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# Movement and Nutrition for a New You

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“ At BodyGO, being healthy is a way of life. It is not something you achieve in six weeks—no matter what a self-proclaimed fitness guru says. It is an endless game that we work on every day. Consistency is everything. It is a life that you choose to live.

**A**s health and fitness professionals, we believe that there are two components to leading a healthy life. One involves moving your body; the second involves eating the right foods. At BodyGO, an exclusive fitness studio in Balmain, Sydney, we target both components: our studio addresses the first one, while our online coaching programs solve the second.

I know...I hear you asking, “Well, what about my mind, my spirituality, my relationships?”

My belief is that these areas—your mind, emotions, spirituality, relationships, and more—will also develop while you work on improving the first two components. They all simply go hand in hand. By moving, engaging in some sport or exercise, you meet more people, become more confident, and feel much better. By eating the right foods, you will look better, have more energy, and longer-lasting health, and—again—feel much better about yourself. Without these two components in line, everything else is hard work.

Let’s address each separately.

### **Movement is a Must!**

In today’s world, nearly every invention is aimed at reducing movement. Look at the car, the remote control, and the chair—all great inventions, but all designed to make us NOT move. Look at your body. How could one argue that your body is not designed to move? You’d

have to be mad. Arms, legs, nerves and muscles—it’s an integrated system that performs better when it moves.

At BodyGO, we sincerely believe that being healthy is a way of life. It is not something you achieve in six weeks—no matter what a self-proclaimed fitness guru says. Yes, you can make a start, but it is an endless game that we work on every day. Consistency is everything. It is a life that you choose to live.

Our studio provides an environment that delivers a sustainable approach to your exercise. We are not a weight loss studio (however, some of our clients do lose weight). We are a fitness studio. We are experts in making you stronger, faster, more mobile, more confident. And if looking good is a consequence of that, then that’s a nice bonus. Anyone who says that exercise makes you lose weight and the body fat doesn’t completely understand the whole picture. It’s so hit and miss.

We know you should include exercise in your life, but most people say, “It’s too expensive,” “Too boring, no fun,” “I am useless at it,” “It hurts,” and so on. Well, we paid attention to all these “concerns.” The fitness studio provides a service that we consider extremely sustainable. Most of our clients stay with us for a very long time. In fact some will do their best to outlive us! That’s what we want.

And that’s why our unique model allows you to come many times per week. It doesn’t break the bank, and it gives you an expert and caring envi-



ronment. I grew up in the country and I use those skills to create a small community, of one where people say hello to you, where they ask how you are going—and they actually mean it. This is what I strive for with BodyGO. I want the studio to feel like a second home so you know that by going here, you will achieve your goals but do so in a sustainable, friendly, and exclusive environment.

And to achieve your goals, I believe that exercise and exercise programs should be:

1. **Varied but simple**
2. **Fun but challenging**
3. **Results-focused but sustainable**

I keep emphasising on “sustainable” because that is the key to a successful exercise program: you must be able to sustain it. With BodyGO, you will progress through a program (or many programs) that will teach you how to move properly and efficiently. We will make you feel stronger and more powerful. You will own your programs and feel like YOU actually have a say in what happens—after all, it is your body!

Our trainers help you get the most out of your session on any given day. We will not beat you up in every session, but we will help you get stronger—and that does require some effort. But if your day or night has just been horrible or your body aches and is in need of rest, then we allow that to be so. We check in at every session and chart the best path forward for that day. No, we don’t tolerate laziness, but no one can tear it up 100% of the time. It’s not productive. Think of it as a very proactive support group: We motivate you, but we offer real support. And at the end of the day, we do everything to make sure you achieve your goals.

### **Nutrition is Key!**

The second—and equally important—component is nutrition. In our studio, we focus on exercise but we also give you the tools to improve your health, body composition, and performance. That’s why we introduced Precision Nutrition.

Precision Nutrition is a nutrition education model developed by Dr John Berardi. He has taken many years of research and client results and distilled everything down to what works and what is sustainable. It is his model that we teach. The basic premise of the model is to focus on 8 habits.

### **They are:**

1. Eat every 2-3 hours
2. Eat complete, lean protein with each feeding opportunity (20-30g women, 40-60g men)
3. Eat 2 - 3 serves of vegetables with each feeding opportunity. 1 serving = 1/2 cup
4. If fat loss is your goal, eat veges and fruit with any meal. “other carbs” only after exercise
5. Eat healthy fats daily (include fats from animal products, olive oil, mixed nuts, flaxseed. Spread them throughout the day
6. Take a fish oil capsule or 2 with each feeding opportunity
7. Don’t drink beverages with more than 0 calories
8. Only break the above rules 10% of the time during a week. Each feeding opportunity must be compliant for 90% of the week.

originally sourced from  
[www.precisionnutrition.com](http://www.precisionnutrition.com)

For now, we will discuss two of these 8 healthy habits: eating more often and eating complete lean protein with each feeding opportunity. The Precision Nutrition recommends:

### **Habit 1 : Eat every 2-3 hours.**

“Most North Americans eat somewhere around 3 meals a day with some sort of “see food” snacking pattern between meals. If they see food, they snack on it. This is an inadequate way to feed the body, especially if you’re physically active.

Research has demonstrated that eating 2-3 hours is one of the most important changes you can make to your diet for both health and body composition. Regular feeding intervals stimulate the metabolism, balance blood sugar, and help maintain your lean mass while giving your body a reason to burn off your extra fat mass. So make sure that when it comes to eating, you jump on the very 2-3 hour train.”

## Habit 2: Eat complete, lean protein, with each feeding opportunity.

“It’s important to eat complete, lean protein with every feeding opportunity. Sure, some experts will have you believe otherwise, suggesting protein is somehow harmful, unnecessary, etc. However, I have to emphasize the fact that we are after the best of all possible worlds – the best health, the best body, and the best performance and the truth is, it’s hard to achieve all tree of these with a sub-optimal protein intake. Now, it’s true that you may be able to reach protein optimization without eating complete lean protein with each feeding. But I’ve found this very hard to do. So make it easy on yourself and just follow habit #2. Here’s how to do it.

Women should be getting 20-30 grams of protein per meal and men should be getting 40-60

grams of protein per meal. By following this advice above, you’ll not only ensure an adequate intake of protein, you’ll also be sure to maximally stimulate your metabolism, improve your muscle mass and recovery, and reduce your body fat.”

These are just a glimpse of what Precision Nutrition can do for you. We’ll be glad to share everything with you and show you exactly how Precision Nutrition can work for you. Yes, YOU. Our approach to health and fitness is always customized, personalized.

Using the Precision Nutrition system, Body-GO will analyse your eating habits and nutrition and work with you to make sure that your daily nutrition is in sync with your movement (exercise program). Remember these two must work together for sure health and fitness success.

The Protien Chart

Food Type:	Lean, Complete Protien Sources
Food Timing:	Eaten With Each Feeding Oppurtunity
Examples:	<b>Lean meats</b> (groung beef, chicken, turkey, bison,venison, etc.) <b>Fish</b> (salmon, tuna, cod, roughy, etc.) <b>Eggs</b> (egg whites, occasional whole eggs) <b>Low Fat Dairy</b> (cottage cheese, yogurt, part skim cheese, string cheese, etc.) <b>Vegetarian Choices</b> (tofu, tempeh, soy burgers, soy jerkey, soy sausage, soy bacon, seltan,etc.) <b>Milk Protien Supplements</b> (whey, casein, milk protien blends)





### Go with BodyGO

Remember this: You can achieve your fitness goals with proper information, motivation, and the right support.

So why not start TODAY? How? You have two options:

You can join BodyGO—and get a complimentary session!

You can purchase a dietary analysis.

The fitness coaches at BodyGO are all registered exercise professionals with Fitness Australia and have been working in the field for many years. We strive to provide an environment that encourages people to include exercise in their life forever—and not just for a day. And we've made sure that our model allows this. Our environment will challenge you and allow your body and mind to perform better. But it will do so in a non-intimidating way. Instead, we work closely with you, understanding what the perfect regimen is for YOU, what the best nutrition is for you, and how we can best motivate YOU. Yes, it's all about YOU. Everyone is different and has their own unique goals and challenges, and we spend every day addressing those on an individual basis.

We are not another fitness studio who just oversees your workout. We take on a holistic and targeted approach to make sure that you reach your fitness goals. We work with you every step of the way, and you can rest assured that you have our 110% attention.

So why not give it a try? You have NOTHING to lose...except perhaps the weight 😊

We look forward to taking on a health and fitness journey with you!

### BONUS CONTENT

**Habit 4: If fat loss is your goal, eat veggies and fruits with any meal; “other carbs” only after exercise.**

Another way of saying this is: if you've got fat to lose, you've got to earn those higher carb meals by exercising first! Want bread, pasta, rice, sugary foods, etc.? You can eat them – just be sure you focus more on the whole grain varieties and save them until the 1-2 hours after you exercise.

I've got to be honest here; lots of people kick up a fuss when I present this strategy. Some say that this approach makes PN a low carb diet. Others say that this approach doesn't necessarily distinguish between “good”, high fiber, low glycemic index carbohydrates and “bad”, high sugar, empty calorie carbohydrates. Others simply want to eat carbs when they want them and don't want to be told not to. Well, let's address these objections now.

First of all, this is not a low carb diet. Rather, PN is an individualization plan.

If you've got fat to lose, it becomes a controlled carb diet where you're getting most of your carbs from veggies and fruits with a small amount of additional carbs from sugary sources during exercise and a small amount of starchy sources post-exercise. Sure, the description doesn't make for a great one-liner, but boy does this strategy work!

And if you've got muscle to gain, you get more carbs and the amount is based on your individual needs and activity patterns (we'll talk more about this in the individualization Guide).

Secondly, this strategy does distinguish between carb sources, see the charts below.

Yet all objections, real and imagined aside, I have to strongly emphasize something important here. And I'm going to bold it because it's that important:

When it comes to body composition change, this carbohydrate timing strategy is the single-most effective strategy I've ever used to kick-start fat loss in those with stubborn and hard-to-remove body fat stores. Further, it also has been great in minimizing fat gain in those interested in gaining muscle.

So regardless of any theoretical objections, this flat-out works. And it works very, very well; it's literally revolutionized some of my clients' bodies and health profiles. So let's check out the carb charts for fat and muscle gain.



[www.bodygo.com.au](http://www.bodygo.com.au)

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