

NUTRITION

INTERMEDIATE

NUTRITION WITH DIRECTION



TAKE IT TO THE NEXT LEVEL



Once you have established some good nutrition habits, think of them as a foundation for building a more personalised programme of optimised nutrition that will support specific goals.

We'll help you choose from the many possible paths to take, but only you can decide how you want to look, feel and perform. Getting there is usually a matter of trial and error.

WHAT ON EARTH IS A CALORIE



A Calorie is a unit of energy, historically defined as the amount of heat needed to raise the temperature of 1 kilogram of water from 0 to 1 degree Celsius. But that is irrelevant to you.

The best way to think of calories are as units of energy we consume from food or burn while going about our day.

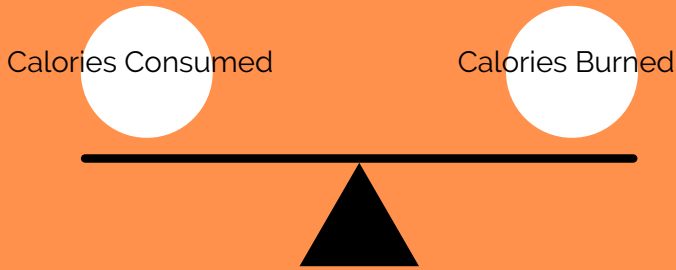
THE LAW OF THERMO- DYNAMICS

Put simply, the success of your diet will come down to the number of calories that go in and the number you work off. Think of it as energy balance. But to turn your nutrition programme up a notch, you need to look a little more carefully at the detail.

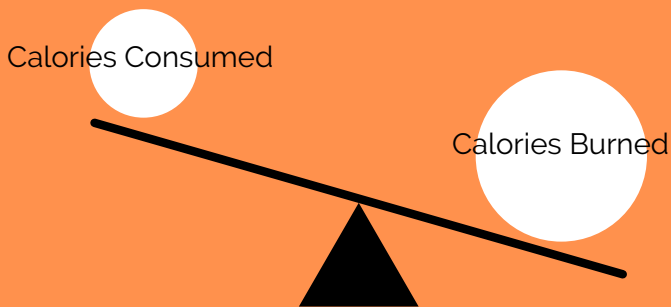
Let's talk nutrition tracking

↳ As your body becomes finely tuned, and your goals become more specific, so too will your approach to nutrition. Whether you're looking to lose weight, gain muscle, or improve performance, you're going to need to monitor the total number of calories you consume as well as being aware of the kinds of foods you're eating and how they make you feel and it's then when macronutrient calculators, such as MyFitness Pal, come in handy. These gadgets aren't for everyone, but they can be a useful tool if you're serious about honing your calorie input.

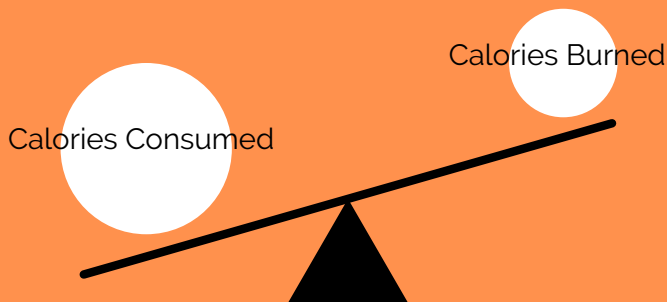
Calories in v's Calories out



Weight Maintained



Weight Loss



Weight Gain

CHOOSE YOUR GOAL



Now that you understand the rule of thermodynamics, you should know whether you need to consume less calories or consume more calories in order to work towards your goal.

If your goal is fat loss, you need to consume less and move more.

If your goal is performance or muscle gain, you need to consume enough calories to support your training and recovery.

DO IT YOUR WAY

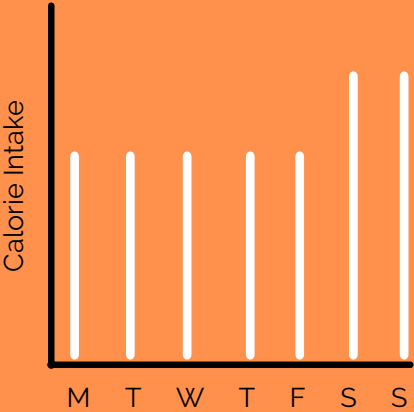


Varying factors like metabolism make everyone's optimum nutrition different. That's why our programmes for specific goals are personalised.

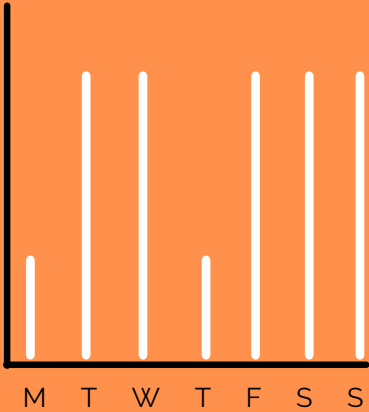
You'll be given a customised calorific frame work, but the way you phase it is up to you. And because we look at 7-day targets, not daily ones, you can be flexible about how you manage your calorie intake over the week.

Calorie Frameworks

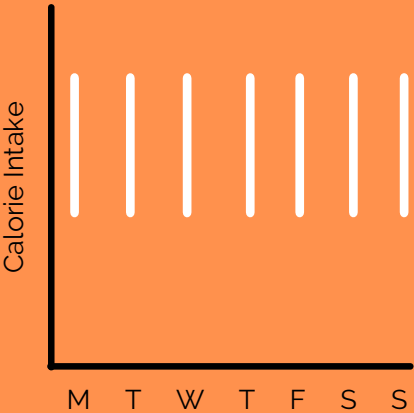
Higher Weekends



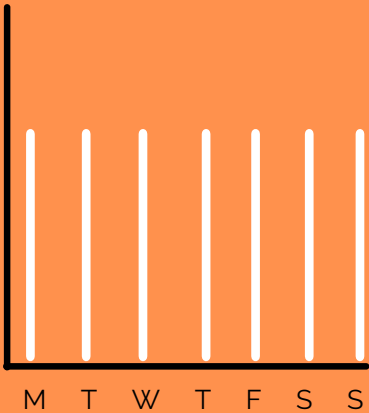
5:2 Diet



Intermittent Fasting



Daily Consistency



CLEAN EATING VERSUS FLEXIBLE DIET

Advocates of flexible dieting argue that calories are all the same, and that no matter where you get your macronutrients from (protein, carbohydrates and fats), whether doughnuts or broccoli, as long as you hit your targets (which are based on your goals e.g. calorie deficit) you shall see results.

Advocates of 'clean eating' argue that 'not' all calories are the same and that the body can only operate at its potential on natural, whole foods. Thus, to get the most from your training and nutrition, you must follow a strict diet of certain foods (lean meats, vegetables, fish etc.).

↳ The truth is both ideologies are very effective, however it's up to the individual to decide which method would suit their lifestyle and their goals.

THE 80/20 METHOD

The 80/20 method a way of living your life to the fullest but without compromising your health or progress.

In the 80/20 lifestyle we are not looking for perfection, perfection is rarely sustainable. Rather we are looking for consistency!

Consistency = Progress

↳ This means making a conscious effort to eat healthy, natural food 80% of the time, avoiding processed products, trans fats and foods with a high sugar content - but allowing these types of foods on occasion when it suits your lifestyle (20% of your intake).

HOW TO KEEP TRACK WITH 80/20

The trick here is to track your food. The 80/20 lifestyle only works if you are still meeting your macro and calorie goals!

When life throws a curve ball, you want to celebrate with friends or that green tea just won't do the job after a stressful day, then you can have the foods which you enjoy without worrying about going off track. Just track your calories and leave enough room for that Friday night Pizza or the Caramel Latte on a Sunday brunch.

↳ **80/20 = Health + Enjoyment**

↳ **80/20 = Consistency**

↳ **80/20 = Progress**

HYDRATION FOR HEALTH

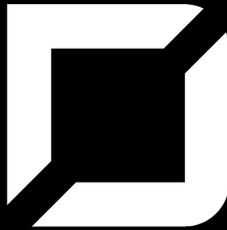


Dehydration is a leading cause of poor physical and mental performance, both of which you are going to want to avoid if you are going to stay focused, motivated and in shape.

Being hydrated is also crucial to getting lean quickly because if your body is struggling with the physical and mental problems of dehydration, it will not have the resources or inclination to burn fat.

Drinking water can also help curb hunger, aid digestion, improve skin condition, support immune health and many other health benefits.

Aim to drink at least 5 litres of water a day – carry a big bottle with you and sip frequently – drinking more on training days to ensure you stay hydrated.



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