## The Hard Facts on Simple Sugars, Storing Fat, & the Need for Strength Training

GROWTH, REPAIR, ENZYME FUNCTIONS, ETC.

ENERGY, CELL GROWTH,
NERVE FUNCTION, PROTECTION, ETC.

**FAT** 

SPIKES INSULIN

\*SIMPLE /

## **ENTER EXERCISE COMPONENT**

## **GOAL**:

BUILD MORE MUSCLE STORAGE SPACE & DEPLETE CURRENT GLYCOGEN STORES TO:

**PROTEIN** 

- 1) MAKE ROOM FOR MORE.
- 2) USE STORED FAT TO FUEL THE BODY DURING GLYCOGEN REFILLING.

## HOW?

- 1) STRENGTH TRAIN.
- 2) H.I.I.T.

WHY PURE "AEROBICS" IS NOT EFFICIENT:

- 1) RECRUITS ONLY A MINIMAL QUANTITY OF MORE ENDURING MUS/FIBERS.
- 2) FAT @ 9 CALORIES/GRAM.
- 3) DOES NOT BUILD MORE MUSCLE STORAGE SPACE AND ACTUALLY DECREASES IT.

VEGGIES/FRUIT/WHOLE GRAINS: VITAMINS & MINERALS & FIBER

CHO

COMPLEX SLOW DIGESTING

SUGAR, FRUCTOSE,

SUCROSE:

**FAST DIGESTING** 

POOR NUTRITIONAL

**VALUE** 

GLYCOGEN STORES IN MUSCLES & LIVER CIRCULATING BLOOD GLUCOSE

EXCESS SIMPLE SUGARS FROM POOR DIET WHEN MUSCLES & LIVER ARE FULL

TO ADIPOSE FAT STORES: NO LIMIT – BALLOON "FATTY LIVER"

TO OTHER PARTS OF THE BODY: DIABETES

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<sup>\*</sup> BAD CARBS EVERYWHERE – WHY OBESITY RATE IS HIGH