm actually just going to put that. I just put that in the chat on Facebook and then also in here is like, this guy that we put together. It's got like a few different workouts there 15 minutes long, so



they're not like super long. They're like a really great length of time and honestly their car sometimes I go to do these and I'm like, okay you know what my goal is to do half of the amount of time which is crazy when it like, if you would have told me like 5 years ago that like a 7 minute workout was gonna be what I was doing these days and it's really hard and it's good for your metabolism and it's kind of fun too. It's fun to be able to do that. Push yourself like that and not have it take like a whole hour or anything like that in the morning. So I got it. I just shared, that's got a few of these like treadmill type workouts if you like the running but it also has like an interval workout you can do at home with a lot of the different, you know planks and jumping squats and butt kicks and stuff like that and fun.

Taylor: I was actually traveling a few weeks ago and I tried one of the treadmill workouts. I was like, oh, in the beginning, I was like, I totally got this I can handle this and then like 10 minutes and I was like, oh, I think I'm done. Walk.

Cassie: It's so hard. Yeah, yeah, especially because the beginning is kind of like, tricky because it's like, it tricks you a little bit because there's like these different levels for the treadmill. I call it there's base, there's push and there's all out and those are actually phrases that I got from Orange theory there a gym where they do a lot of stuff like this. The classes are long. They're like an hour long, but the, I got those levels. The base is like you could maintain it for like a super long time. It's super easy. So Taylor like at the beginning of your workout, you probably did like a 3 minute base and you're like, oh, yeah, I could do this all day.

Taylor: Right

Cassie: Your push pace is like a lot harder and all out, is like you're putting everything out there. So this is where you're going to get. The sweat that you like, you know people that like to work out they like that but then you're bringing it back down and you keep doing that and that's what makes the workout really challenging and also it makes it like, really good for your metabolism. So that's why we recommend for exercise, kind of fun. If you don't Jam, these are like the Tabata classes. Sometimes I'll call them hit, some of the Crossfit workouts are like this.

Taylor: Yeah, and I would say to, you know, I've heard from clients before, they'll say, well I can't do that type of exercise because I've got an injury or I can't do jumping but you can do low impact, high intensity. So, you know instead of doing like a full jumping jack, maybe you're just taking one foot out and then you bring it back.

Cassie: half Jacks



Taylor: Yeah. half Jack's. Yeah, so you can definitely modify. You can easily modify the workout that you have in the metabolism boosting guide so that you're not jumping in any of them but doing modified and that still will bring your heart rate up.

Cassie: Yeah. Yeah, that's such a good point. I'm glad that you mentioned that because with any injury, any of these types of movements can be modified. I mean like high knees could be walking in place or yeah, you could do the half Jack's instead of actual jumping jacks. Push-ups can be on your knees or lean against a wall and do, you know, this way so, there's all sorts of modifications and you can always, I didn't put a lot of the modifications in the guide, but honestly, even if you just research this online. Just Google it, you can find a bunch of different modifications for any of these basic movements.

Taylor: Yeah, and YouTube is a good place for that because you can watch people doing it.

Cassie: Yeah.

Taylor: If this is something that's super new to you, you know, definitely use YouTube and watch other people do these exercises. So you'll know the right form to try as well.

Cassie: Cool, cool. Should we talk about a little bit about you know, nutrition for exercise and

Taylor: Yes.

Cassie: and think of all that and I think the tricky thing about this is, it is very different for each person. So these are kind of like, this is what we're going to talk about is generally what we've seen with our clients but also to keep in mind, what works for you might be different than what we've seen works for other people. For timing of eating because with exercise, you know, it's not just about you know exercising. It's also about the fueling part, as you guys probably know, we talk a lot about nutrition because it is really really important and I think with timing, what we found based on research and based on just how people's bodies work, that we've worked with. Eating 30 to 60 Minutes post-workout. That's like the best time so, it actually gives your body enough time instead of eating right away. Like if you're starving after workout, please eat because when your blood sugar levels are low, it is important to bring them up but for a lot of people, they're not hungry right away and waiting for that like half-hour after you exercise to about 60 minutes, kind of like the Magic Window. Gives your body like a little bit of buffer time so that you can kind of transition out of, when you're exercising, like we said, it's a stressor. So you're in like this like, fight or flight mode while you're exercising and we want to move into like, rest and digest. Your body can really, you know, absorb the most nutrients and a lot of the healing and regeneration can happen when your body is in that phase but you also want to wait



too much longer than an hour after you exercise because your cells are actually more sensitive to insulin, like after you exercise and that's actually going to help maximize your post-workout meal.

Taylor: Yeah, and I would say to you know, just kind of keeping with that myth trend, that we hear, people might think that you can out-exercise a bad nutrient regimen and that's not true. So we always want to, you know, keep that in mind. You can't, you just can't out-train a bad eating regimen. So try not to throw away your hard work and really stick with your P, F and C even when you get your exercise in. That, it's still just as important.

Cassie: but I think, going back to, it's not just about calories. If we had the whole calories in calories, out mindset, you know, like my uncle, I'll never forget. Growing up, he would say he would run 5 miles a day so he could eat ice cream every night and like he just, he always said that yapper and run 5 miles so I can have this huge bowl, like massive bowl of ice cream at night and now looking at all of this from a different lens. It's, I mean, he was trying, he was burning off the calories, so he could eat these calories, but it's not just about calories. It's about the inflammation that every night he'd have this ice cream that would cause all this inflammation. It would surge his blood sugars. That would get stored as fat and just going for this 5 mile run. So it's a long run but that wasn't help him because also, that's causing inflammation doing that day in and day out. So it actually wasn't balancing each other out. It was more of like a double whammy negative effect. So you want to make sure the foods you're eating are, you know working with your body instead of against your body.

Taylor: Yeah, and I know a lot of clients will say that, there maybe they're not hungry after they exercise and so that's where we always recommend and that recovery shake because even if you don't want to sit down and chew or you don't really feel hungry in that hour post exercise, it's really important to replenish all that glycogen that you just burned up during your exercise and that's where using the recovery shake as a really good option maybe

Cassie: I love using the pure Primal protein. I'm not really sure why but after I work out, I always like crave that either, it both the chocolate and the vanilla flavor. I love having that after I work out and then I usually do, I don't know if we have this in recipe anyway, but this is just what I've been doing off the top of my head. I'll do half of an avocado and I put the other half in the fridge for you know later at dinner for the next day or something and then I do half of a banana., so usually I'll do like lately. I've been doing the chocolate pure Primal protein, two scoops of that with half an avocado half a banana and then the espresso flavored fruits and greens. The Verovive fruits and greens and that's like and I'll do like a scoop of the gluten powder, which is really good post workout. And I've also been doing a scoop of the bifido powder just because it's easy to get that probiotic in the powder form. Mix all that together and blend it with ice. I've been



Sometimes using unsweetened coconut milk, so good, so nourishing, so good for your body, helps to reduce that exercise and inflammation. Yeah, you have any other suggestions Taylor for like post-workout?

Taylor: So I am usually not a huge shake person after my workout. So I like like a full-on meal. So I've been doing, I think I mentioned this on last week's coaching call but this morning after my workout, I had a like an egg casserole with a bunch of veggies and much ghee on top and some ground beef in there. So I am somebody who likes to sit down to like a full meal after my exercise and I've noticed this with clients too, if you don't get enough in that post-meal after your exercise, you might feel like you're trying to make up for it all day long. So definitely listening to your hunger cues when you've had a workout, you might be a little bit hungrier than you were the day before if you didn't have that same intense workout. So giving yourself permission to eat as much as you need and in that meal to satisfy that hunger, it's really important too.

Cassie: That's good. I'm glad that you mentioned that because I think sometimes and sometimes what happens to, is after a workout people aren't really hungry right away. So they're kind of like, you know, maybe snack a little bit or like, you know, our X bars half of our X bar is a great PFC balanced snack for after a workout. I like to carry those with me because they're easy, but then what will happen is later, like you might just like suddenly feel like you're starving and it's really important. Like you said Taylor to eat like it's okay. Sometimes you're hungry or on days that you exercise. Sometimes you're not and sometimes it's the next day after the exercise day that you're hungry and that's okay too. It's all about listening to your body and you know fueling it when it needs that and what you know, your comment about, you like to have a whole meal, you know, I also want to say it kind of depends on when you're exercising too because a lot of times like if you're exercising right before, you know, breakfast first thing in the morning also just a comment click on this. I like to exercise on an empty stomach. It's not what everybody recommends, you know, some people, you read all these different things and they say you've gotta eat first and feel your body first and I'm a huge proponent of you know, eating breakfast because it kick-starts your metabolism, but I don't feel good. If I eat a whole meal and I try to like do this high-intensity workout after eating it so my body just doesn't like it. So for me, what I found is exercising right away in the morning and then eating 30 to 60 Minutes post-workout, you know, having that shake or sometimes if I'm like really hungry. I'll have like a small shake and I'll still cook like eggs and butter with spinach and I'll just do both to make sure I'm getting in plenty of fuel. If you're exercising, you know late afternoon like after work or something. You might just have dinner when you get home and you might need a little bit more than usual and you might not be so, it kind of depends, like if you're exercising after a meal like right after lunch, you're probably not going to come back and have a whole another lunch. You probably don't need it. So, in that case, you might have a snack an hour after your workout.



Though, it just kind of depends on the time of day. You know how your body responds, the goal is, you know, during your workout, you don't want food to be weighing you down but I know a lot of people and I work with a lot of clients who they have to eat before they work out, like they can't just get up in the morning and go exercise because their blood sugar levels are too low, they have to have something right before and that's totally fine too. So it really just depends on you know your body.

Taylor: Yeah, and I'll just tie in a question that we had on Facebook because she's asking, Christy asked this and she's asking specifically about this topic. So she said, I'm excited to listen to this one later, could you please touch on timing of meals and snacks around your workout and how important it is to eat something within a short period of time after your workout when you just ate something an hour before your workout and meal time is right around the corner?

Cassie: So I guess it depends when mealtime is and it does depend on how much you ate. What I would do if I knew while and also keeping in mind, I don't like to have a lot on my stomach when I work out. I would have that meal before. Be a little bit smaller so that you can eat sooner after because it is a really good idea to eat within an hour after working out but if you just like, have this huge like lunch then you know, you don't need to do that. It's not going to be as beneficial. So I would say try to have a little bit less before so, you can have food after but so she's saying a meal is right around the corner. She wrote some more. Let's see if she clarifies more, for example. Hey, breakfast on Saturday morning 1 hour before going to a 1 hour Orange Theory class. Orange theory, I was talking about I'm not hungry yet I know I should replenish nutrients ASAP, especially after an intense class. So if you just ate an hour before, I would probably wait an hour after the orange theory class now, it's been 3 hours, right? Because an hour before, class is an hour, wait an hour, 3 hours. That should be like about a good time to eat again because we recommend eating every 3 to 4 hours. So in that case, that would be perfect. Eaten hour before you do an hour class and then an hour later you have just a small snack and then, if you know, if you're planning on having lunch a couple hours later just make that snack really small and make that lunch as small or as big as it needs to be.

Taylor: Yeah, and then she goes on to say that the workout dampens my appetite so I think that's, where you know, a smoothie would come in. Even if you're not hungry in that post-hour, getting a smoothie in, so you're not eating, sitting down to eat and but you're still getting in those nutrients and supporting your body with that fuel that you do need since you've just burnt so much off during that class.

Cassie: Yeah. She says, you know the workout dampens my appetite, should just eat something small and accept the fact that I maybe yeah, really hungry later. Yeah, so I would. I think what you just said Taylor is perfect even it's, kind of like eating breakfast, you know, a lot



of people will say, well, I'm not even hungry should I still eat breakfast? Yeah because it jump-starts your metabolism. So yeah, if you're not hungry after the workout if you don't eat you might be like starving later. So I would recommend getting some nutrients in even if it's just half of a smoothie, you know if I'm not like really hungry and I know I'm having a meal sometimes like if I were to work out in the evening, If going out to dinner a couple hours later after the workout. I might just have one scoop of pure Primal protein, was like a little bit less than half an avocado, you know little part of a banana, blend it together. You can kind of you know, make your smoothies and stuff based on how hungry you are too. So just have a little bit less or make your smoothie and just drink as much as you can and put the rest in the freezer. I do that a lot, too.

Taylor: Yeah, great.

Cassie: You want to read through, I see Tricia asked a question here on Facebook.

Taylor: Yeah, so Tricia said, I just read this article on the web. This is not about exercise but have a question regarding ketosis and then in quotations it says ketosis is the state your body enters when it is in fat-burning mode where your body begins to burn ketones instead of glycogen for fuel which essentially means you're burning fat for energy all day long and in quote, I was under the impression that glycogen was our fat-burning hormone, which is the opposite of insulin, are fat making hormone. I thought we wanted to stay in a glycogen fat burning State. Could you please explain this further also, what are your thoughts about a ketogenic State? Thank you.

Cassie: I think she's mixing glucagon with glycogen. Glucagon is your fat-burning hormone.

Taylor: Which is really confusing because they all, glucose, glucagon, glycogen they sound a little similar.

Cassie: As far as ketosis goes. Yeah. There's a lot of talk about ketosis lately, you know, especially if people are finding that they get into ketosis, they don't have to eat and they feel great and you know, it can burn fat. So the long story short. I'm sure you've talked about this Taylor too because we get a lot of questions about this. We don't really recommend ketosis. The women that we work with, especially in rule-breakers, especially our VIP clients are coming to us after a lot of yo-yo dieting with hormones that are imbalance, metabolisms that are not revved up and we need to heal and we need to get hormones balanced. Ketosis can totally throw off your hormones, when you're not eating for a long periods of time and same with fasting. We get questions about fasting, you're probably already fasting for, you know, 8 hours, every 24 hour period while you're sleeping right? And we really don't need to do a lot more than



that because it can just throw your hormones out of balance. So ketosis especially for men, it can be beneficial but there's a lot of contraindications in women and going for long periods of time without eating is not something that I am all about because especially the women that we work with already, you know need to get everything back into balance so, it can be something that, you know, can be helpful. I think to be added and down the road. We've worked with clients on this and like, especially if they've gotten to a place where they're like super stuck and they need like a big, you know metabolism boost like we've done different like, personalized plans and you know, it's helped before but it's not something that I would just say like, yeah, everybody tried ketosis. I've never even, you know I haven't done, I don't think it's something that's necessary to do in most cases. What do you think Taylor?

Taylor: Yeah. I think exactly what you said. Yeah, we've used it occasionally in very special circumstances, but it would never be something that we would recommend kind of blindly across the board because there are so many contraindications and you know, you do want to be under very specific circumstances to use it and I just want to say so the glycogen that you're talking about Tricia, that is stored glucose.

Cassie: stored glucose, yeah.

Taylor: And then glucagon, that's the hormone that we talked about that we want you to be burning and by eating, getting your carbohydrates from fruits and vegetables like we recommend, that keeps your insulin requirements low and your glucagon pumping out so, burning those fat stores. So just wanted to clarify those two words. So we don't have any confusion on that.

Cassie: Yeah, it can get kind of confusing for sure. Cool.

Taylor: great for those were, those were the two questions on Facebook.

Cassie: Awesome, so we got a little bit of time left. What else do you want to make sure we cover Taylor?

Taylor: So I did want to touch on one thing and you said this earlier but kind of dive in and do it a little bit more, increasing your daily activity, like what you're doing right now is more movement and activity and I think sometimes we get a little caught up in needing to go to the gym to get our exercise in and sometimes it's really just about increasing your daily activity. So maybe how people can do that and how we can make that in more of a lifestyle.



Cassie: I love that. I love that and part of like keeping your metabolism boosted and part of just leading an active lifestyle is moving throughout the day and I think it's so easy to kind of compartmentalize and you know, get in a workout in the morning at the gym and then sit in front of the computer for 8 hours or whatever else you're doing during the day and then you know, then taking the dog for a walk at night. Like there's nothing wrong with that necessarily but it is better for your body and even your metabolism to move a little bit throughout the day. So, you know when I work with clients who have a desk job, I actually recommend setting a timer like on your phone, like every single hour just getting up even if it's for two minutes, which sounds like not me. It's not a big commitment but even just getting up and going to fill your water bottle or just going for a quick lap around the office. Just getting your body moving a little bit is so good for it and like with this treadmill desk, I'm realizing how much I actually am used to sitting during the day because this is so different from me. I only, I'm only doing this for like maybe 1 to 2 hours a day total and I'm still sitting for probably 8 hours total or you know, at least 7 and I'm tired at the end of the day because this is so much more movement that I'm used to and you don't have to have a treadmill desk to move during the day, you know, just getting up and just walking, even stretching, just doing some basic stretches every 60 minutes or so is so good for your body.

Taylor: Yeah, and if you like, I know so many people have the Apple Watch or the Fitbit. You can set that to buzz on your hand if you haven't moved in an hour to 2 hours. So that's a

Cassie: Cool.

Taylor: Yeah, that's a good way to do it without even having to think about it.

Cassie: I didn't know you could do that. I also think it's just other you know, simple things like not getting the closest parking spot at the grocery store. I'd like, think of how many times we like fight to get like the closest spot at Target. What if we just parked like total and the parking lot and just got a little bit more activity in that way. With your big heavy cart and pushed it the extra, you know, minute or two that it's going to take you like stuff like that is, it's not hard to do but it's a different, it's like a shift in your mindset to us. It's just thinking a little bit differently about moving more throughout the day.

Taylor: Yeah, and I like the concept too of trying to ingrain it in your like, your friend culture, you know instead of going out for dinner, maybe you guys go on a walk or go on a hike or instead of going for coffee or you go paddleboarding. I mean these things can be really fun and you're kind of stacking your life to your meeting with a friend and you're getting some activity in, doesn't have to be in a gym, doesn't have to be clock in an hour in an exercise class.



Cassie: I love that. Yeah. Yeah, it's more of a, it's like a lifestyle shifts. Totally totally. Cool. I think I also, let's touch on, we had a couple questions too about just supplements for exercise and the thing about supplements for exercise. I think what's really cool is you don't have to add in a bunch of different supplements for exercise. A lot of the ones I recommend for exercise, the ones we recommend in general for weight loss and just for overall health, especially, you know, the ones that I mentioned that I put in my smoothie, the gluta powder, super good for healing inflammation from exercise or just from like years of dieting and the sugar that we're consuming and just kind of to help with that weight loss to really jumpstart that. That's a great one and you can you know, you can take the pure gluta caps instead of the powder for not having a smoothie. Fish oil, really good one for inflammation. I usually take extra of it after I exercise, so if it's a day when I have a hard workout, I'll take like 2 or 3 more of the soft gels that day. That's just what I do because I know that I've got extra inflammation going on. Let's see, what else CoQ 10 Vibe is a really really good one. That's more of like, I take that to get energy, to exercise especially if I'm exercising later in the day. I'll take coQ 10 vibe because what it is, it's an antioxidant and it helps produce energy by bringing oxygen to your cells. So for people that you know, get the afternoon, lull a lot of times we recommend coQ 10 vibe. Just 1 or 2, they're super tiny soft gels and it gives you like an energy boost because it just helps to deliver more oxygen to your cells. So you can take that daily. You could take whatever, we have clients that take it every single afternoon after lunch just to prevent like that lull, that sometimes they get in the day or you can take it for energy before a workout. It's also really good for heart health. So it has like, a lot of important benefits that go beyond energy and exercise as well. But especially I don't always take it daily. I do if I remember but before I work out, especially if I have low energy levels, I love taking that one it's just like a natural energy boost.

Taylor: Yeah, and there's two that I'm thinking about that are kind of unique in the sense that we would use them in special circumstances, so we use address set a lot with clients if you have a past history of over-exercising and you are experiencing adrenal burnout and you're just very fatigued, that is a really good one to bring in to help support your adrenal glands. That would be a recommendation and then Corte Kobe 5 B6. That's one that will recommend if you are somebody who loves Marathon running and or loves like Spartan races or something that you're training really hard for, that is going to deplete your B vitamins. So taking Corte Kobe 5 B6 as an extra on top of the ones we already talked about, is really helpful to replenish those B vitamins that are getting used up during that training regimen.

Cassie: That's a good point. Yeah and address that, it's interesting. I hadn't thought about that for exercise. I take that during stressful times. Like if I'm going to have a really stressful day or week or even a stressful season like a couple months. I'll like load up on address side but yeah, just like we're talking about stress from exercise too if you have a history of over-exercising. It's a great one to add in and I think one of the, like a miracle. I was called magnesium a miracle,



pure magnesium. I used to do all the crazy like I take Ibuprofen after all my workouts and I was Marathon running and I did those crazy ice baths where you literally like put on a sweatshirt and a hat and you get a nice it in the tub full of ice to help reduce inflammation and now magnesium. Like magnesium does the trick it's my go-to recovery supplement and I take it every single day. I've been taking more lately. I got a massage last week and she's like you are so tight. She's like how much magnesium are you taking and I was like man, I'm only taking like a thousand milligrams a day and I need to be taking more. So I'm up to like 1,500 milligrams a day right now and I notice a difference in my body just like feeling looser. So if you get, if you're tied at all, if you get like cramps or even just like stiff after exercising, it's probably because you're not taking enough magnesium. 80% of us are deficient in magnesium. So it's a really easy one, easy one to take. One that you'll notice a difference how you feel, if you get headaches, at all that tension is magnesium helps loosen things up. So it'll take your headaches away and chocolate Cravings are also another good reason to take magnesium, but that's a good one for like any sort of soreness or tension is the pure magnesium.

Taylor: Yeah, and I just touch our client last week that takes pure magnesium and then after exercise, she tried to increase it and got some loose stools, so she started adding in the topical, on top of her pure magnesium dose and that has been really helpful for her. So if that's you,

Cassie: is that the gel?

Taylor: Yeah, the gel.

Cassie: Yeah, I love that too. What I love too, it has like this, like kind of like almost like a tingly feeling that feels really good on your muscles. That's another really great way to get in magnesium because yeah, I mean this, you might think is a lot like when I'm talking about taking the 1,500 milligrams a day that's 15 tablets of the pure magnesium. There's a hundred milligrams in each one. It doesn't feel like a lot for me because I kind of just space them out throughout the day, take 2 or 3 at a time when I have a snack, I'll take you know, 2 or 3 and I just lay them all out in the morning and I just get it all in by the end of the day. But yeah, if you don't like taking that many tablets you can totally do that also doing the Epsom salt baths. Really good way to let magnesium soak into your skin too

Taylor: yeah

Cassie: and stress relief and to release cortisol levels

Taylor: Another one that we didn't mention that, it's really specific to exercise is Endura.



Cassie: Oh, yeah, so that's more of like Endura. I used to take that before all of my runs, for running. It's kind of like our go-to for a sports drink. So instead of you know Gatorade or any of those like gels or things that have all these artificial colors and flavors and artificial sweeteners and stuff. This is our go-to for energy for your workout. So, you know, even these days, if I go for like a really long bike ride or just know that I'm going to need more energy instead of just the coQ 10 vive, I'll also do the Endura. what I like about the Endura, you can mix it into like a water bottle and then you can drink it. So it's kind of like giving you energy as you go. It really helps keep you hydrated, is a big one too. So if you're, you know, going hiking in Arizona or somewhere where it's like super humid in the midwest this time of year. I heard there's snow in Minnesota, so I don't think you're going to need Endura for anything right now,

Taylor: Right

Cassie: But it helps keep you hydrated because it replenishes your body with electrolytes. So just mixing like 1 scoop and with a glass of water or in your water bottle is a great way to stay hydrated and keep you a little bit fueled too.

Taylor: Yeah. Yeah, that's a good point that you would really only use that if you're, it's a really long workout or if you're sweating.

Cassie: Yeah, but even like, I mean, I would take it for Beach days like just in, you're gonna be outside and it's hot, keeping you hydrated. It's a great drink for kids, you know, fruits and greens mixed into water is also like a really great drink for kids. We get people asking for their kids and grandkids like what kind of, instead of juice what do we recommend? This one actually does have a little bit of sugar in it. The fruits and greens is Stevia so, it doesn't have sugar in it. But Endura is good because you know, it's a good way to get nutrients as well. Not only is like Gatorade and Powerade bad because of all the artificial flavors and coloring but also there's no, you're not getting nutrients in so, with Endura you're getting nutrients in and as well as the energy.

Taylor: Yeah.

Cassie: Awesome. This is good stuff. Any other questions from anybody? I think that's kind of, kind of, kind of a quick rundown. I mean, there's always, you know more supplements that can benefit you. There's always more of those but we like to keep it pretty simple. I think too, you know, we probably talked a lot about SynerVive before but just another quick one that I'll mention, it's so important for keeping hormones balanced and when you're exercising you just feel better when everything is balanced out. So when I have that on my mind because I gave my neighbor's each a bottle of SynerVive because they were complaining about cramps and just a



lot of PMS symptoms and they're already like, oh my gosh The SynerVive supplement is amazing. We heard from our clients all the time, just in keeping everything kind of balanced out and with exercise you want everything to be balanced that you feel great entering your workout and you can recover better after.

Taylor: Yeah. That's good and maybe we can just kind of recap action stepwise, you know for you guys to take and really implement, you know would be the supplements that we just talked about and then you know big one that we mentioned but maybe kind of just in passing is, do not give up your sleep to exercise. I think that's really important for recovery and if you haven't listened to the Sleep master class, that was last week so,

Cassie: Yes, yeah.

Cassie: Definitely check that one out and then I would just encourage everybody to try, you know, I hear clients say that they don't love to exercise or they you know, I hate exercising and I would just say that it's probably because you haven't found the right one yet because there's so many great things out there that you can do so I would just encourage people if you feel like you haven't found your Niche yet to try something different like, try a kickboxing class

Cassie: or lose it. I have that on my mind too, because now that I'm living in a new city my intention and to be honest, I haven't been to a gym since I left Minneapolis so you don't have to go to a gym like, I'm still active but the other thing is, there's so many cool unique gems and yoga studios and they'll do like a free week passed. So what I'm planning on doing the next few months here in San Diego is just doing all of the free weeks at different places and because they have those for a reasons. They want you to be like, try out their classes and then you can find what you like and it's different for everybody and maybe you know, maybe you're not comfortable going into a gym and you rather, I mean if you don't want to exercise I would really encourage you to grab the exercise guide that I created and just try one of the 15 minute workouts. Just doing that and let's talk about how often usually with clients for weight loss, 3 times a week is a great place to start. Ideally for the metabolism-boosting workouts, I mean, you can do them for 5 days a week, you know, because then we're still getting in that rest and Recovery period after but especially if you're just starting, I think just a few times a week and not just once a week but like at least 3 because it's good for your body like it might shock your body at first if you're, especially if you haven't done a lot of exercise lately or in a long time, but you want, you know, you want to just exercise and just not do it for a week or two you want to actually kind of like get your body into it a little bit.

Taylor: Yeah.



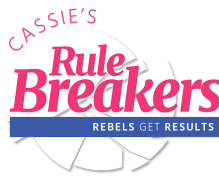
Cassie: Looking in, you know a few of those metabolism-boosting workouts and then doing some sort of like yoga couple days a week even like you mentioned Taylor, YouTube is great. I mean, you can find 10-minute yoga classes, 10 minutes of stretching and yoga is so good for your body. You don't have to go to a 60 minute yoga class. Just working in some of these movements during your day is so good for you.

Taylor: Yeah. Yeah, sometimes I like to combine my meditation and yoga. I'll do like a moving meditation. So I just did that this morning. I mean, it was really 10 minutes. You're not kidding. I mean it was 10 minutes long and I felt so much better. Just moving my body like that. So I would just encourage people that it doesn't have to be super long. I mean just a few minutes makes a big difference.

Cassie: Yeah. Yeah, totally awesome. Yeah, because I think a lot of us have that all-or-nothing mentality at least, you know, at least when it comes to like the whole dieting mindset and even like Marathon running it was like, you know, you're out. It's like you're always just like crushing it so, finding this balance is so different. Where it's like, oh, I don't have to have a full 60 Minutes to work out. I can do 5 or you know, I don't have to go to a yoga class. I can youtube a 5or 10 minute yoga video and it still benefits you. All those little things add up.

Taylor: Yeah and something you mentioned was like since you moved to San Diego, it looks a little different and I think some people are, they want to keep it exactly the same and it can look different from year to year, season to season. What you need to do for your body during that scene.

It's good for your body. It's good to switch it up. It's good for your body. I would always joke, I belong to a gym in Minneapolis and everybody would always joke that you know when I was in town, so when I was in town, I would go to the gym like 4 or 5 days a week and then I was out of town. I wouldn't work out like at all, like maybe I'd go for like a little jog or you know, do some of the stuff we're talking about here, but it was so funny because I would just you know, really get into it. I got back and then do nothing for like a week or 2 and I was gone and actually I always you know, I don't think that was bad for my body. I think it was actually kind of good because I would get some good workouts in and I really give my body, you know time to rest and recover and heal, but I'd still be moving. It's not like I just like not do anything at all. I'd still be you know walking and maybe you know going for a little beach run or things like that, but it doesn't have to look the same all the time and there can be Seasons, you know, if you're having a stressful season in your life, like I don't know, planning a wedding or stressful time at work or different things like that. You might be exercising less because you know that you already stressed out and then when you're having a more time where things just flowing really nicely and you've got more energy and maybe you've got more time, you know, exercising more during



that time might feel a lot more just natural for you and that's part of this too is really just listening to your body and going with the flow.

Taylor: Yeah.

Cassie: This is awesome. Great questions you guys and thanks Taylor. Thanks for crushing out this master class with me. It's just so great to have these on different topics, are just so many aspects to the whole rule Breakers process and I think like what we're talking about with exercise is just so in line with this whole program because we're not going to be perfect. Like you're not gonna be perfect and exercise or with your food or with your supplements or your sleeve or your hormones. There's so many pieces to the puzzle. It's really about just doing your best and each area and then it all just comes together.

Taylor: Yeah, and we don't need to be perfect right? And it still, is still will happen.

Cassie: Yes, totally. Well, thanks for being here and thanks to everybody who's watching live and watching later. So glad that you could join us and we'll see you in the community group rule Breakers.

Taylor: Bye everybody.

Cassie: Bye Guys.