

Personal Excellence

The Magazine of Personal Leadership

www.LeaderExcel.com

August 2005

We Can
Solve our
Problems
Gates'
Optimism

Be
Someone's
Rainbow

Break Through!
Motivate Yourself to
Unparalleled Success

"Personal Excellence is the only reading you'll need to do for continual self-improvement both personally and professionally!"
—Sharlene Hawkes, Former Miss America, award-winning ESPN broadcaster



Be a Meal Freak

Plan your meals.



by Cat Zidell

IF YOU WANT FLAT ABS AND sexy muscles, then consider becoming a meal freak.

Meal Freaks are conscious of how often they ingest nutrients to build muscle and burn fat.

Meal Freaks consume a small balanced meal every two to three hours. Digesting food requires energy which generates internal heat and therefore stimulates your body's metabolism. The nutrients are constantly supplying your muscles with amino acids from protein for building, and glycogen from carbohydrates for energy. The added benefit is a steady blood sugar level that burns fat.

Overeating produces high insulin levels which create low blood sugar that in turn forces the body to store fat. This makes you weak, irritable, sleepy and overweight. Ever notice how you just want to snooze after an enormous holiday dinner? Overeating stretches the stomach, which means that your tummy is not going to be flat, not to mention that you'll want to eat more food.

Eat the most important meal of the day—breakfast! With at least seven hours of sleep behind you, you then

break a "fast" when you eat breakfast. Remember, fasting slows the metabolism. Instead of taking some fat burner magic pill, eat breakfast as the better alternative. Try a small bowl of oatmeal and some egg whites, protein shake or low fat/sugar smoothie.

Two to three of the remaining meals need to include solid food that consist of a protein source, a vegetable and a carbohydrate in small portions. You can insert a mid day and bedtime snack of

easily digested foods like cottage cheese, fruit or vegetables. The body leans itself better when a whole food protein is used versus a manufactured protein.

Eating more meals allows you to ingest a greater variety of foods, which will lead to better health and longevity.

When we eat the same foods over and over we develop allergies or sensitivities to these foods. When this happens the immune system is compromised and the body doesn't fight off infections. It also makes fat burning difficult.

Know your downfalls. Plan your meals so that you don't fall victim to hunger. This is the biggest advantage of to eating more often. Let yourself get hungry and all your efforts go right out the window. Be prepared and once this is done often enough it will become a healthy habit.

PE

Catherine "Cat" Zidell is a nationally recognized personal fitness trainer, and health & nutrition coach.
cat@nshapeonline.com, www.nshapeonline.com

ACTION: Maintain variety in your meals.

