

MODULE 3: NUTRITION

NEWBIE FITNESS ACADEMY

QUICK RECAP:

- ▶ Why sleep is the MOST important factor for a better body
- ▶ The 8 reasons why sleep is so important
- ▶ How to get better sleep

OVERVIEW

- ▶ It's not about what you eat, it's when you eat
- ▶ 80% of your success will depend on this

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**YOU MUST UNLEARN WHAT
YOU HAVE LEARNED.**

Master Yoda

ABOUT ME

- ▶ I'm NOT a doctor, dietician, or a nutritionist
- ▶ I AM an educated trainer, a National level weightlifter and a coach

SOUND FAMILIAR?

- ▶ Have you ever tried a diet or detox?
- ▶ “Take this diet pill and lose all the weight” or “Eat this not that”
- ▶ It’s not necessary to go on a diet
- ▶ Diets are awesome, not.
- ▶ Any diet will work for short periods of time.

NUTRITION

- ▶ Fad diets are unsustainable
- ▶ There's no "get skinny" fast method

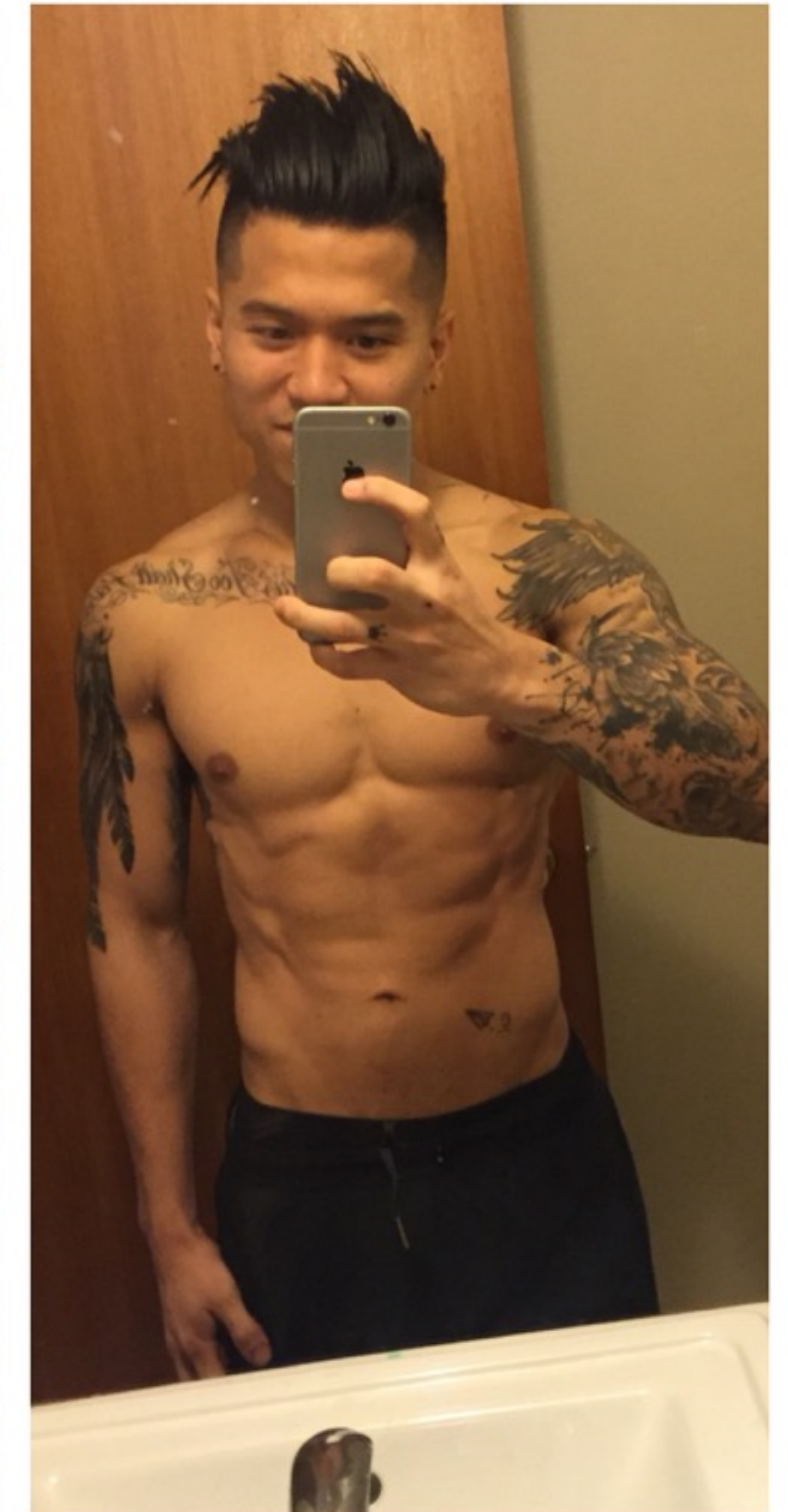
**WHAT WHAT IF I TOLD YOU THAT THERE'S A SIMPLE
WAY TO GET LASTING AND SUSTAINABLE RESULTS?**

FAST FORWARD...

- ▶ I take a break from eating for 24 hours once or twice a week
- ▶ I don't weigh my food or count calories = too much work
- ▶ Intermittent Fasting aka (IF)
- ▶ You don't have to change what you eat, you just have to change when you eat

INTERMITTENT FASTING

- ▶ Increased muscle mass, and decreased body fat
- ▶ I'm just a regular guy
- ▶ From 136 lbs to 121.8 lbs in 8 weeks
- ▶ 14 lbs weight loss or 11% of my body weight
- ▶ Stronger, leaner, healthier



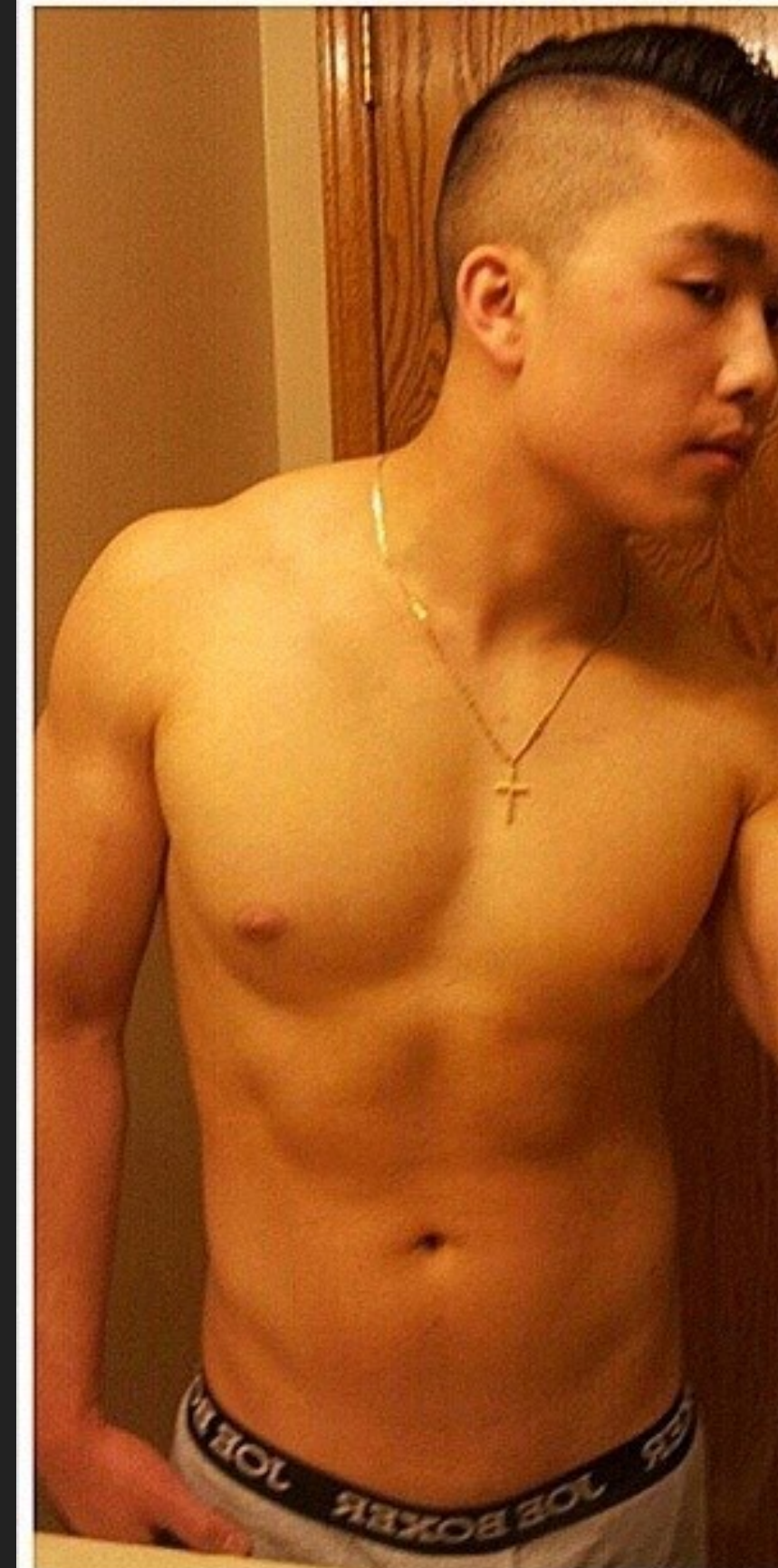
CASE STUDY – ANTHONY

- ▶ Typical 22 year old student
- ▶ Starting weight: 200 lbs at 5'7"
- ▶ Lacked confidence around people
- ▶ Couldn't do the things that he wanted



CASE STUDY – ANTHONY

- ▶ 3 months later..
 - ▶ Weighed in at 175 lbs - 25 lbs weight loss (left picture)
- ▶ 7 months later...
 - ▶ Weighed in at 158 lbs - 42 lbs weight loss (right picture)

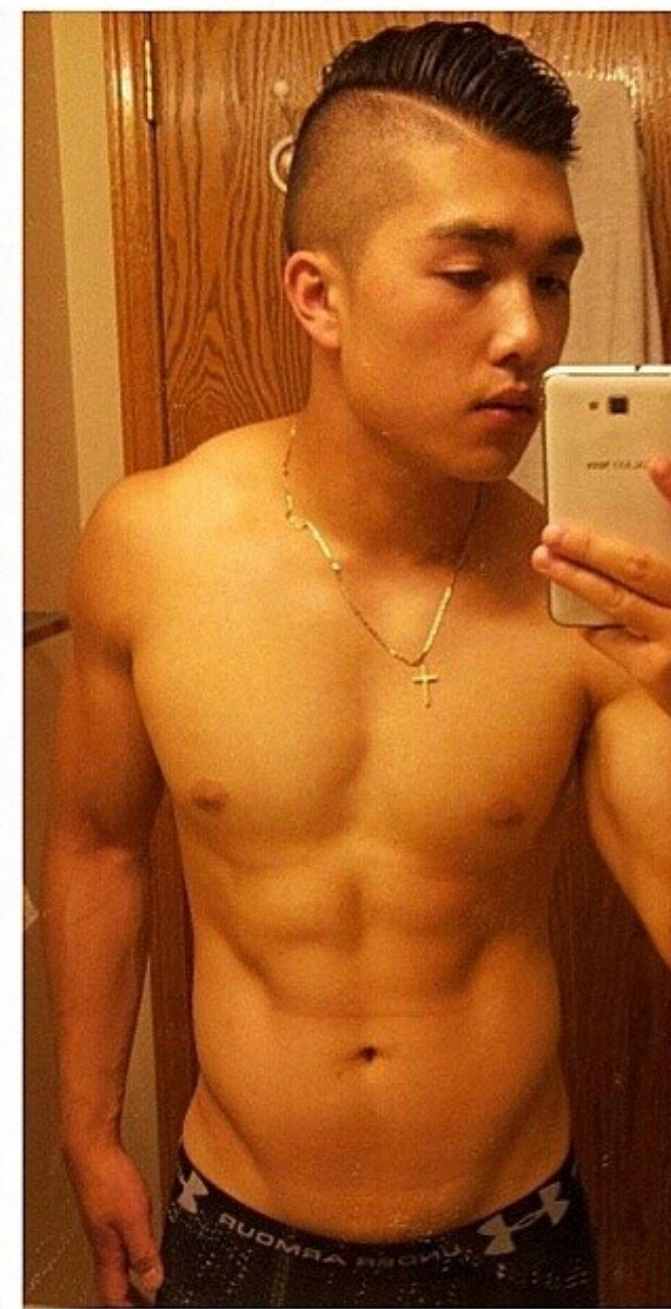
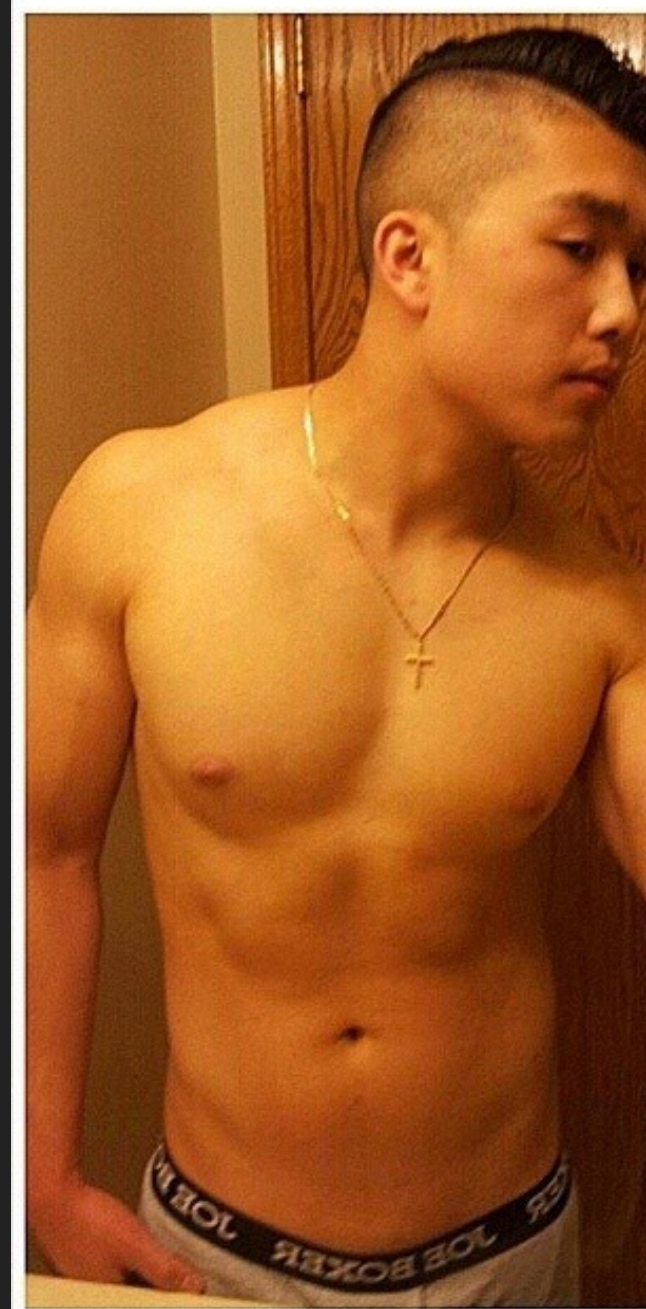


CASE STUDY – ANTHONY

- ▶ 2 years later..
- ▶ Weighed in at 155 lbs
- ▶ **STUD**
- ▶ Only a 3 lb difference the last year and a half



CASE STUDY – ANTHONY



CASE STUDY – ANTHONY



CASE STUDY – KENNETH

- ▶ Works a 9 to 5 job
- ▶ Loves to play basketball
- ▶ Weekend warrior
- ▶ Tragedy struck
- ▶ That became his 'Why'
- ▶ January 2013 starting weight: 215 lbs at 5'7"



CASE STUDY – KENNETH

- ▶ 11 months later...
- ▶ Weighed in at 145 lbs
- ▶ Lost 70 lbs in 11 months (33 percent of his body weight)
- ▶ Lost 6 lbs per month or 1.5 lbs per weeks
- ▶ He got his life back



CASE STUDY – KENNETH

- ▶ He even met the girl of his dreams!



NEWBIE FITNESS ACADEMY



IN THE NEXT VIDEO...

- ▶ What is Intermittent Fasting and why should you do it?
- ▶ The difference between the fed and fasted state

MODULE 3: INTERMITTENT FASTING

NEWBIE FITNESS ACADEMY

QUICK RECAP:

- ▶ Clean slate :)
- ▶ Common diet frustrations and misinformation
- ▶ Introduction to Intermittent Fasting
- ▶ Case Studies: Myself, Anthony, and Kenneth

NOW YOU MAY BE WONDERING...

- ▶ Isn't breakfast the most important meal of the day?
- ▶ Why would anyone fast?
- ▶ Benefits?
- ▶ Does it slow down your metabolism?
- ▶ Is it bad for you?

PUMP THE BRAKES!!!

- ▶ Intermittent Fasting is the ONLY thing that gives you lasting results
- ▶ It's easy to implement
- ▶ TONS of health benefits
- ▶ Just cold hard facts backed by research

WE'RE GONNA COVER

- ▶ What is Intermittent Fasting and why should you do it?
- ▶ The difference between the fed and fasted state

WHAT IS INTERMITTENT FASTING AND WHY SHOULD YOU DO IT?

WHAT IS INTERMITTENT FASTING?

- ▶ According to Brad Pilon from EatStopEat, there are two absolute facts:
 - ▶ 1. Prolonged caloric restriction is the only proven nutritional method of weight loss.
 - ▶ 2. Human beings can only be in one of the following states:
Fed or fasted.
- ▶ Intermittent fasting is an eating pattern where you simply switch between periods of eating and fasting.

FUN FACT!

- ▶ Everybody fasts. It's called sleeping!
- ▶ Eat dinner at 7pm, skip breakfast and lunch, eat again at 7pm
- ▶ 24 hour fast accomplished
- ▶ ~~Eat in order to lose weight~~

**I CAN'T SKIP BREAKFAST. HOW
DO YOU DO IT?**

NEWBIE

FUN FACTS

- ▶ “Breakfast” means *breaking fast*
- ▶ Meal frequency is irrelevant [\(1\)](#)
- ▶ The more you often eat, the more you have to buy
- ▶ 7 billion dollars is spent on advertising

1. PROLONGED CALORIC RESTRICTION IS THE ONLY PROVEN NUTRITIONAL METHOD OF WEIGHT LOSS

- ▶ You can't lose weight if you're constantly eating
- ▶ Fasting isn't sexy/marketable
- ▶ There are other methods of Intermittent Fasting like 'Lean Gains'

DEFINITION OF FASTING

- ▶ Fasting definition from dictionary.com
 - ▶ “an abstinence from food, or a limiting of one's food, especially when voluntary and as a religious observance; fasting”
- ▶ You don't enter starvation mode until 96 hours without food

2. HUMAN BEINGS CAN ONLY BE IN ONE OF THE FOLLOWING STATES: FED OR FASTED

- ▶ Fed state = consuming food
- ▶ Fasted state = break from eating
- ▶ FAT
- ▶ You start getting the full effects of Intermittent Fasting after 16-24 hours

2. HUMAN BEINGS CAN ONLY BE IN ONE OF THE FOLLOWING STATES: FED OR FASTED

- ▶ Don't go all or nothing right away. Get some small victories.
- ▶ Fasting has been around since the beginning of time
- ▶ A lot of religions incorporate some form of fasting
- ▶ It doesn't move any product

FASTING ISN'T SEXY – BUT IT WORKS

- ▶ It doesn't move any consumer product
- ▶ We're fed with inaccurate statements like:
 - ▶ "Breakfast is the most important meal of the day"
 - ▶ "Eat six small meals a day"
 - ▶ "Eat gluten free"
- ▶ The problem is that we spend so much time in the "fed" state
- ▶ Fat burning mode only happens in the "fasted" state

IN THE NEXT VIDEO

- ▶ We're gonna debunk some common fasting myths

FASTING MYTHS DEBUNKED

FASTING MYTHS DEBUNKED

- ▶ Our bodies were designed to fast
- ▶ *“Fasting will KILL your metabolism”*
- ▶ *“Fasting deprives your body of nutrients”*
- ▶ *“The weight loss from fasting comes entirely from muscle”*
- ▶ Authoritative Parroting

MYTH #1: “FASTING KILLS YOUR METABOLISM”

- ▶ Basal Metabolic Rate (BMR) is the amount of energy expressed in calories that a person needs to keep the body functioning at rest.
- ▶ Your BMR always stays the same and everything else that you do is extra.
- ▶ Our bodies DO NOT attack our muscles and use them for fuel when we are fasting.
- ▶ FAT

MYTH #1: “FASTING KILLS YOUR METABOLISM”

- ▶ Eating more often does absolutely nothing for your weight loss and metabolic rate. [\(1\)](#)
- ▶ The act of eating could actually lower your testosterone levels
- ▶ You can fast for 72 hours and not see any changes in your metabolism. [\(2\)](#)

MYTH #2: THE WEIGHT LOSS FROM FASTING COMES ENTIRELY FROM MUSCLE

- ▶ It's completely inaccurate. [\(1\)](#)
- ▶ Fasted training can:
 - ▶ Result in better metabolic adaptations [\(2\)](#)
 - ▶ Improved muscle protein synthesis [\(3\)](#)
 - ▶ Higher anabolic response to post workout feeding [\(4\)](#)

MYTH #2: THE WEIGHT LOSS FROM FASTING COMES ENTIRELY FROM MUSCLE

- ▶ Fasting does NOT slow down your metabolism
 - ▶ The catch: You have to workout to maintain muscle
 - ▶ Think of bed ridden patients
- ▶ Intermittent Fasting is NOT a magic pill
- ▶ Muslim athletes during Ramadan show no effect on performance while fasting [\(5\)](#) as well as better lipids. [\(6\)](#)

QUICK FACT

- ▶ Lipids play an essential role in maintaining your overall health
- ▶ The goal is not 0% body fat
- ▶ Make sure you're eating adequately on your non fasting days
- ▶ NEVER go on a diet on top of fasting

MYTH #3: “THE ANABOLIC WINDOW”

- ▶ What is it?
 - ▶ An imaginary 30 minute window to get your protein intake
- ▶ IT DOESN'T EXIST
- ▶ Based on the theory:
 - ▶ You have depleted glycogen stores and damaged muscles (check)
 - ▶ You have to eat carbs and take protein (check)
 - ▶ You have a 30-45 min window (wrong) = BRO SCIENCE

MYTH #3: “THE ANABOLIC WINDOW”

- ▶ Protein synthesis is elevated 24 hours after heavy resistance training and then decreases ⁽¹⁾
- ▶ “Muscle Protein Synthesis is elevated in humans by 50% at 4 hours following a bout of heavy resistance training, and by 109% at 24 hours following training.”
- ▶ The window is actually 24 hours. Mind = Blown.

YOU DON'T NECESSARILY NEED A POST WORKOUT SHAKE

- ▶ It doesn't matter when you take your protein. [\(1\)](#)
- ▶ Your overall intake is more important. [\(2\)](#) [\(3\)](#)
- ▶ Protein sufficiency > timing

MYTH #4: "I WOULD DIE IF I FAST"

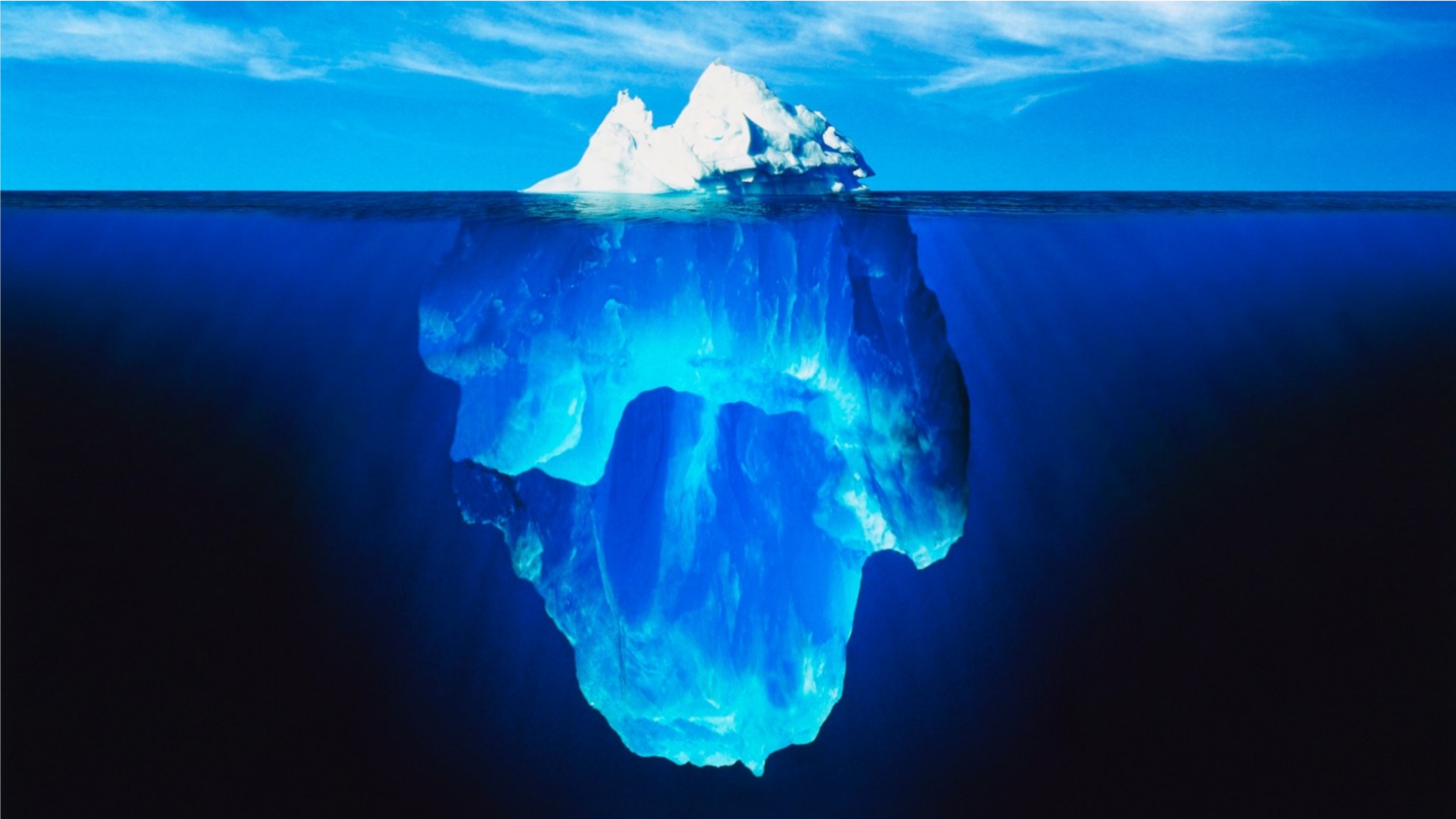
- ▶ Short answer? No.
 - ▶ You'd have to go 3 weeks
- ▶ We eat for pleasure
- ▶ Eating is convenient
- ▶ We make 200 food related decisions per day - your brain can only process so much
- ▶ Start thinking differently - Learn to say "No" to yourself
- ▶ You can't always let your urges control your decisions

TO WRAP IT UP...

- ▶ The best diet is the one where you don't have to go on one
- ▶ Keep everything simple
- ▶ Skipping two meals = 10-20% decrease in caloric intake
- ▶ Lose weight by simply doing NOTHING

QUICK REVIEW

- ▶ My personal results and case studies
 - ▶ Case Study - Anthony
 - ▶ Case Study - Keneth
- ▶ Intermittent Fasting defined. It works
- ▶ The difference between the fed and fasted state
- ▶ Fasting myths debunked



**YOU CAN HAVE ANYTHING YOU
WANT IF YOU ARE WILLING TO GIVE
UP THE BELIEF THAT YOU CAN'T
HAVE IT.**

Robert Anthony

IN THE NEXT VIDEO

- ▶ Fasting in relation to your blood sugar level
- ▶ Fasting and testosterone/HGH
- ▶ What is oxidative stress
- ▶ Autophagy