



IMPROVE YOUR MUSCLE TO FAT RATIO & AVOID "HEALTH DISASTERS" AS YOU AGE

My "Eating and Exercise" Program is way more than a weight loss plan... it's a lifelong "real wellness" plan. Blending your eating, supplementation and exercise properly will address many of the common health problems we face in America today.

When I tell people they need to EAT MORE, EAT more OFTEN, Don't "Diet,"... and they will drop FAT, add lean MUSCLE tone... LOOK great! They're SHOCKED!

The key is eating the right foods in the right combinations at the right times of day to boost your metabolic furnace for life. The proper balance of quality lean proteins together with

natural starchy carbohydrates, fibrous veggies and essential fats properly balances your 2 major hormones...insulin and glucagon. What's more.. eating this proper balance over 5 meals a day (3 major meals and 2 snacks) is so simple... yet, so comprehensive in regards to WELLNESS.

What about Exercise?

It's very important that you weight train twice a week. Make sure you're performing "working sets."

My definition of a "working set" is as follows:

If you're performing 15 reps for an exercise....choose a weight heavy enough so that reps 12-15 are "difficult to perform" with good strict form.

Also... perform 2 ½ hours of cardio per week. You should be breathing hard... but, you should be able to carry on a conversation with moderate difficulty.

How to "switch on" your METABOLISM for life...

Eating the right foods in the right combinations at the right times of day is an essential part of boosting your metabolism. Five meals a day (three major meals & two snacks) is easy to integrate into your busy schedule. I eat the metabolic activating energy bars for my snacks at mid-morning and mid-afternoon. They have the proper ratio of high quality protein and slow releasing carbohydrates. What's more, each bar contains app. a teaspoon of MCT oil to help me burn calories.

Each time you eat the proper balance of quality lean proteins and natural carbohydrates at a meal or snack... a biochemical phenomenon transpires.

The body goes to work breaking down the food and converting it into energy... thus producing heat. This incredible mechanism is directly tied to your metabolism. This "thermic" effect of food causes your metabolism to significantly up-regulate.

By spreading your calories out throughout the day as mentioned in the aforementioned manner... you keep your "metabolic furnace" hot all day long! So, the only way you can fail is to... NOT EAT!

Live Healthy, Live Well,

Coach Cliff