



# BMaxFitness

eBook Issue #1

Nutrition

By Bonnie Maxson

1. Goals
2. Protein
3. Carbohydrates
4. Fats
5. Activity
6. Personalizing

# Basic Nutrition

Diets are not key, a balanced nutrition is key. What you feed your body, activity level, and quality of foods are key. You can do all the diets in the world, but do they work long term? Are your goals short term or long term? Short term is for losing that little extra for that wedding, vacation, or if you happen to be a fitness competitor.

The general answers are going to be long term. People want to change their lives, their health, and the way they feel when they do daily activities.

# Proteins!

This is the one most people struggle with. Meats are not the only protein sources you have, so try to have a variety of foods. Start today to focus on protein intake, because we all know it's easy to get the carbs and fats in.

Proteins for thought; beans, lentils, pumpkin seeds, quinoa, oats, yogurt, chia seeds, tempeh, cashew/almond milk (has more than cows milk), peas, chickpeas, nuts, tofu, kale, spinach, nutritional yeast, hemp, and other meats.

# Carbohydrates!

People think if they cut all carbs they will lose weight. **CORRECT! Temporarily!** Have you ever felt fatigued, slow, migraines, etc. when you've cut them out? Of course, because they're a massive energy source! They're body and brain fuel.

Carbs are not the enemy, but how you can consume them are. You do want to pick better choices like sweet potatoes, jasmine rice, brown rice, lentils, red potatoes, fruits, Ezekiel bread, beans, barley, and more. It's the sources and over consumption that causes the problems. **BALANCE!**

# Fats!

This is where people generally mess up their balance. Our bodies can handle more proteins and carbohydrates than fats. Too many fats are not good for you, especially long term. Over consumption of fats are artery clogging, and the abuse of fats will eventually lead to heart issues. Good fats = nutritional value. Bad Fats = no nutritional value. Over consumption = weight gain and health issues. So, fats are fats... are fats. Overconsumption = not reaching your goals.

Good fats; avocado, nuts, chia seeds, coconut oil, and hemp seeds.

Extra tip; cut down on cooking oils.

# Get Active!

The last part of this equation is your **physical activity**. If you sit on the couch all day, if you're moderately active, or an athlete, do you think with the different activity levels that you eat exactly the same? The answer is no. You do not need as much fuel (food) if your activity level is nonexistent, and you do need more fuel if you're constantly active. Activity level is another factor in health, losing weight, and how much fuel you're able to consume.

Moderation is key. Health is key. Please remember too much of anything can make you an addict. What you eat today can be next months results.

# Personalizing

Are you a different height, age, weight, shape, sex, and have a different activity level than others? OF COURSE YOU DO! No one is built the exact same way, so with that said, if you need something personalized, e-mail me. I will get you started on nutrition for you, guidance for you, help for you, but YOU have to reach out to me. Let's do this together. Real people. Real results. Real life.

Check out [www.BMaxFitness.com](http://www.BMaxFitness.com) to see the services that I have to offer.