

JUMP START YOUR DIET! It's vital you invest time in preparing wholesome foods for yourself. Mix up the colours in your salad / fruit. This is an easy way of getting a good variety of nutrients in one meal. Protein-rich foods (soy, eggs, fish, poultry, beans, grains, etc.) work to replenish cells and help keep that all important blood flowing where needed. Go for 5 - 6 smaller meals instead of three big ones.

For one thing, the body is only capable of utilising so many nutrients at a time. With small meals, there is greater opportunity for nutrient absorption. With the goal of building muscle fast, you need maximum retention of the nutrients necessary to accomplish this goal.

PRE-WORKOUT: Try consuming simple carbohydrates (fruits, fruit juices) and / or protein 15 to 30 minutes before your workout to provide the body with an immediate energy source. Remember, this is a light meal to get you through your workout.

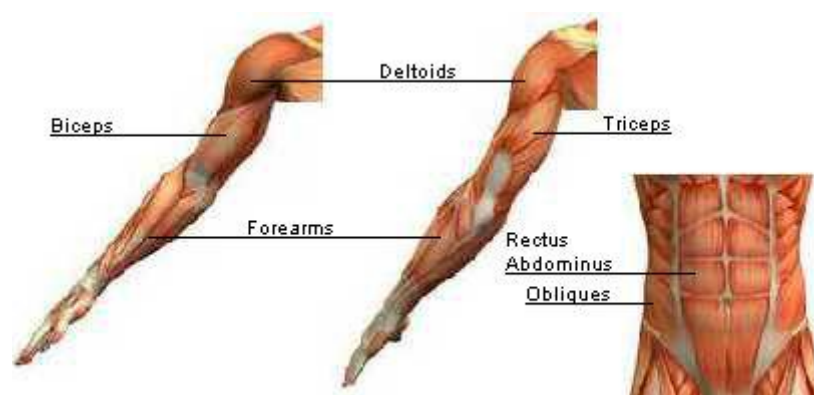
POST-WORKOUT: Muscles will "attempt" to rebuild themselves to be stronger. In order to accomplish this, the post-workout meal should be heavy on protein and carbohydrates. While protein builds muscle, carbohydrates provide an insulin spike and also provide the body with an excellent transport system for the nutrients to reach the muscle cells.

Studies have shown that time is truly of the essence (post-workout), the sooner the body is provided with these materials the quicker it will exit its catabolic state and enter an anabolic state (the less muscle you will lose and the quicker you will start building new muscle).

[You must increase your caloric intake and inspire the right kind of growth \(muscle not fat\) through weight training.](#)

MUSCLE-BUILDING WORKOUT:

The Major Muscles
of the Arms, Shoulders and Abs



If you feel weak through the upper body, start easy with push-ups (for chest and shoulders), tricep dips and bicep curls (for upper arm) and sit-

ups for core strength. Start with light weights and slowly build to heavier weights as you get stronger.

Include walking routines for variety and fitness building. Don't forget your warm-up and stretches!

Remember that muscles need to rest and recover, so alternate upper and lower body daily.

If you haven't already done so, please see your GP for clearance before starting a fitness routine. Visiting a nutritionist may also be helpful.

GOOD LUCK!

Fact Files : Measuring BMI - Body Mass Index

Body Mass Index (BMI) is a measure of weight. It is calculated using your height and weight and therefore does not take into account other factors such as fitness, muscle mass and ethnicity. You should use this only as a guide and consult your doctor and nutritionist for further analysis of your weight and health risks.

To measure your BMI follow the following steps -

1. Measure your height in metres
2. Measure your weight in kilograms
3. Divide your weight(kg) by height(m)
4. This result is your BMI
5. Refer to the following table to see where you fit.

BMI	BMI CLASSIFICATION
<18.5	Underweight
18.5-24.9	Average
25-29.9	Overweight
30+	Obese

If you are sitting outside the 'Average' range, it is recommended that you see your doctor and/or nutritionist to ensure you are healthy and to help take steps if needed in improving your health.