



DETERMINATION. CHARACTER. COMMITMENT.



# High Performance, Nutrition & Educational Manual



*“Give a man a fish and feed him for a day, teach a man to fish and you will feed him for a lifetime.”*

## **Mission**

The Depth High Performance Nutrition and Exercise Education Manual is designed to educate our clients on both exercise and nutrition to help them reach their health and fitness goals in a faster, more efficient manner.

## **Goal**

To give our clients the knowledge and skills needed to make healthier nutrition and exercise choices on a consistent basis. We want to empower our clients so they can become confident both in the gym and the grocery store. This manual is a great way to share our proven strategies for losing weight and getting fit!

## **Methods**

The Depth High Performance Nutrition and Exercise Education Manual is a step by step process where clients are provided with basic exercise and nutrition information, asked to record measurements, goals and complete weekly nutrition and exercise lessons with homework assignments to reinforce this basic knowledge.

## **Components**

The High Performance Nutrition and Exercise Education Manual should be used in the following manner:

- Read through the initial Education Section so you have a good grasp on the material
- Complete the: 3 Day Dietary Intake Sheet, Healthy Kitchen Makeover Sheet, Grocery List
- Record your Initial Measurement Values on the Results Tracking Sheet provided
- Complete the Goal Setting section
- Complete your Basic Blood Work and enter your values on the Recording Sheet provided
- Make 10 Photocopies of your Meal Schedule, Grocery List and Exercise Schedule (for each of the 10 weeks)
- Complete the Weekly Exercise Lesson and Homework Assignment (10 Lessons)
- Complete the Weekly Nutrition Lesson and Homework Assignment (10 Lessons)



PHOTOGRAPHY: JULIE NORCOTT

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# Result Tracking Sheet

Name:	
Starting Weight:	
Goal Weight:	
Starting - Goal Weight =	
Average Weekly Weight Loss Required	(Starting Weight - Goal Weight) / 10 weeks

WEEK	1	2	3	4	5	6	7	8	9	10
<b>Current Weight Recorded</b>										
<b>Weekly Weight Loss (lbs)</b>										
<b>Total Weight Lost (lbs)</b>										
<b>Total % of Body Weight Lost</b>										

	STARTING MEASURES	MID-WAY MEASURES (WK 5)	FINAL MEASURES (WK 10)
<b>Neck</b>			
<b>Shoulders</b>			
<b>Arm</b>			
<b>Chest</b>			
<b>Stomach</b>			
<b>Waist</b>			
<b>Thigh</b>			
<b>Calf</b>			

# Setting Realistic Goals

Goal setting and results tracking play a very important role in successful weight loss. Setting realistic and achievable goals should always be the first step when beginning a weight loss program. If you do not know where you're headed it is unlikely you will reach your destination. At Depth Training we monitor your progress to help keep you committed to your goals. In order to understand if your goals are achievable, let us take a look into **what is realistic** when it comes to weight loss.

## What is 'normal' or 'average' for setting weight loss goals?

Expectation management is an important part of goal setting. When beginning a weight loss program people often set unrealistic numbers for themselves and become very discouraged when they do not see the results they were expecting. This discouragement leads to decreased motivation and poor retention to the initial plan – basically, most people stop following their plan even though it may have been a good plan – they just failed to follow it long enough because they falsely assumed it was not working.



So what is realistic when it comes to weight loss? Here are some numbers to consider:

- Below Average Weight Loss = 0 to 0.5 lbs per week
- **Average Weight Loss = 0.5 to 1 lbs per week**
- Above Average Weight Loss = 1 – 2 lbs per week

## How much weight should I expect to lose during a 10 week period?

If the above numbers seem modest then you may have slightly unrealistic expectations for your own weight loss goals. While it is possible to lose more than 2 lbs per week most often the strategies and diets (mostly in the media) promising rapid weight loss numbers are exaggerated and unsustainable in the long term. The most successful weight loss comes from **gradual, consistent progress** from repeated efforts both from an exercise and nutrition standpoint. Also, who is to say 1 lb per week is poor for weight loss? Let us look at some of these numbers over the long term. We will begin with 10 weeks.

- 0.5 lbs/week x 10 weeks = 5 lbs
- 1lb/week x 10 weeks = 10 lbs
- 1.5 lbs/week x 10 weeks = 15 lbs
- 2 lbs/week x 10 weeks = 20 lbs

As you can see an average person should expect to lose between 5-15 lbs during a 10 week period with some individuals losing 20 lbs or more. For most people this can be very significant and if you don't believe this is good progress consider the fact that not only have these individuals lost body weight but they **have also stopped GAINING body weight**. This is a very important step for many people – before you can begin losing, you must first stop gaining.

Over the course of 1 year:

- 1 lb/week x 52 weeks = 52 lbs
- 2 lbs/week x 52 weeks = 104 lbs

It is unlikely anyone would consider 50-100 lbs of body weight lost in 1 year to be slow progress. So keep your expectations realistic and your goals manageable. This will allow you to feel successful! The real key to success is consistency and sticking to your plan! Do not become discouraged when you see 1-2 lbs coming off the scale in a week – this is GREAT progress! Sure there will be some weeks where you may lose more, other weeks where you may lose less. Just keep in mind how the long term goals you have set for yourself will be accomplished through repeated short term efforts. We encourage you to embrace this process and avoid being one of those individuals who ‘quits’ before experiencing real results.

## Defining Goals and Expectations

Take a moment to think about your main outcome goal. What is it you would like to accomplish with your exercise and nutrition program?

Now let us get more specific – to achieve your ‘dream goal’ (no time limit) how much body weight do you want to lose?

Based on the realistic values for weight loss, approximately how long can you expect your total ‘dream goal’ weight loss to take?

Now ask yourself, ‘how motivated are you by this goal?’ For example during events like social outings, family dinners, barbecues, birthdays, etc. will you stay dedicated to your exercise and nutrition plan or are you easily tempted. When you get busy with work or family will you skip workouts or stay consistent with your training plan? All of these factors play a tremendous role in determining whether or not you will achieve your goal and how quickly. If losing 1-2 lbs per week is not important to you then you will break your plan and you will fail to see results. So take a moment to think about and write down what you will use to keep yourself motivated during these difficult times.

Now that you have determined **what** your goal is, let us focus on **how** you are going to achieve it. Your responsibility is to now focus on behavior goals. These are the things you have control over. The only way to reach your OUTCOME goals (weight loss) will be to stick to your

behavior goals during the next 10 weeks and beyond. Some examples of behaviour goals include:

- I commit to exercising for a total of 5 hours per week for the next 10 weeks
- I commit to missing no more than 10% of my scheduled exercise sessions during the next 10 weeks
- I commit to eating breakfast every day for the next 10 weeks
- I commit to only 1 free ‘cheat meal’ each week for the next 10 weeks – sticking to my nutrition plan at all other times

It is easy to write down some behavioural goals, they are not difficult to think of. The key is to coordinate your behaviour goals with current limiting factors keeping you from your goal weight. This will be different between individuals.

Take a moment to write down **4 limiting factors** which are **currently** preventing you from achieving your goal weight.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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Take a moment to consider some personal strategies helpful in overcoming these limiting factors. List 4 specific strategies below, 1 for each of the limiting factors above.

- 1. \_\_\_\_\_  
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- 2. \_\_\_\_\_  
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\_\_\_\_\_
- 3. \_\_\_\_\_  
\_\_\_\_\_  
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- 4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Take a moment to develop 4 specific behaviour goals you can immediately implement to address your limiting factors. Use the strategies listed above to develop your goals.

- 1. \_\_\_\_\_  
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- 2. \_\_\_\_\_  
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- 3. \_\_\_\_\_  
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- 4. \_\_\_\_\_  
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Now it is up to you to stick to your goals. Use the information on developing your own personal exercise schedule and nutrition plan to help keep you on track during the next 10 weeks. We are providing you with the necessary tools for success, but it is up to you to stay committed to the program. The more committed you are, the better your results will be.







# The Healthy Kitchen Makeover

As a fundamental law of human nutrition, if a food is present in your home eventually you will eat it. So according to this law, if you wish to eat healthy to improve your health and fitness then you must have a variety of healthy food choices available to you. The first step is to ensure your kitchen is an environment that matches your current health and fitness goals. You cannot live a healthy lifestyle if your home life does not coincide with this – especially your kitchen.

## STEP 1 – Throw out

Go through your fridge and your pantry. **Throw out** any and all foods which do NOT comply with your current fitness goals. **Do NOT be afraid to throw this food out** – it is standing between you and the body you are working so hard for in the gym. Highly processed carbohydrates such as chips, cookies, crackers, white pasta, white rice, high sugar foods, fruit juices, sodas, high sugar cereals....all GONE, GONE, GONE, GONE!

## STEP 2 – Restock

Now that you have rid yourself of troublesome food it is time to stock your fridge and pantry with healthier choices. The following should be staples on your grocery list:

### Lean Meats

Extra Lean Ground Beef  
Chicken (breast, thigh, ground, sausage)  
Fish  
Turkey (ground, sausage)  
Lean steaks  
Lean cuts of pork (tenderloin)  
Shrimp, scallops, prawns

### Fruits/Vegetables

Apples  
Asparagus  
Avocado  
Berries  
Broccoli  
Cauliflower  
Cucumber  
Mushrooms  
Onion  
Kiwi  
Spinach  
Tomato  
Orange  
Peppers  
Squash  
Sweet Potato  
Yams  
Zucchini

### Spices

cinnamon  
Chili Powder  
Curry Powder  
Coriander  
Cumin  
Fennel  
Nutmeg  
Paprika  
Pepper  
Sea Salt  
Turmeric  
Grains/Legumes  
Brown Rice  
Lentils (navy beans, black beans, kidney beans, chick peas)  
Whole Oats  
Quinoa  
Whole grain Pasta (long and short)

### Nuts/Seeds

Walnuts  
Almonds  
Pecans  
Cashews  
Sunflower Seeds  
Sesame Seeds

### Oils

Olive  
Flaxseed  
Coconut  
Fish Oil

### Other

Protein Supplement  
Greens Supplement  
Multi-vitamin  
Almond Milk/  
Coconut Milk  
Workout Drink (Biosteel Pink)

### STEP 3 – Kitchen Essentials

Do you have what you need for proper food preparation? Make sure you have the following kitchen essentials:

- Chef's Knife (8 inch, 4 inch)
- Cutting Board
- Non-Stick Fry Pan (10 inches)
- Large Pot
- Small Pot
- Blender
- Heat Resistant Plastic Flipper
- Heat Resistant Spatula
- Storage Containers/Tupperware
- Large Storage Cooler (for bringing food with you to work)
- Mixing Bowls
- Measuring Cups
- Large Measuring Cup
- Measuring Spoons
- Cheese Grater
- Baking Pan 9x9"
- Tongs
- Strainer
- Shaker Cup

Your kitchen should now be prepared for nutritional success!



# Understanding YOUR Cardiovascular Health

When beginning an exercise and nutrition program to improve your fitness it is important to educate yourself on how to monitor your current cardiovascular health status. Improving your understanding of cardiovascular health is important in managing overall health. Heart disease and stroke are a leading cause of death in North America so please take a moment to read through this brief section on what steps you can take to stay on top of your cardiovascular health.

## Screening Tools

Health screens are used by physicians and other health professionals to check for underlying signs of compromised health. These can include physical check-ups, blood chemistry analysis, questionnaires, etc. Should anything suspicious arise during the screening the health professional will proceed with further, more specific investigations.

As fitness professionals we use the **PAR-Q** form as a quick screening tool primarily to determine if there have been signs of physical or cardiovascular stress which would contraindicate an exercise program until further examination was performed by a physician. ***All clients at Depth Training are asked to complete this PAR-Q prior to beginning their exercise training.***

You can also begin by monitoring your own **Blood Pressure and Resting Heart Rate**. Normal Values for Blood Pressure are 120/80 mmHg and a normal resting heart rate is 60-75 beats per minute.

## Understanding Baseline Blood Chemistry Tests

The following blood profile markers are used to assess your cardiovascular disease risk. While they do not provide an adequate measure of your overall cardiovascular health status these markers do accurately assess your risk of developing cardiovascular disease in the future. ***All clients at Depth should have these blood markers screened immediately to see if there are any red flags for cardiovascular disease.***

## What can I do if I suspect my Cardiovascular Health may be poor?

- Schedule a physical with your doctor
- Ask for specific blood chemistry tests for cardiovascular health (such as those above)
- Ask for a 'Stress Test' or graded exercise test (to determine if blood supply to the heart is compromised during physical activity – a screening tool for heart attack risk)

Cardiovascular health is a leading cause of death among North Americans. Taking the time to understand your cardiovascular health can dramatically reduce your risk. Get educated and get fit! It is your best prevention.



BLOOD MARKER	NORMAL VALUES	PURPOSE	YOUR CURRENT VALUES
<b>Total Cholesterol</b>	120 - 220 mg/dL	Screening test used to evaluate risk of heart disease; levels of 200+ mg/dL indicate increased risk of heart disease	
<b>Low-Density Lipoprotein (LDL)</b>	80 - 140 mg/dL	A form of cholesterol of heart disease, this is the bad cholesterol. This value is heavily influenced through genetics and controlled through medication (cholesterol drugs). This value should be on the low end of the spectrum.	
<b>High-Density Lipoprotein (HDL)</b>	MEN 30 - 70 mg/dL WOMEN 30 - 85 mg/dL	A form of cholesterol used to evaluate the risk of heart disease. This type of cholesterol is heavily influenced by diet and exercise.	
<b>Triglycerides</b>	MEN 40 - 160 mg/dL WOMEN 35 - 135 mg/dL	An indication of your ability to metabolize fats; increased triglycerides and cholesterol indicate a high risk of atherosclerosis which can lead to heart disease.	
<b>C-Reactive Protein</b>	1.0 - 3.0 mg/L	Used to evaluate risk of heart disease. High CRP levels are an indication of heart disease and general inflammation in the body, but it is not clear whether C-Reactive Protein is a symptom or cause.	
<b>Homocysteine</b>	5 - 15 $\mu$ mol/L	Homocysteine is an amino acid our body uses for energy production; homocysteine levels are highly influenced by diet and genetic factors. High levels of homocysteine in the blood are related to an increased risk of coronary heart disease, stroke, Alzheimer's disease and osteoporosis.	

Comments \_\_\_\_\_

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PHOTOGRAPHY: JULIE NORCOTT

# Nutrition, Exercise, Metabolism and How to Maximize them for Weight Loss

## Nutrition and Exercise

### What do we really know?

We all know diet and exercise go hand in hand when it comes to successful weight loss – but why is this? Really it all comes down to energy balance or more importantly a negative energy balance. For weight loss to take place our body MUST be in a negative energy balance. This cannot be avoided. If the body is in a positive energy balance, this excess energy will be stored in the body as fat – ready to be used at another time. You see our body is constantly dealing with energy management – how much to use for activity and exercise, how much to store based on the food we eat, how much to use to maintain the function of our musculoskeletal system, nervous system, endocrine system and cardiovascular system, etc. The physical composition and weight of our body is in direct correlation with how our body is managing energy. If you find yourself in a constant energy surplus as a result of overeating and lack of exercise and voila – say hello to a few extra pounds you did not have before. Start exercising, make smart nutritional choices and you will find those extra pounds will slowly retreat.

## Energy IN + Energy OUT = Energy Balance

When an exercise and nutrition program is started energy balance changes. As you will see, it is not quite as simple as exercise more and eat less – but rather the type of exercise and type of nutrition strategy selected can have a dramatic impact on this energy balance. Several factors besides eating and exercise can impact energy balance including environment, genetics, hormone responses, digestive function and more.

When we have an energy surplus we store this energy as body mass. Excess carbohydrates are stored as glycogen (predominately) or fat; excess fat is stored as triglycerides (in adipose tissue or your fat cells), and excess protein is stored in the body's amino acid pool. Basically, if food is in excess it will be stored in the body – most likely in your fat

cells. Most individuals would prefer if these excess calories were stored in the body as lean tissue or muscle, however in order for this to occur there must be a stimulus for muscle gain (often accomplished through exercise and resistance training). If there is no stimulus for muscle growth the body will store these excess nutrients (even carbohydrates and proteins) in your fat cells.

The following section is designed to educate you on how the body uses exercise and nutrition to create this negative energy imbalance required for weight loss.

## Metabolism

We have all heard the term 'Metabolism' before, but what exactly is this. We all know it slows down with aging and must be sped up for weight loss right? Well okay, although this may be true it is useful to know what exactly your metabolism is before you can understand how nutrition and exercise impact it.

**Your 'Metabolism' is essentially the total amount of energy required for each of our physiological actions (including both voluntary and non-voluntary activity).** In our body there are trillions of cells consuming and regenerating the building blocks of energy (ATP) every second during both rest and exercise.

Our **Metabolism** is the total of these reactions and can be broken down into **4 major components:** Resting Metabolic Rate, Thermic Effect of Feeding, Exercise Activity, Non-Exercise Physical Activity, Basal Metabolic Rate (BMR).

### Resting Metabolic Rate (RMR)

Your Resting Metabolic Rate is the minimum level of energy required to maintain vital functions of the body or the number of calories needed to keep you alive without movement or digestion. This value can be calculated after a 12 hour fast in a controlled environment by determining how much oxygen is consumed per minute. This accounts for **70%** of our energy expenditure every day. A significant

portion of all energy expenditure is devoted simply to keeping the body alive. This value is influenced by body size and composition (more muscle = higher resting metabolic rate).

### Thermic Effect of Feeding (TEF)

The process of eating food (digestion and absorption) is an active process requiring energy. Just eating a meal has the ability to increase your metabolism. This is where the theory of ‘more frequent eating’ is derived from, the idea that food intake requires energy from the body. Now depending on whether your meal consists of protein, carbohydrate or fat will also have an impact on how ‘metabolically expensive’ the meal you just ate was. Proteins have stronger chemical bonds which require more energy to break down for digestion and absorption than both carbohydrate and fat. **Therefore eating higher protein meals will lead to more energy expenditure and essentially weight loss.** Thermic Effect of Feeding generally accounts for 10% of all daily energy expenditure.

### Exercise Activity

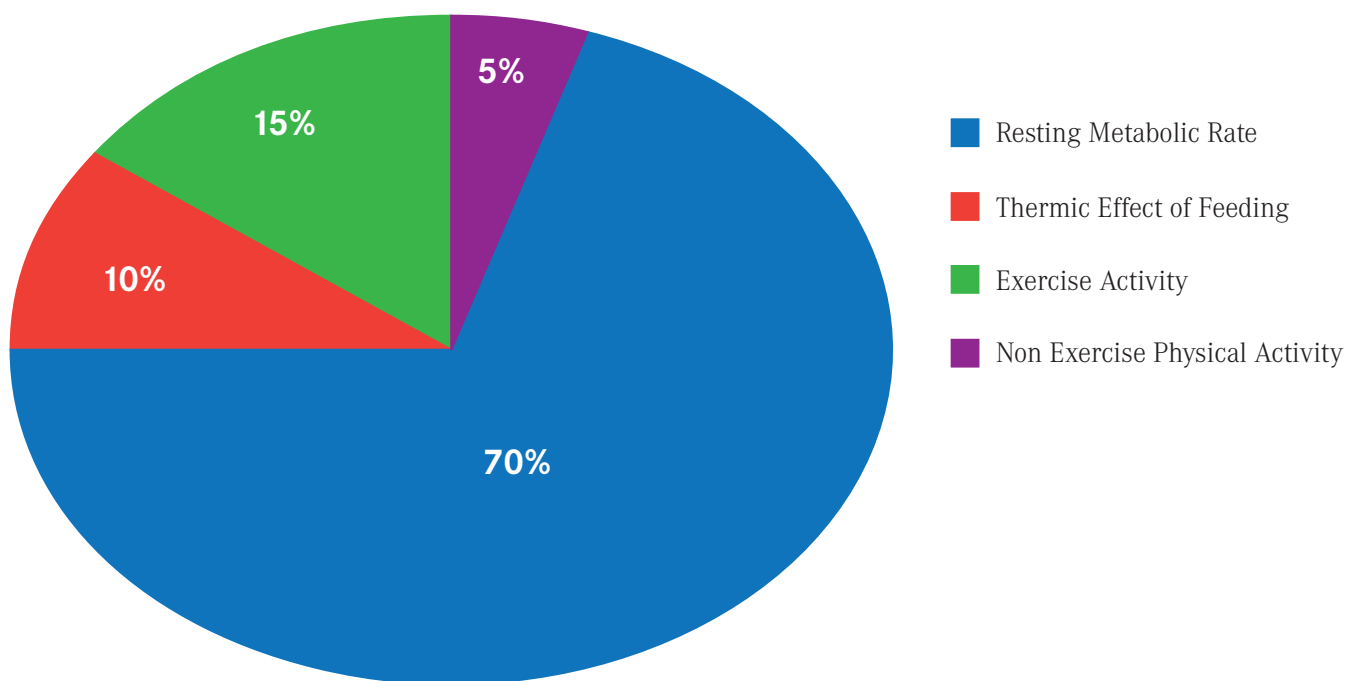
As everyone knows performing specific exercise activity requires energy from the body. Obviously, this component

of daily energy expenditure/metabolism is highly variable and can account for **10-30+%** depending on the individual. Exercise activity not only creates a demand for energy DURING the activity, but it can also create a higher demand for **energy** after the activity (which will be discussed ahead). Therefore, exercise is a powerful tool when looking to have an impact on metabolism for weight loss.

### Non-Exercise General Physical Activity

This is the unplanned activity that makes up a person’s day such as climbing stairs, walking to your car, moving around at work, chasing your kids, light physical labour, etc. These activities require energy from the body and although the total impact of this energy is relatively small (**approximately 5-10%**) it is an important indicator of weight loss or weight gain. In fact, some people who have a ‘naturally fast’ metabolism simply move more than their ‘slower’ metabolism counterparts.

Want to start losing weight fast – then get MOVING! Even when you are not exercising – take the stairs, park at the back, go for a walk – **find some way to increase how much physical activity you perform outside of your exercise sessions.**



# How does exercise affect our metabolism?

Exercise is the most variable and easily controlled component of metabolism. As a result, increasing exercise frequency, volume or intensity is a great way to begin creating a negative energy imbalance. On the other end of the spectrum, decreasing the frequency, volume and intensity of your activity can shift the imbalance in a positive direction and lead to weight gain.

When looking at energy balance it is important to consider not all exercise is created equal. Different types of exercise will produce different effects on energy expenditure. You may have heard ‘high intensity’ exercise or interval training is better for weight loss than traditional cardiovascular exercise. You may also have been told cardiovascular exercise burns a higher percentage of fat for energy than resistance training. Let us take a closer look at the various types of exercise and discuss how each of these can affect our metabolism and contribute to weight loss.



PHOTOGRAPHY: JULIE NORCOTT

## Resistance Training

This type of exercise is very demanding on the musculoskeletal system especially exercises involving many large muscle groups (push-ups, pull-ups, squats, deadlifts, lunges, etc). These exercises recruit lots of muscle mass and create higher levels of cellular stress and the need for muscle adaptation. Strength training creates damage to the muscle fibres which must then be repaired. This muscle distress has a number of benefits including adaptation to preserve/increase muscle mass (increases Resting Metabolic Rate), a high energy cost to repair damaged muscle tissue and even cardiovascular adaptations to improve heart health.

**In fact resistance training is so metabolically demanding it has the ability to elevate your Resting Metabolic Rate for up to 36 hours after your exercise session has ended. Resistance is a powerful tool for creating a negative energy imbalance.**

## Cardiovascular Training

This type of training generally involves aerobic exercise or more traditional types of exercise such as running, jogging, swimming, biking or any exercise performed at an elevated heart rate using full body, rhythmic movement for a continuous duration. This type of exercise is called aerobic because it uses oxygen to produce energy. When performing aerobic cardiovascular exercise the intensity is low enough it allows the body to use oxygen to produce energy – this is in contrast to Higher Intensity Interval Training (discussed below) which is unable to use oxygen to produce the required energy.

During aerobic cardiovascular exercise energy is burned at a slower rate but for a longer period of time. Predominately, stored body fat is used to supply the energy required for this type of activity. Therefore aerobic cardiovascular training often burns more fat during the

exercise session than both resistance training and high intensity interval training. Aerobic exercise can be a valuable tool when it comes to designing a fat loss program especially when combined with Resistance Training and High Intensity Interval Training.

## High Intensity Interval Training

Resistance exercises, running, climbing, jumping, circuit training, rope jumping, hills, plyometrics, kick-boxing, medicine balls, kettle bells and strongman training exercises are all high intensity tools used to ramp up fat loss. Similar to resistance training this type of exercise creates a large cellular stress which elevates Resting Metabolic Rate for up to 36 hours after completing your exercise session. High intensity interval training can burn a lot of calories in a short period of time and also has a long lasting metabolic effect.

This type of exercise is performed in the absence of oxygen to create energy as the intensity is too high for the body to use oxygen. This is called Anaerobic Exercise. Anaerobic Exercise generally uses carbohydrates as the primary energy source, so therefore it burns less fat during the exercise session itself. High Intensity Exercise does however; create what is called an Oxygen Deficit for the body. This causes the body to consume more oxygen post exercise so it can metabolize more food to replenish energy stores. This means a faster metabolism and more fat burning after your training session.

Therefore although High Intensity Interval Training uses more carbohydrates than fat during the activity, it results in more long term fat loss by increasing the Resting Metabolic Rate via the Oxygen Debt.

## Yoga

Yoga is an amazing compliment to any weight-loss program. A regular practice will enhance your strength and flexibility, allow you more control over your body and mind while improving vitality and self-awareness. Yoga elevates the function of every part of your body. With Yoga you can expect improved posture and mobility, and reduced aches and pains as it facilitates recovery from strenuous exercise. Yoga can speed up metabolism - helping you burn more calories - and improve digestion and the absorption of nutrients. While weight gain can be attributed to stress, yoga will help to raise serotonin and endorphins levels while decreasing cortisol (stress hormone) to improve

sleep, slow the effects of aging, prevent and control diseases - such as cancer, diabetes, asthma, arthritis, depression and reduce anxiety. Enjoy better concentration, attention, memory, hand-eye coordination and a detoxing and balancing effect throughout your entire body - circulatory, endocrine, digestive, lymph and nasal passages.

## Sporting Activity

This type of activity would not be included in your weekly exercise total of 5 hours, but rather it would fall under the Non-Exercise Physical Activity Category. As a general rule you should get fit to play sports, not play sports to get fit. Your 5 hours should come from resistance exercise, aerobic cardiovascular exercise, yoga or high intensity interval training. Playing sports however, can have a dramatic impact on your ability to lose weight as it will increase your total energy expenditure in a given day, week, month and year.

## Foam Rolling, Stretching

These activities help keep the musculoskeletal system healthy and functioning at a high level. A healthy musculoskeletal system will be more metabolically active, require more calories to maintain it and allow you to work at a higher capacity during your exercise sessions. Although you may not directly associate foam rolling and stretching with weight loss - it can most definitely have a positive impact on moving you towards your goals faster.

Now that we know how exercise contributes to weight loss we can look at building our own exercise schedule. Remember the best exercise is **consistent** exercise. Building an exercise schedule will provide you with a plan from which you can set behavior goals. An example would be, I commit to missing no more than 10% of my scheduled workouts each week. If training 5 days per week, this means you commit to missing no more than 1 training session in a 2 week period. Depth has included a **Personal Exercise Schedule Template** in the Appendix Section. Make 10 copies and plan your exercise sessions for the week ahead. Get in the habit of scheduling these exercise appointments with your-self and then stick to the plan.  
*Note: There are also many home workouts in the Weekly Exercise Lesson Section.*

Let's take a look at some of the specifics for building our Personal Exercise Schedule.

# Building My Exercise Schedule

## Type of Activity

We know the power of resistance exercise when it comes to weight loss – so we need to include this. We know how high intensity interval training can elevate our metabolic rate and we understand cardiovascular exercises impact on fat burning metabolism. Ideally, we are going to want to use a combination of all 3 types.

Depth Training recommends the following combination:

- 3 hours of High Intensity Interval Training or Resistance Exercise (Depth Training offers Bootcamp classes during the week which are a perfect example of this type of training. Our Bootcamp classes use a combination of exercise tools including weights, kettlebells, bands, strongman equipment, plyometrics, etc. to provide clients with a high intensity, metabolically demanding exercise session).
- 2 days of Cardiovascular Aerobic Training (Depth Training offers Cardiovascular Exercise during both Bootcamp classes on specific days and through Yoga classes. Yoga is a great continuous exercise which is aerobically demanding and can be included in this type of cardiovascular training).
- If you were going to perform additional training sessions beyond these 5 – Depth recommends this exercise session alternates between a resistance/ high intensity interval session and a cardiovascular training session.

## Exercise Volume

So how much is enough? How much do I need to lose weight? As stated earlier, we recommend a minimum of **5 hours of EXERCISE** every week. Still not losing weight? Then look into adding an additional hour each week. Still not losing weight – you may want to add 1 more hour. Every individual is slightly different. Although many will see good weight loss results with 5 exercise hours per week, some individuals may require more. If you are truly dedicated to achieving a healthy weight you are going to have to make exercise a priority in your life – this is just a fact.

## Exercise Frequency

It should be noted that each exercise session does **not** need to be 60 minutes in length. You can break these 5 hours up into much smaller time frames and perform them more frequently. Some people may find it difficult to find 60 continuous minutes 5 times every week to exercise. We recommend breaking these training sessions up into smaller components – as short as 15 minutes. Here are some examples of how to get 5 hours of exercise each week using smaller time increments:

- 3 x 15 minute exercise sessions 7 days per week
- 2 x 20 minute exercise sessions 7 days per week
- 2 x 30 minute exercise sessions 5 days per week

The key message here is to be creative. Many people will choose to do NOTHING if they do not have 60 minutes to devote to exercise, when in fact taking 15 minutes to get



something done can lead to fantastic results. Do not be an ALL or NOTHING type of person. If you have 15 minutes – then get to work! Stop thinking about whether or not you have time to exercise and start moving. These 15 minutes will add up very quickly and lead to faster weight loss.

To make your life easier, we have even included 3 Home Exercise Sessions you can perform on your own which require no equipment. Each Home Exercise Session is made to last 15 minutes. See the Appendix for more details.

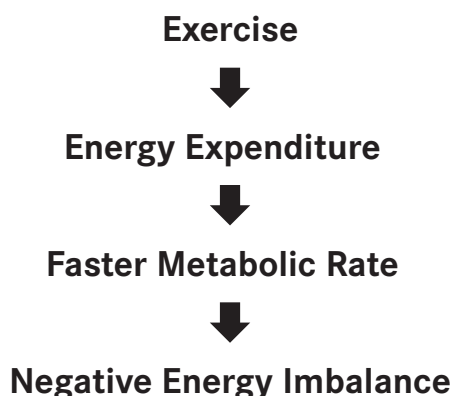
## Nutrition

Now that we understand how exercise contributes to increasing our Metabolism and helping us achieve the negative energy imbalance required for weight loss, we will look at how nutrition contributes to this as well.

### Food as an Energy Currency

What is food really? Food is essentially potential energy we ingest into our body which can then be converted into both immediate and stored energy. How we manage our dietary eating habits will have a direct correlation as to whether we are in a state of energy surplus or energy deficit. For weight loss we know our job is to create an energy deficit, but how do we do this and why is this really important?

Let's go back to exercise for a second. We understand our metabolism is a combination of different energy processes of the body and that exercise creates a greater demand for energy expenditure both DURING the activity and even long AFTER.



So how does nutrition affect this equation? Nutrition will determine WHAT is being metabolized for energy. When there is a negative energy imbalance or more demand for energy from exercise, our body must convert the potential energy from immediate OR stored food into actual energy to be used for the recovery process, our normal functions and even immediate movement. WHAT we eat will determine WHAT we burn for energy. Obviously our goal is to BURN more FAT – so how do we do this?

FAT BURNING STATE
<ul style="list-style-type: none"> <li>• During Cardiovascular Exercise</li> <li>• During/After Resistance and/or high intensity interval training</li> <li>• At rest during periods of partial fasting (1-3 hours between meals)</li> <li>• At night when sleeping</li> <li>• During sporting activity when no high sugar 'sports drink' has been consumed</li> </ul>
FAT STORING STATE
<ul style="list-style-type: none"> <li>• After a high carbohydrate, high fat or excessive protein meal. Any meal too high in total calories will contribute to fat storage.</li> <li>• During periods of inactivity</li> <li>• After a high sugar snack – baked goods, candy, white pasta, chips, soda</li> </ul>

### The Basic Rules

The following nutritional rules are meant to be followed when weight loss is the goal. These rules will allow you to stay in a negative energy imbalance and ensure your body is using fat as the primary substrate to be metabolized during and after exercise. Remember, the key to losing body fat is to stay in a state of fat burning for more time than you are in a state of fat storing. The following table looks at some basic scenarios where your body will either burn or store body fat.

In looking at the above table it is evident both Exercise and Nutritional Choices will put our body into either a **fat burning** or **fat storing** state. There is no in between. So how do we use nutrition to keep us burning fat? Well, for starters you need to follow these basic rules:

- **Protein Source with EVERY Meal**
- **Vegetables with EVERY Meal (10 – 12 total servings per day)**
- **Complex Carbohydrates within 1-2 hours POST workout ONLY**
- **Healthy Fats EVERY day**
- **Frequent Meals (Every 3-4 hours – they do not all have to be big but they must contain protein and nutrient dense foods)**

When it comes to these rules the following information is useful:

- A Protein Serving is the size of your palm (20-30g)
- Men should have 2 servings at each meal, women should have 1.
- A serving of fruit and vegetable is 1 medium sized piece of fruit and 1/2 cup of vegetables. You should aim for 10 servings of vegetables per day.
- **EARN your Carbohydrates!!** Only 1-2 hours post exercise. Approximately the amount which would fit into the palm of your hand should be 1 serving.
- Remember **supply** and **demand** – control your portion sizes

## The Macronutrients

Now that we know food is potential energy and we must carefully control how we ingest this potential energy into our body to avoid Fat Storage – let’s take a closer look at the Macronutrients: Protein, Carbohydrate, Fat and how they contribute to our health, impact our metabolism and where they are found. You will find some of this information again later in the Weekly Nutrition Lesson Section.

### Protein

Protein is the building block of muscle. Muscle is the best fat burner a body can have. Therefore protein plays a vital role in helping you achieve a leaner, healthier, fat shredding body. Protein is derived from chains of smaller amino acids. The amino acids that make up the protein in our diet are responsible for everything from the structure of our body (bones, muscles, ligaments), to our hormones, to our enzymes, to our immune chemicals, to transport proteins, to blood cells and so on.

As you can see protein is crucial to the function of the body – far beyond just building muscles. A healthier body is more metabolically active and consequently burns more fat. Protein is not an over-rated macronutrient and should play a key role in your diet.

THE PROTEIN CHART	
<b>Food Type</b>	Lean, complete protein sources
<b>Food Timing</b>	Eat with EACH feeding opportunity
<b>Examples</b>	<p><b>Lean Meats</b> (beef, red meats, ground beef, chicken, turkey, venison)</p> <p><b>Fish</b> (salmon, tuna, cod, haddock, trout, etc.)</p> <p><b>Nuts/Legumes/Quinoa</b></p> <p><b>Eggs</b> (whites and whole eggs)</p> <p><b>Low fat Dairy</b> (cottage cheese, low/fat/sugar yogurt, skim milk/cheeses)</p> <p><b>Milk Protein Supplements</b> (whey, casein, blends)</p>

As a general rule, we recommend **1 gram of protein per pound of body weight per day** for healthy individuals. For a 190 pound individual, this would equal 190 grams of protein each day. Since the average serving of protein is 30-40 grams this would require 5-6 servings of protein per day. Remember – Protein is the most metabolically active macronutrient and has the greatest impact on the Thermic Effect of Feeding. Eating more protein alone will lead to greater daily energy expenditure. As long as you keep your serving size appropriate you will not gain fat from eating more protein.

Every meal should start with a protein source – but where do we find protein in our food?

If you are a vegetarian there are additional protein sources beyond those listed above. The key here is to remember that unlike animal protein (complete source with all essential amino acids) many sources of plant protein are limited in certain amino acids (incomplete source) so they must be used in combination with complimentary pairs to provide a complete protein source. An example would be wheat and rice which have limited amounts of the amino acid lysine yet lots of tryptophan. These foods can be paired with legumes which are limited in tryptophan but high in lysine. This combination provides a complete source of protein. Here are some more non-animal protein sources:

### Beans, Nuts, Seeds

- 1 cup garbanzo beans 14.5 grams
- 1 cup pinto beans 12 grams
- 1 cup refried beans 15.5 grams
- 1 cup soybeans 28 grams
- 1 oz. cashews 4.4 grams
- 1 oz. peanuts 6.5 grams
- 1 oz. sesame seeds 6.5 grams
- 1 oz. pistachios 5.8 grams
- 1 cup tofu 22 grams
- 1 cup lentils 18 grams

### Dairy

- 1 cup yogurt 13 grams
- 1 oz cheddar cheese 7.1 grams
- 1 egg 6 grams
- 1 cup cottage cheese 10 grams

### Fruits and Vegetables

- 1 avocado 10 grams
- 1 cup broccoli 5 grams
- 1 cup spinach 5 grams
- 1 cup peas 9 grams
- 1 medium artichoke 4 grams
- 1 cup asparagus 5 grams
- 1 cup beet greens 3 grams

### Fat

Dietary Fat plays a key role in healthy weight loss and is becoming more popular with Omega-3's now being found in almost every grocery store product from eggs to cereal. Dietary fat has 6 major roles in the body:

- It provides an energy source (it is the most energy dense macronutrient)
- It helps to manufacture and balance hormones
- It forms our cell membranes
- It forms our brain and nervous system tissue
- It helps transport fat soluble vitamins A, D, E, K
- Provides essential fatty acids the body is unable to produce on its own (Omega 6 and Omega 3)

There are 3 different types of fat based on the chemical structure of the fat and how the body breaks it down during digestion. The 3 basic types are saturated, mono-unsaturated and poly-unsaturated. Most food is a **combination** of these 3 types of fat, for example eggs are

*“ Truth.  
Knowing that your  
character is shaped by your  
everyday choices ”*

## THE FAT CHART

Food Type	Saturated Fat	Mono-unsaturated Fat	Polyunsaturated Fat
<b>Food Timing</b>	None – 33%	None – 33%	None – 33%
<b>Examples</b>	Animal Fats (eggs, dairy, meats, butter)  Coconut Oil  Palm Oil	Olive Oil Natural Peanut/Almond Butters Nuts Avocado	Flax Seeds/oil Soy milk, tofu Fish/Fish oils Walnuts Vegetable Fats Almond milk

39% saturated fat, 43% mono-unsaturated fat and 18% polyunsaturated fat.

Overall health of the body is determined by the balance of fatty acids consumed in the diet. A diet high in saturated fat will lead to higher cholesterol levels and a greater risk of cardiovascular disease. Excessive consumption of saturated fats without mono-unsaturated and poly-unsaturated fat can also contribute to Alzheimer’s disease, poor blood viscosity, breast cancer, kidney disease, diabetes, multiple sclerosis, stroke and prostate cancer. Diets high in Saturated fat are especially dangerous when combined with high sugar intake and highly processed/refined carbohydrates (white breads, white pasta, etc). Diets high in saturated fat are also dangerous when not balanced by the mono and poly-unsaturates.

The ‘healthy fats’ (mono and polyunsaturated) which include the omega fats have been shown to improve overall health. They can lower triglyceride levels, lower cholesterol, reduce inflammation (C-reactive protein), maintain blood vessel health and increase metabolism. When looking at healthy fats, the two primary types are **Omega 6** and **Omega 3**.

Ideally our body requires approximately a 1:1 ratio of Omega 6 to Omega 3, however with the modern North American diet this ratio has shifted drastically in favour of Omega 6. This is not conducive to good cellular and overall health. Omega 6 can be found in corn oil, safflower oil, meat from feedlot animals who eat high amounts of corn, and other vegetable oils. While we do not want to avoid Omega 6 altogether, we want to make sure we balance it with good omega 3 sources such as flax seed, flax oil, walnuts and

fish oils. These are good omega 3 sources – buying cereal ‘high in omega 3’ is NOT a good source.

Omega 3 fats keep the membranes of our cells healthy and fluid which improves cardiovascular function, nervous system function, insulin sensitivity and immune health.

### **Additional Sources of Omega 3 Fats include:**

Flaxseed, Butternuts, Hempseed, Persian walnuts, Pecan nuts, Hazel nuts, kiwi fruit, chai seeds, Herring, sardines, Mackerel, Salmon, Halibut, Tuna, Swordfish, Pollock, Cod, Catfish, Flounder, Red Snapper.

In terms of recommended daily intakes there have been no values set for these types of dietary fat (Omega 3 and Omega 6). Most often you will find the Omega 3 Fats (ALA – alphanolenic acid, DHA – docosahexaenoic acid and EPA – eicosapentaenoic acid) are recommended to have 2-4 grams per day.

Most fish oil pills contain EPA and DHA and will have 300mg of omega 3 (DHA and EPA) per soft gel (1 g fish oil). Therefore we recommend 6-9 fish oil pills each day to provide the recommended amount of omega 3.

## **Carbohydrates**

Carbohydrates are an essential macronutrient for maintaining life. The most basic form of carbohydrate is glucose – the sugar found in the blood stream. The brain and central nervous system require a continuously available supply of glucose and when carbohydrate supply is too low, the body will metabolize other tissue such as muscle and convert it to glucose to increase blood sugar levels. This is NOT a desirable adaptation. Carbohydrates

are important but we must understand carbohydrates have different types and different effects on the body depending on the source.

Primarily it is the **rate** at which carbohydrates are digested and absorbed into glucose that we are concerned with. For weight management and body composition we want to balance our blood sugar and avoid spikes in blood sugar (glucose) levels. These spikes will be associated with a **FAT STORAGE** signal to our body. Since we want to spend more time in a **fat burning** mode, controlling our blood sugar becomes very important.

Carbohydrate breakdown and how quickly it will increase blood sugar depends on its chemical make-up. There are many ways to determine how quickly a carbohydrate will be broken down into glucose and how quickly it will elevate blood sugar with the most common being the glycemic index. The glycemic index is a measure of the rate of which an ingested food causes the level of glucose in the blood to rise. As a general rule, the simpler the carbohydrate form (sugar foods such as candy, sweets, juice, soda, sports drinks, etc) the higher the glycemic index. In contrast the more fibre the lower the glycemic index will be. The following chart looks at carbohydrates in 3 separate components.

The foods on the left end of the spectrum will provide higher spikes in blood sugar, have a higher glycemic index and will signal fat storage mode from the body. As we move

towards the right end of the spectrum the glycemic index lowers, the food is digested at a slower rate and there is **NO** fat storage signal sent to the body – since the blood sugar level is maintained in a normal range over a longer period of time.

Based on this idea we have what is termed a **Controlled Carbohydrate Diet** where we do not **AVOID** carbohydrates altogether but become aware of which types we select at any given time. This concept is called nutrient timing. Your rule is to avoid all carbohydrates except those to the right end of the spectrum unless you have just exercised 1-2 hours prior. For weight loss, we recommend avoiding foods on the left end of the spectrum altogether (except for that 1 cheat meal each week should you choose to indulge).

You see after exercise your body is in greater demand of carbohydrates to replace our stored carbohydrates from the muscles (termed glycogen) which were used to supply the body with energy during the training session. Glycogen is a part of lean body tissue and not your fat cells. Therefore after exercise your body has a **NEED** for these types of carbohydrates and will use this food energy to replenish the glycogen stores. No exercise – no glycogen depletion – no requirement for complex carbohydrates.

### The Super Foods

The Proteins, Carbohydrates and Fat sources discussed above are all very high in nutrient density. **Nutrient**

THE CARBOHYDRATE CHART			
Food Type	Simple Sugar Carbohydrates	Starchy Carbohydrates	Fruit and Vegetable Carbohydrates
Food Timing	Only during or immediately after exercise	Eat soon after exercise (within 1-2 hours)	Eaten with each feeding opportunity
Examples	Sports Drinks Recovery Drinks Breakfast Cereals Soda Fruit Juice High Sugar Foods – candy, chocolate, etc. Pancakes Candy	Bread Whole Wheat Pasta Whole Grain Rice Potatoes Oats Cereal Grains Quinoa	Spinach Carrots Tomatoes Broccoli Cauliflower Apples Oranges Avocados Berries

**Density** is a term referring to the amount of nutrients present in a food compared to the number of calories. Ideally we want to select foods that are HIGH in nutrients while LOWER in total calories. These types of foods include your nuts, meats, vegetables and whole grains. Think of foods coming from a source that you can pick, hunt or grow. This is what the term ‘whole foods’ refers to. Whole foods are food sources closer to their natural state. As a general rule – the fewer processes the food goes through from origin to production to sitting on the store shelf – the healthier it is. High processed foods have many steps between creation to production and often are filled with preservatives and other man made substances designed to make them more appealing to consumers but also less healthy.

The Super Foods are high in Nutrient Density while low in caloric density. Think of these foods as the big ‘bang for your buck’ items. Since we want to control caloric intake - we want to make sure the food we are eating is full of nutrients. These items should be staples on every grocery list.

THE SUPERFOODS	
<b>Protein Foods</b>	Lean Red Meat, Salmon, Omega-3 eggs, Low Fat Plain Yogurt, Chicken, Supplemental Protein
<b>Carbohydrate Foods</b>	Spinach, Tomatoes, Broccoli, Cauliflower, Cabbage, Strawberries, Blueberries, Raspberries, Oranges, Kidney Beans, Navy Beans, Chick Peas, Quinoa, Whole Oats
<b>Fat Foods</b>	Mixed Nuts (variety of different types including almonds, pecans, walnuts, cashews, brazil nuts etc.), Avocados, Olive Oils, Fish Oils, Flax Seeds, Natural Peanut Butter, Almond Butter, Almond Milk  Green Tea, Biosteel Pre-workout (Pink), Greens Supplement

## What is Good Nutrition?

Now that we have discussed how food can impact Metabolism and provided you with simple rules to keep your body in a fat burning state, let’s move on and discuss what good nutrition is really all about. As you may have already guessed the science of food and nutrition is only part of the equation when it comes to healthy eating. The second part of the equation and perhaps the most important part focuses around behaviour, or more importantly repeated behaviours.

### Habitual

**“We are what we repeatedly do, therefore excellence is not an act, but a habit”.**

**“Commitment is not doing things right once in a while, but all the time”.**

**“Truth is knowing that your character is shaped by your everyday choices”.**

Good nutritional practice is about building better habits. There is no secret formula, no magic pill – good nutrition and real results will come from the decision to make a sacrifice in your life and dedicate yourself to

changing your habits for the better. **This transition is a process.** We are not a fan of ‘diets’. A ‘diet’ implies a short term goal where after it is done you return to the previous behaviours and choices that led you astray in the first place. Rather, we are focused on changing your lifestyle to coordinate with your new health and fitness goals. **We are talking about change.**

Now change takes time and not all individuals are equally prepared or willing to make the necessary sacrifices to see the results they are after. This is why we have provided you with 10 weekly nutrition and exercise lessons. While we have given you some useful information above that will produce excellent results when followed, we have also provided you with weekly homework to help slowly form new habits and educate you on why these habits are effective for weight management. We want to build competence and autonomy in your exercise and nutrition decision making.

Good nutrition is really about the consistent execution of effective habits and strategies when it comes to managing your weight long term. It is about **prioritizing yourself** and your health to help improve all other aspects of your life.

Eventually, this change becomes permanent and you start to view food, nutrition and eating habits in a new light.

The first step is to allow the information to influence your decision making – you become aware of the choices in front of you. The second step is to consistently make better choices for yourself based on the knowledge you have obtained. The third step is for those choices to become automatic, where you no longer have to think about them, you just do it naturally. This is the **unconscious competence** where good nutrition can be found.

### Preparation

A good meal plan and basic nutritional knowledge is a great start when it comes to weight loss – but unless you take the time to be prepared this ‘good nutrition’ will continue to elude you. Remember, your body will either be in a fat burning or fat storing state depending on the choices you make each day (and each meal really).

The problem is that people with good intentions get busy. Their schedules become hectic, different things arise during the week and they fall into the complacent mind set of just accepting that ‘things happen’ and eating well is just simply too difficult for me. **This is the easy way out.**

For some reason people assume those who are fit are the people who ‘just happen to have the time’ to eat well and exercise. People fall into the mindset of assuming those who are fit just have an easier schedule or are genetically lucky. While genetics can play a role – this thought pattern is incorrect and does not give enough credit where credit is due. Getting fit is TOUGH. Losing weight is DIFFICULT. Improving your health and fitness can be a tough journey – which is why we are running this program; **however, you as an individual have an opportunity to turn your dream into a reality.**

When it comes to good nutrition – preparation is a must. You need to set the time aside to develop a plan for the week. Chances are the same obstacles to eating well occur EVERY week and likely during the same time period. Setting aside a couple of hours to look at your week and plan solutions for these busy days will go a long way in helping you avoid the ‘fat trap’ of simply being too busy.

“Falling to plan is planning to fail”.

This holds true for good nutrition.

### Execution

Once a plan has been set it is only as effective as your ability to execute it. You can have the greatest meal plan ever invented in the history of meal plans, but if you choose to leave your pre-prepared, well thought out lunch in the fridge and hit up Tim’s with the work crew – well then your plan is not really effective is it. **Execution is about commitment.** It is the final and perhaps most important step.



# Building Your Own Meal Plan

## Building Your Own Meal Plan

Now it is time to build our own Nutrition Plan. So, where do we start? Well let's go back and review the basic Nutrition Rules which will provide the guidelines for our new eating habits:

- Protein Source with EVERY Meal
- Vegetables with EVERY Meal (10-12 total servings per day)
- Complex Carbohydrates POST workout ONLY
- Healthy Fats EVERY day
- Frequent Meals (Every 3-4 hours – they do not all have to be big but they must contain protein and nutrient dense foods)

## Step 1: The Schedule

Based on the Nutrition Rules above take a look at the week ahead and plan the major events in your day. For most people there is some degree of routine – so look at each day individually and plan just when you might be able to fit in a meal. See the example below.

STEP 1: THE SCHEDULE	
<b>Early Morning Workout*</b>	6:00 am (Am I crazy?)
<b>Home</b>	7:00-8:00 am
<b>Work</b>	8:30-4:30 pm
<b>Parental Madness**</b>	4:30-7:30 pm
<b>Home</b>	7:30-10:00 pm
<b>Sleep</b>	10:00 pm (yeah right) -5:15 am

\*When are your exercise sessions?

\*\*What other primary obligations do you have?

## Step 2: What are you going to eat?

WHEN AM I GOING TO EAT?	
ACTIVITY	TIME
Meal #1: Morning Shake & Healthy Fat (Fish Oil)	
Morning Workout	6:00 am
Meal#2: Recovery Shake (Protein)	
Meal#3: Breakfast (Protein, Carbohydrate)	
Work	8:30-10 am
Meal#4: Quick Shake (Protein, Fat)	
Work	8:30 am-12 pm
Meal#5: Lunch (Protein, Fat)	
Work	12 -4:30 pm
Meal#6 Quick Snack (Protein, Fat)	
Parental Madness	4:30-7:30 pm
Meal#7 Dinner (Protein, Carbohydrate)	
***Pre-Bed Snack (Protein, Fat) (Optional)	

Now that you have an approximate idea of when you are going to eat, take some time to think about WHAT you might eat. This can be done for the entire week or you might find it easier to plan every 2-3 days.

The real key to success early is to take time and go through this process. This will set the tone for the rest of the week. If there is no plan in place then you have nothing to stick to, you have no commitment and commitment is exactly what you need. Put ownership on yourself not to stray from the plan (no more than 10% of the time). Sure some days will be more difficult than others, but you will begin to make consistently better choices just by using this process.

MEAL	WHAT TO EAT?
Meal #1 Morning Shake (Protein, Healthy Fats)	<ul style="list-style-type: none"> <li>• Biosteel Pink + 3 grams fish oil</li> </ul>
Meal#2 Recovery Drink (Protein, Carbohydrate)	<ul style="list-style-type: none"> <li>• 1 scoop of Whey Isolate Protein in 500ml of water. Note: this is ONLY if resistance training was done during the workout.</li> </ul>
Meal#3 Breakfast (Protein, Carbohydrate)	<ul style="list-style-type: none"> <li>• Turkey Sausage Skillet (add sweet potato post workout)</li> <li>• Multivitamin</li> <li>• Large glass water with lemon</li> </ul>
Meal#4 Quick Shake (Protein, Fat)	<ul style="list-style-type: none"> <li>• Mixed nuts (handful) + chopped veggies, 3-4 lean turkey Pepperettes</li> <li>• Large glass water</li> </ul>
Meal#5 Lunch (Protein, Fat)	<ul style="list-style-type: none"> <li>• Chicken and Goat Cheese Spinach Salad</li> <li>• Green Tea or large glass water</li> </ul>
Meal#6 Quick Snack (Protein, Fat)	<ul style="list-style-type: none"> <li>• Chocolate Peanut Butter shake + 3 grams fish oil</li> </ul>
Meal#7 Dinner (Protein, Carbohydrate)	<ul style="list-style-type: none"> <li>• 1 Serving Lean Meat (chicken, beef, fish, pork, turkey)</li> <li>• 2 servings vegetables</li> <li>• 1 serving quinoa, brown rice</li> <li>• Large glass water</li> </ul>
Meal#8 Pre-Bed Snack (Protein, Fat)	<ul style="list-style-type: none"> <li>• Sliced Apple, nut butter (1 tbsp)</li> <li>• Large glass water</li> </ul>

*“Commitment is not doing things right once in a while, but all the time.”*

### Step 3: The Grocery List

After planning your meals you need to make sure you have the right foods in the house to build these meals. This is a key step in the preparation process. Start saving your grocery lists and keep them with your meal plan for the week. You will find you can go back to these plans and repeat them. Our goal is to provide you with enough education and competence so you are able to make your own meal schedules, make smart decisions based on the Nutrition Rules provided and select your own creative meal ideas that satisfy these rules. We can provide you with some basic plans – but the real key to success is that ‘consciously competent’ independence. An example grocery list is provided.

PROTEINS	CARBOHYDRATES	FATS	SUPPLEMENTS
Whole Eggs	Legumes (beans, lentils)	Mixed Nuts (almonds, cashews, hazel, brazil)	Whey Protein Blend
Lean Meats, Poultry, Game	Tomatoes	Walnuts	BCAAs or BIOSTEEL HPSD (Pre)
Fatty Fish	Spinach	Pecans	Recovery Protein or BIOSTEEL Recovery
Plain/Vanilla Yogurt	Cruciferous Vegetables (broccoli, cabbage, cauliflower)	Natural Nut Butters	Fish Oil/Omega 3 - pills
Low Fat Cottage Cheese	Avocados	Extra Virgin Olive Oil	
Egg Whites	Citrus Fruits (grapefruit, oranges, pineapple)	Natural Cheese, Goat Cheeses	
	Berries	Seeds (Flax, Pumpkin, Pine)	
	Sweet Potatoes/Yams		
	Quinoa		
	Whole Grain Bread		
	Large Flake Oats		

\*Spices NOT included in the list

Use your knowledge and follow the Nutrition Rules to design an eating plan which fits into YOUR schedule. Then stick to the plan. See if you can anticipate which days and times will pose the greatest challenge to your goals. What strategies do you have to overcome these days and times? If you do not have one – you need to find one! Is extra preparation required? Do you need to stand up to peer pressure to ‘just let loose and live a little’ (these may be the same friends who contributed to your weight issue in the first place)? Is it the holiday season? Whatever your obstacle I can assure you there is a solution. Ask one of the trainers at Depth for some advice or even try searching the internet. I guarantee there is plenty of advice and a variety of solutions at your fingertips for any potential obstacle you might encounter.

**Improve your Knowledge ➡ Analyze your Schedule ➡ Develop your Plan ➡ Prepare your Meals Execute your Plan ➡ REPEAT.**

# Nutrition & Exercise – Week 1

## Nutrition Lesson – The Sugar Lesson

Many exercisers and non-exercisers alike fall victim to the empty calorie intake found in most beverages available in grocery stores and restaurants. These beverages include not only soft drinks, but also sport drinks such as Gatorade, Powerade, fruit juices, chocolate milk and let’s not forget the sugar and artificial sweeteners many of us add to our coffee. The high sugar content in these drinks will have a negative effect on the overall health and composition of our body. Foods that contain 5g of sugar per 100g of food are considered ‘low sugar’.

A diet high in sugar will have the following negative consequences:

- Reduced insulin sensitivity and an increased insulin response to meals resulting in greater storage of food as body fat – especially around the ‘love handles’
- This reduced insulin sensitivity can eventually lead to chronic disease such as diabetes
- Chronically high blood sugar can also result in premature aging, cancer, alzheimer’s, cataracts, vascular disease, erectile dysfunction, kidney disease, joint pain and arthritis

To help avoid excess and unwanted sugars look for the following ingredients in your food and beverage labels:

- Sucrose
- Fructose
- Glucose
- Maltose
- Dextrose
- Maltodextrin
- Hydrolyzed starch
- Invert sugar
- Corn syrup
- Honey
- Cane sugar
- Agave nectar
- Sugar beets
- **High fructose corn syrup (this is a major ingredient to avoid)**
- Maple sugar

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## Nutrition Homework Assignment 1

1. Immediately take control of your sugar intake. Begin by eliminating the obvious high sugar foods from your diet if you are currently eating them ie. Candy bars, soda, fruit juice and processed foods such as white grain rice, pastas and breads.

2. When drinking fluids – stick to the following rules:

Drink only water or tea unless during/immediately after exercise. To make this more enjoyable, try adding a lemon or orange slice to your water for extra flavour. Do not add sugar or sweetener to your tea or coffee!!!

3. If you must drink coffee, you should get rid of the added sugar. Ideally you should drink your coffee black and from an organic source to get the full antioxidant benefit of coffee. However, if you cannot live without your Tim Horton's then at least have it without the sugar. Your waist line will thank you.

4. During exercise we recommend supplementing with **Biosteel's High Performance Sports Drink** which will provide your body with important electrolytes and essential amino acids to improve workout performance and enhance body composition. Post-Workout we recommend approximately **20-30 g of Whey Isolate Protein** (BIOX Protein) in 500-800 mL of water to aid in muscle protein synthesis. In order to burn more fat, we must add lean muscle mass to our body and using supplements around your workout will help you achieve your goals faster.

5. Absolutely **NO** fruit juice, soda or sugary sports drinks.

7. As far as alcohol is concerned, attempt to limit your intake to **9 drinks per week** and **no more than 3 drinks in a night**. Your body metabolizes alcohol into a sugar in your body through alcohol fermentation and consequently it will elevate blood sugar and likely store it as body fat. Alcohol is a major contributor to higher levels of body fat, especially around the midsection.

## Exercise Lesson 1 – Strength Training & Weight Loss

### *“Why are we lifting weights if I want to lose weight?”*

This is a common question many people ask as they begin their quest for weight loss here at Depth Training.

Before we get into the scientific benefits of strength training, let's discuss the science of weight loss in general.

As previously discussed, more muscle mass will increase your metabolism by elevating your Resting Metabolic Rate. Strength training will help to build muscle while you are burning calories during the process of weight loss. Therefore it helps you burn fat on 2 levels. Does this mean abandon cardiovascular workouts such as jogging, biking or swimming? Absolutely not. Those low-to-moderate intensity exercises can still burn calories and can be very beneficial for weight loss, however these exercise choices will not promote the same muscle growth stimulus to the body that strength training will. Note this does not mean you will become 'bulky or muscle bound' as even a small amount of increased muscle mass (which is not visually noticeable) can have a significant impact on your body's ability to burn fat.

Ideally throughout this experience, you will educate yourself on how to accomplish weight loss with a combination of moderate to vigorous aerobic conditioning along with moderate to high intensity strength training. Keep the calories burning and promote lean muscle growth. Do this by following your nutrition advice, staying dedicated to your strength training program, and getting lots of rest during your time away from work and working out. Success will be coming your way before you know it!

Lesson one. Check.

**KEY POINT: Increase your lean body mass through strength training and you will greatly accelerate your fat loss!**

## Exercise Homework Assignment 1

**Complete a total of 1.5 hours of low-to-moderate intensity exercise or activity outside of your Depth Training workouts this week.**

Options for workout choices can include:

- Jogging, walking, swimming, biking, elliptical, recreational sports, skating, stairmaster, participating in a DEPTH Training bootcamp, trying a Depth Yoga class, etc.

***Remember to stay dedicated to your diet & nutrition tips this week!***

# Nutrition & Exercise – Week 2

## Nutrition Lesson – Training Nutrition and Supplementation

After exercise your body needs proper nutrition to repair muscle tissue and recover from the stress you just placed on the body. One reason resistance training is so effective is that it causes breakdown and damage to muscle tissue (as you know from the soreness you have experienced after the first few sessions). This breakdown produces an increased energy demand on the body which elevates your metabolic rate for up to 36 hours after exercise – resulting in significantly greater calorie burning and fat loss than cardiovascular exercise alone.

Post-exercise the body needs nutrition to stop the breakdown or catabolic process of muscle degradation so it can begin the anabolic building process. Protein supplementation delivers easily digestible, fast absorbing protein (amino acids) to the muscles when they are the most sensitive for muscle building. This concept of nutrient timing is very important post workout and something we want you to address **immediately!**

- **We recommend 1 scoop of Whey Protein (25-30 g) post workout dissolved in 500mL of water**

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## Pre-Workout Nutrition

When working out in the morning it can be difficult to know what to eat. The biggest factor is to ensure you are hydrated. Since fat loss is your primary goal in this program, you will want to avoid eating carbohydrates before your workout so you stimulate a need for fat metabolism to produce energy. Avoid breakfast cereals, muffins, toast or grains prior to training. Also, fruit contains a significant amount of sugar which will stimulate carbohydrate metabolism – meaning you will be using less fat stores to supply energy to the working muscles and more immediate sugar from the blood. Since we want to maximize fat loss, eating fruit will be counter-productive to your goal.

### Recommendation:

1. Drink 1 glass of water upon awakening.
2. Take 3 x Omega 3 Fish Oil Pills with your water
3. If you need food, try a handful of mixed nuts with a combination of cashews, pecans, hazel nuts, walnuts, almonds, etc (depending on allergies)
4. Bring your shaker cup to your workout and use 2 scoops of Biosteel High Performance Sports Drink (pink).

## I want to Lose Weight, not build muscle!

One of the fastest ways to increase the rate of fat loss is to increase the amount of muscle mass on your body. Not only does resistance training (and the consequential muscle breakdown and building process) significantly increase calorie expenditure and fat loss for up to 36 hours after your workout – but muscle tissue itself is very metabolically active. Muscle requires more energy to maintain itself than fat does and for this reason a person with more muscle mass has a faster metabolic rate and therefore uses more fat to supply energy during the day.

*“Proper Training and Nutrition will turn your body into a Fat Burning machine NOT ONLY when you are in the gym, but also during the hours you spend outside the gym. The choices you make outside the gym will influence whether your body is in a fat burning or a fat storing state – the more time you spend in a fat burning state – the leaner your body will be!”*

## Drink the Pink!

**Biosteel High Performance Sports Drink** is a workout supplement that was created for high performance athletes. Biosteel products are rigorously tested and the only supplement brand approved by Athletics Canada. The goal of the Biosteel products was to provide athletes with a safe, effective nutritional supplement made from the highest quality ingredients to deliver the best possible results.

The Biosteel HPSD (pink) contains important amino acids and electrolytes to help your body perform at the highest level possible. When your goal is weight loss – you need to be able to deliver high levels of effort in the gym. The #pink will help to provide you with immediate energy sources that do not compromise fat metabolism and will ensure you are burning the most fat possible during and **after** your training sessions.

**Combine Biosteel HPSD with 3 x Omega-3 Fish Oil Pills** (keep in the freezer to avoid the unwanted fish burps)

## Nutrition Homework Assignment 2

Your assignment for this week is to begin implementing the workout nutrition strategies discussed above **immediately**. You are here for **Results** – and this information is critical for better, faster weight loss results.

## Exercise Lesson 2 – Rep Ranges, Strength & Bulking Up

It seems like almost every week, people ask us about rep ranges and why they are lifting really heavy weights during their workouts if they are trying to lose weight. Through this experience with Depth Training, you will learn **a lot** about weight loss, but what about strength gains and bulking up? Let's waste absolutely no time and get down to the facts.

There are 3 main rep ranges:

- Low Rep Range: 1-6
- Medium Rep Range: 6-12
- High Rep Range: 15-20+

Without going into too much detail about energy systems, neurological, and metabolic effects of working within specific rep ranges, let's talk about the basics because let's be honest you are here to get results, not a degree. **Low rep ranges yield the best strength gains.**



**This range will not build too much size (i.e. hypertrophy).**

Muscle bulk comes from increasing volumes of work. For example, bodybuilding programs with 3 chest exercises that are performed for 3 sets of 12 add up to 108 total repetitions. A program geared towards strength may have one chest exercise for 6 sets of 3 reps with much heavier weight. This would be 18 total repetitions. High volumes cause considerably more muscle damage, which in turn, results in hypertrophy. Lower rep ranges will build more strength by stressing the nervous system and cause minimized bulking.

The take home message is to have no fear about lifting heavy weights as long as you are controlling your volume. Bulking up is not an overnight process. Getting jacked up with lean muscle takes some serious dedication and effort reflected by consistent long term, high volume training programs with a large focus on high calorie consumption. Since you will likely be consuming fewer calories than the amount required to add considerable muscle mass you do not need to worry about bulking up! This program contains nutritional information and training regimes designed to help you accomplish **weight loss** and improve overall strength with a **slight** increases in lean muscle mass - not turn you into a professional bodybuilder.

Stick to the plan and trust it!

**KEY POINT: Training with low rep ranges and heavy weight at low to moderate volumes with a lower calorie diet will promote strength gains, not muscular hypertrophy.**

## Exercise Homework Assignment 2

Complete the following 30-45 minute workout; twice outside of your Depth Training workouts this week.

### THE WORKOUT

- 5-minute dynamic warm-up (jumping jacks, light jogging, high knees on the spot, butt kicks, arm circles).

#### Circuit 1:

- Rear Foot Elevated Lunges                    x 6-10/leg
- Pushups    x 6-10
- Plank    x 30 seconds

Complete this circuit **3 times** consecutively with no more than 15 seconds of rest between each workout, following the same order shown above. take 60-90 seconds rest before you restart the circuit.

#### Circuit 2:

- Pulsed Squat                                    x 6-10
- Good Mornings                                x 10
- Left Side Bridge                              x 20 seconds
- Right Side Bridge                             x 20 seconds

Complete this circuit **3 times** consecutively with no more than 15 seconds of rest between each workout, following the same order shown above. take 60-90 seconds rest before you restart the circuit.

**Also complete a total of 1 hour of low-to-moderate intensity exercise (minimum 15 seconds at one time).**

Options for workout choices can include:

- Jogging, walking, swimming, biking, elliptical, recreational sports, skating, stairmaster, visiting and participating in a DEPTH Training bootcamp, etc.

***Remember to stay dedicated to your diet & nutrition tips this week!***

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# Nutrition & Exercise – Week 3

## Nutrition Lesson – The Protein Lesson

When looking to build a better body and improve your overall fitness protein has to be the cornerstone of all your meals. We already discussed the benefits of including protein in your diet earlier, but we will take some time to review why protein is so essential.

To begin with, let us take a closer look at what protein actually is. Proteins (like carbohydrates and fats) are made from carbon and hydrogen molecules, but also contain nitrogen as part of their amino group. The amino group differs between protein molecules and the various protein molecules are termed amino acids. The amino acids found in protein provide the structure for our musculoskeletal system, cardiovascular system, nervous and endocrine systems; they form our enzymes for important chemical reactions in the body; they form our antibodies and immune chemicals and even act as transporters of important cellular communicators. You see without protein the body cannot function. The importance of protein in your diet goes far beyond just building muscle and looking good.

Our body is constantly breaking down our own amino acids and if these amino acids are not replaced through the diet it will put us into a net negative protein balance. Without dietary intervention our body cannot maintain this amino acid pool compromising vital functions of the body. The body has the ability to make 12 amino acids termed the **non-essential amino acids** which do not need to be replaced through dietary means. There are however, **8 essential amino acids** that can only be supplied by the diet. Since some of these essential amino acids are lost each day, we must rely on dietary sources to replace them. **Complete Protein** sources contain all of the essential amino acids (animal protein sources, protein supplements, dairy products, eggs). Other **incomplete protein sources** tend to be deficient in certain essential amino acids (legumes, rice) and must be paired to provide a complete source.

### 8 Essential Amino Acids

- Pheylalanine
- Valine
- Threonine
- Tryptophan
- Isoluecine
- Methionin
- Leucine
- Lysine

As previously mentioned, protein will help to increase your overall metabolism via the Thermic Effect of Feeding **since proteins require more energy to be digested and absorbed than carbohydrate or fat**. Also, because protein is constantly turning itself over this means people with more lean body mass have a higher metabolic rate as this breakdown and regeneration process takes energy.

**Resistance Exercise = Muscle Breakdown +**

**Recovery Protein Drink = Increased Metabolic Rate =**

**More Lean Muscle Tissue = Higher Resting Metabolic**

**Rate = More fat loss 24 hours per day**

Since protein plays such a vital role in exercise performance, recovery and fat loss – it is important **EVERY** meal and/or snack begins with a good protein source. When deciding on your meals the first thing you should be considering is, ‘where is the protein source in this meal?’ Is there an adequate protein source? How can we improve the protein content in our meals?

## Nutrition Homework Assignment 3

Your assignment for this week is to list as many different protein sources as possible. Take a look at the protein content found in some of the common foods you are currently eating. Then ask yourself the following questions:

- Do I currently have a good protein source present at EVERY Meal and Snack?
- How many servings of protein do I get in a day (20-30g Female, 30-40g Male)?
- How many of these servings are coming from whole food sources?
- List 3 strategies for increasing the protein content of your meals and snacks each day:

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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## Exercise Lesson Week 3 – Foam Rolling: Why Do It?

### “What is a foam roller and how do you use it?”

A foam roller is a cylindrical piece of hard foam or polymer that is usually between 5-8 inches in diameter and looks like a large noodle. If you have been at Depth Training for any significant length of time then you better already know how to use one! **Foam rollers are essentially a poor man’s massage therapist.** The application and techniques for use are fairly simple. Individuals who use foam rollers are instructed to use the roller to apply pressure to sensitive areas in the muscles. Typically areas identified with tension, discomfort or increased densities are focused on the most. Foam Rolling can provide great benefits to the muscles and body both before and after workouts. Foam Rolling before a workout will help to decrease muscle density, improve muscle extensibility/flexibility and allow for a higher quality warm-up. Foam Rolling after workouts can aid in recovery from strenuous exercise and reduce delayed onset muscle soreness.

Remember, a healthy muscle will be more metabolically active and burn more calories increasing your Resting Metabolic Rate – so essentially, foam rollers really can help you lose weight.

**KEY POINT: Foam rollers are a small investment which can provide big time impact on musculoskeletal health and fitness.**

### Exercise Homework Assignment 3

Complete a total of 1.5 hours of low-to-moderate intensity exercise outside of your Depth Training workouts this week.

- Options for workout choices can include:
- Jogging, walking, swimming, biking, recreational sports, skating, elliptical, stairmaster, visiting and participating in a DEPTH Training bootcamp, yoga class, etc.

*Remember to stay dedicated to your diet & nutrition tips this week!*

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# Nutrition & Exercise – Week 4

## Nutrition Lesson Week 4 – The Carbohydrate Lesson

### Tip #1: Identifying the Difference

Not all carbohydrates are created equal and therefore they all affect the body in a different way. The key when trying to decrease body weight or improve body composition is **not** to avoid carbohydrates completely, but rather be smart about the times when you are selecting specific foods. Carbohydrates are important for providing you with energy during the day and with physical activity – but carbohydrates consumed in addition to this immediate need will be stored in your body as fat. Food is an energy currency for your body - consume food in excess of the currency needed for bodily functions and fueling exercise and you will find the love handles get a little bigger.

The table below divides carbohydrates into 3 basic categories based on the time of day they should be eaten. We are looking to follow a few simple rules when it comes to eating these different types of foods

THE CARBOHYDRATE CHART			
Food Type	Simple Sugar Carbohydrates	Starchy Carbohydrates	Fruit and Vegetable Carbohydrates
Food Timing	Only during or immediately after exercise	Eat soon after exercise (within 1-2 hours)	Eaten with each feeding opportunity
Examples	Sports Drinks Recovery Drinks *Breakfast Cereals *Soda *Fruit Juice *High Sugar Foods – candy, chocolate, etc. Pancakes Candy	Bread Whole Wheat Pasta Whole Grain Rice Potatoes Oats Cereal Grains Quinoa	Spinach Carrots Tomatoes Broccoli Cauliflower Apples Oranges Avocados Berries

### The RULES on Carbohydrates for Fat Loss:

- 1. Fruits are a good choice first thing in the morning.** The body has used stored carbohydrates from the liver during the night to provide your body and brain with energy – therefore the sugar from fruit at this time will be used to replenish these liver stores – as opposed to being stored in your fat cells. Eat Fruit in the mornings as your carbohydrate source – avoid bagels, cereals, breads, oatmeal etc. But don't forget your protein source!!
- 2. Eat vegetables with EVERY meal.** People forget that vegetables are carbohydrates too and will provide your body with important fibre, vitamins and nutrients.
- 3. Select starchy carbohydrates in the POST-Workout window.** This is a 2-3 hour window where your body is more tolerant of these types of foods –meaning they will be used to replenish muscle carbohydrate stores and help the body recover from exercise and build lean muscle as compared to being stored as fat.

## Take Home Message

Food selection plays a very **BIG** role in whether your body will be in a state of **FAT BURNING** or a state of **FAT STORAGE!** The key to successful weight loss is to make consistent food choices which promote fat burning.

Following these carbohydrate rules, eliminating unnecessary sugars from soda/fruit/sport drinks and taking care of your workout nutrition along with a diet of lean protein, vegetables and healthy fats truly is the key to nutritional success.

## Nutrition Homework Assignment 4

Begin following the carbohydrate rules mentioned above IMMEDIATELY to help control blood sugar, manage insulin levels and keep your body in a fat burning mode!

## Exercise Lesson Week 4: High Intensity Interval Training (HIIT)

Most endurance workouts such as walking, running, or stair-climbing are performed at a moderate intensity or an exertion level of 5-6 on a scale of 0-10. High-intensity intervals are done at an exertion level of **7 or higher**, and are typically sustained for 30 seconds to 3 minutes, although they can be as short as 8-10 seconds or as long as 5 minutes. **Generally the higher the intensity, the shorter the interval.**

### What are the benefits of HIIT?

- They are efficient workouts and typically do not take a lot of time to complete
- They do not necessarily need equipment
- High calorie consumption occurs due to elevated heart rate and increased oxygen demand from the muscles of the body\*

*\*If you are really interested and keen on learning, go online and review "Excess Post-Exercise Oxygen Consumption" (EPOC) and it's effect on recovery after HIIT.*

Try out the high intensity interval training circuit for your exercise homework this week. Don't forget to **listen to your body**. If something hurts, don't do it. Also remember to maintain good form with everything you do, because hard work without technical supremacy is wasted energy and will only increase your risk of injury.

Good luck and stay safe.

**KEY POINT:** HIIT consists of short, intense workouts that provide increased work capacity, improved fitness levels, better insulin sensitivity and glucose metabolism, and superior fat burning.

## Exercise Homework Assignment 4

Complete the following workout outside of your Depth Training workouts this week:

- **Dynamic warm-up** (5-10 minutes)
- Set 1: Perform as many walking lunges as you can for 45 seconds; 20 seconds rest; **repeat x 3 sets consecutively.**
- Set 2: Alternate between a left side bridge (LSB), Front plank (FP), and right side bridge (RSB) for 3 minutes. You must change positions every 20 seconds (i.e. LSB 20 seconds, FP 20 seconds, RSB 20 seconds, FP 20s, LSB 20s, FP 20s, RSB 20s, FP 20s...); **repeat x 2 sets with 2 minutes between each set.**
- Set 3: Perform as many squats as you can for 45 seconds; 20 seconds rest; **repeat x 3 sets consecutively.**
- Set 4: Complete as many \*clustered pushups as you can over a time period of 3 minutes; every single rep must be perfect; **only 1 set.**
- **Static Stretch** (5-10 minutes)

*\*Clustering = perform a maximal amount **perfect** reps of the designated exercise, take short rest, and then attempt to complete the same amount of **perfect** reps again, repeatedly over an extended time period.*

***Remember to stay dedicated to your diet & nutrition tips this week!***

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# Nutrition & Exercise – Week 5

## Nutrition Lesson – The Fat Lesson

### Tip#1: Include Omega-3 Fish Oil in Your Diet

Many people have heard about the positive benefits of fish oil in their diet and more recently the importance of Omega-3 Fats. Fish Oil has been shown to:

- Decrease the risk of heart disease, diabetes and certain cancers
- Increase Metabolism and Fat Burning
- Help to Reduce Fat Mass and increase Lean Body Mass
- Improve Mood and Decrease symptoms of depression
- Reduce Inflammation in the body

Fish Oil can be taken in pill or liquid form. We recommend taking 3-6grams of Fish Oil per day (though some research suggests as much as 9-12 and even 20 grams of fish oil can be beneficial – in fact our ancestors used to ingest 300-400 grams of fish oil per day). In pill form, 6 grams would be approximately 3 pills in the morning (prior to workout) and 3 pills before bed.

Tip: Place Fish Oils in the fridge or freezer to avoid the famous ‘fish burps’. Take your fish oils **EVERYDAY!**

**When picking out your fish oil check to make sure it is high in DHA (500-1000mg) and EPA (200-400mg) per 2000mg. Try to select fish oil derived from larger fish such as salmon and make sure it comes from a wild source –not farmed salmon.**

### Tip#2: Balancing Fat in Your Diet

It is important to eat a balance of saturated, monounsaturated and polyunsaturated fat in your diet. The problem occurs when one type of fat (generally saturated) predominates over the other.

Saturated fats will generally come from the animal fat in your diet. Do not avoid this fat as long as it is balanced with other types of fat. Dairy and cheese also contain saturated fats.

Mono-unsaturated fats and Poly-unsaturated fats can be found in:

- Avocados
- Nuts
- Olive Oil

- Flax Oil
- Flax Seed
- Fish Oils

### Strategies for Adding Healthy Fat to Your Diet:

1. Take Fish Oil Pills Every Day.
2. Add Olive Oil to your Salads. (this can be used with balsamic vinaigrette for taste)
3. Include mixed nuts/nut butters such as almond butter into your diets. Having a trail mix (ie. Almonds, cashews, hazel nuts, brazil nuts, walnuts, pecans) is a great way to get healthy fat as a snack. A handful will suffice.
4. Add seeds, nuts, goat cheese to your salads or stir fry (ie. Chia seeds, pine nuts, pumpkin seeds)

## Nutrition Homework Assignment 5

If you do not currently have fish oil in your house – your first step is to go and pick some up. Then follow these guidelines:

1. Consume 6-9 grams of Omega 3 Fish Oil every day. We recommend 2-3 grams in the morning, 2-3 grams prior to your workout and 2-3 grams in the evening.
2. Make sure you get at least 3 different fat sources every day. Select your fats from a variety of sources eg. Nut butter Breakfast, Olive Oil Lunch, Avocado Dinner.



## Exercise Lesson - Exercise and Nutrition....The Bigger Picture

*A Guest Article By Sean Ross (this article has a great message to share)*

As a part-time Occupational Therapist in an acute care hospital by day and an owner of a strength and conditioning facility by night, I am able to see an extremely wide range of clients/patients. While most are interested in exercise as a means to enhance athletic performance or physical appearance, few get to see the negative side effects of a lifestyle void of good nutrition and physical activity. Last week on a typical day at the hospital, I was reminded of how lifestyle choices impact the quality of life.

Three afternoon patients were 52-65 years old and were 300 plus pounds (one was female). All had diabetes, high blood pressure, heart disease, etc. Two had amputated limbs as a result of diabetes (wounds don't heal well, become septic, and tissue dies as a result of poor circulation). All three had limited mobility before being admitted and did nothing more than sit in a chair or stay in bed all day while needing assistance with bathing, dressing, and toileting. The length of hospital stay is always excessive with these patients because of slow healing wounds and a significant need for therapy to get mobility back to manageable levels.

If a patient isn't overweight and is hospitalized for a typical medical condition, chances are their mobility can be managed by themselves or with minimal family help. If someone has 100 plus pounds of excess body fat, they may need 2-3 people to assist them. Simple tasks such as going from supine to sitting at their bedside become major tasks. Excessive heart and respiration rates greatly limit their activity. They can no longer travel, go to a movie, walk in the park, etc. simply because of the choices they made throughout their life. They chose to eat whatever they wanted, drink unlimited amounts of soft drinks or alcohol, and avoided strength training or anything related to regular exercise. As they gained weight, they simply bought bigger clothes. As their mobility and activity declined, they could now use the "I can't" excuse to not start now.

The cost of health care because of these choices is staggering. Multiple hospital admissions, home health aids, medical equipment, lengthened hospitalization periods, multiple medical staff needed for transfers, special hospital beds to reduce pressure sores....you get the picture. Family member's lives are affected also, as they must dedicate their time to taking care of the patient once they are

discharged home or find a way to pay for a nursing home if home management isn't possible. Unfortunately, as Dalton said in the movie Roadhouse, "things are going to get worse before they get better."

Remember 25 years ago when everyone marveled about how large 300 pound William "the Refrigerator" Perry was playing for the Bears? Now it is not uncommon at all to have 300 pound male and 250 pound female patients. They pass their bad habits on to their kids who are well on their way to a host of health problems at an early age. It's great to exercise and eat well to get stronger, faster, leaner, muscular, etc. but the most important thing should be to enhance the quality of life and to invest in our health for the future and the future of our loved ones so that we can limit the burden on them.

Our favorite activities can be enjoyed well into our golden years if we maintain a good level of mobility and strength. It is up to us to educate our kids and others of not just the positive effects of diet and exercise, but also the negative effects of ignoring them.

### Exercise Homework Assignment 5

**Complete a total of 2 hours of low-to-moderate intensity exercise outside of your Depth Training workouts this week.**

Options for workout choices can include:

- Jogging, walking, swimming, biking, elliptical, stairmaster, participating in a DEPTH Training Bootcamp or Depth Yoga class, etc.

***Remember to stay dedicated to your diet & nutrition tips this week!***

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# Nutrition & Exercise – Week 6

## Nutrition Lesson - Overcoming Obstacles for Consistent Nutritional Habits

When it comes to nutrition many people have been educated on how to eat healthy, but simply struggle to find the preparation time required to implement the knowledge they already have. The majority of people will have consistent times during the week where they struggle with busy schedules, several commitments and a consequential lack of time for healthy eating. This is why it is so important to have a **plan** for these busy times.

The most successful nutrition and exercise plans do not contain some secret or magical ingredients which you have not yet discovered, but rather they use practical and consistent approaches which produce continual results over a long period of time. Successful weight loss must be sustainable. When losing weight, we are more interested in helping you develop a healthy lifestyle you can manage independently – not losing 10lbs only to gain back 10.

### Good Nutrition Requires Proper Planning

As stated earlier – most people will have the same days and times in their schedule when good nutrition becomes a problem. Take some time to look at the week ahead and see if you can identify which days of the week will present the greatest challenge to you for healthy eating. Do you have a project deadline? Do you have to travel for work? Do you have to take your kids to a hockey tournament?

Based on these obstacles – what poor nutritional choices have you commonly made in the past which have resulted in weight gain? Do you see a pattern in these choices?

Now let's come up with some specific strategies you can use to help keep you moving towards your weight loss goals and make sure you do not fall back into the trap of a busy schedule. Everyone is busy – but those who are truly dedicated to their goals are the ones who find ways to still make good choices even in the most difficult times – and these are the individuals who will have the greatest success!

### Tip#1 - Specific Preparation and Travel Strategies

#### 1. Ask for Specific Meals at Restaurants

When eating at restaurants do not be afraid to ask for specific meals to avoid the common trap of high

carbohydrate, high sugar and high fat items found in most options. Most restaurants now offer several menu items compliant with weight loss specific nutritional practice. Look for meals high in protein and vegetables with some healthy fat. Often the restaurant will have Chicken and Spinach Salad options, salmon, lean meats and vegetables, etc. When ordering salad ask for balsamic vinaigrette and olive oil – avoid getting the 'house' dressing which is often high in saturated fats with little or no mono/polyunsaturated fats. You can still be social and go out, but do not let your social outings slow you from reaching your fitness goals.

#### 2. Choose Restaurants which have meals supporting your nutrition goals and practices

Some restaurants are simply better than others when it comes to menu selections. Do not be afraid to speak up and suggest venues you know will allow you to stay compliant to your meal plan. Avoid places where nutritional success is difficult (fast food).

#### 3. Prepare your food in bulk

This is a great way to save you time during the busy week ahead. There are a variety of ways to do this depending on your preference. To begin with, you should have some idea of what your nutritional strategy is for the week. Once your nutritional plan is in place – begin by cooking up your protein for the week (chicken breasts, turkey sausage, lean meat, ground beef, etc) and storing in a Tupperware container in the fridge. You can also chop up your vegetables and put them in the fridge for easy access during the week. Some people prefer to prepare meals on Sunday which will allow them to get through Monday – Wednesday and then on Wednesday they do another preparation for Thursday – Saturday. Preparing food in advance will allow for quick solutions during the week when schedules become busy. If there is no plan and no preparation you will NOT have success that week and you will **NOT** achieve your goals. Everyone is busy but if you do not take the time to devote attention to healthy eating you will not be successful.

#### 4. Super Shakes

These Super Shakes are an excellent way to get lots of nutrients in a short amount of time. Super Shakes work great as a snack or on the go meal. If possible try to make sure you have a blender at home and at work. You can put all of your ingredients in the shaker cup ahead of time, put it in the fridge and blend when it is time for a meal.

## 5. Pre-pack your meals in a big cooler

If you know you will be travelling try being proactive and pack a cooler full of healthy snacks so you can avoid having to make a quick stop at a fast food restaurant. Choose cold meats, fresh vegetables, nuts, cheeses and fresh fruit. This extra preparation will go a long way in helping you move towards your goals. Embrace the cooler and get packing!

## 6. Supplements

When you are on the run, supplements can be very useful in providing good nutrition in the absence of healthy whole foods. A Whey Protein Powder, Veggie or Greens Powder and Fish Oil will provide an excellent meal replacement when whole food is not an option. Try keeping these supplements at work or in a location where you will be able to use them during busy times.

## 7. Eat Before Going Out

Just because you have chosen to improve your health and fitness does **NOT** mean you have to neglect your social side. Being social is very important, but yes it is also an area which gets the majority of people in trouble when trying to maintain a healthy weight. If you do not have the discipline to 'stay clean' when out with friends or at parties – then try simply eating at home before you go so you will be less likely to indulge in bad food while out. Be proactive-eat ahead of time and keep the fat off!

## Exercise Lesson – The Truth About Warming Up

A warm-up period is important before any workout. The goal of the warm-up should be to prepare yourself both mentally and physically for the exercise or competition ahead. A well designed warm-up will increase muscle temperature, core body temperature, and blood flow. These effects will have the following impacts of performance:

- Faster muscle contraction and relaxation
- Improvement in the rate of force development of the muscles (i.e. highly beneficial for heavy lifting).
- Improvements in muscle strength and power
- Increased blood flow to active muscles.
- Enhanced metabolic reactions
- Reduced injury rate during exercise

Static stretching (i.e. slow, constant stretches that are held at the end position for 15-30 seconds) has long been used in a warm-up with the aim of enhancing performance

and reducing the risk of injury. According to many reviews of credible literature, there is little, if any evidence, that static stretching pre-or-post participation prevents injury unless the sport requires increased range of motion (such as gymnastics). Static stretching will increase the muscles tolerance to stretch for a short period of time, but should not be the only component of your warm-up. Take the time to get ready for your workout as nothing will slow your progress down faster than an injury to an unprepared body trying to push through a high intensity or resistance training workout.

**KEY POINT: A good general warm-up may consist of 5-10 minutes of low-to-moderate intensity activity along with dynamic movements to stress specific movements and actions the individual may be asked to perform during the training session or activity.**



## Exercise Homework Assignment 6:

Complete the following 30-45 minute workout outside of your Depth Training workouts this week.

### THE WORKOUT

- 5-minute dynamic warm-up (jumping jacks, light jogging, high knees on the spot, butt kicks, arm circles).

#### Circuit 1

- Overhead Rear Foot Elevated Lunges      x 10-15/leg
- 3, 2, 1 Pushups                                      x 6-10
- Piston Plank    x 30 seconds

Complete this circuit **3 times** consecutively with no more than 15 seconds of rest between each workout, following the same order shown above. take 60-90 seconds rest before you restart the circuit.

#### Circuit 2

- Pulsed Squat    x 6-10
- Bent Leg Birddog                                      x 6/leg (hold each rep for 3 seconds)
- Left Side Bridge                                      x 20 seconds
- Right Side Bridge                                      x 20 seconds

Complete this circuit **3 times** consecutively with no more than 15 seconds of rest between each workout, following the same order shown above. take 60-90 seconds rest before you restart the circuit.

#### Also complete a total of 1 hour of low-to-moderate intensity exercise.

Options for workout choices can include:

- Jogging, walking, swimming, biking, elliptical, recreational sports, skating, stairmaster, visiting and participating in a DEPTH Training bootcamp, a Depth Yoga Class, etc.

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# Nutrition & Exercise – Week 7

## Nutrition Lesson: Healthy Snack Ideas

As discussed in our section on eating for a healthy metabolism and weight loss, we mentioned the importance of the Thermic Effect of Feeding – eating calories in order to burn more calories. We have also mentioned the importance of protein in the diet because of proteins ability to build muscle and its' metabolic cost to digest it. When we add the Carbohydrate rules to the equation (avoiding high sugar or starchy carbohydrates outside of the 1-2 hours surround exercise sessions) we can get a pretty good idea of what a healthy snack should consist of.

Healthy snacks (outside of the 1-2 hours post-exercise) should obey the following rules:

- Contain 1 serving of protein (Women 1 palm, Men 2 palms)
- Contain 1 serving of Vegetables (and/or fruit) (1 Serving = 1/2 cup)
- Contain Healthy Fats
- Be low in sugar and starchy carbohydrates

Here are some quick healthy snack ideas you can implement immediately:

1. Lean Turkey Meat Sticks or cold sliced sausage with natural cheese sliced (not packaged cheese strings) and sliced vegetables.
2. Trail mix – mixed nuts (cashews, almonds, walnuts, pecans, brazil nuts, hazil nuts, etc) with a small amount of dried fruit and 1-2 small cubes (5cm x 5 cm) of 90% dark chocolate.
3. Greek Yogurt with 1/2 cup of mixed fruit.
4. 1 medium sized apple sliced, cinnamon, all natural peanut butter/almond butter (1tbsp)
5. Home-made Protein Bars (Check out our youtube page for more information or search for homemade protein bars online)
6. Supershake (1 scoop protein, cup plain natural yogurt, 1/2 cup spinach, 1/2 cup berries, 1 tsp flax seed, 1 tsp olive oil, cinnamon, vanilla extract)
7. Sliced Vegetables with Hummus Dip and small handful of mixed nuts.

### 'Coconut Squares' Bonus Snack Idea

*Courtesy of Depth Trainer Laura Dunbar (post-workout)*

#### Ingredients:

- 1 1/2 cups unsweetened shredded coconut
- 1/2 cup pure creamed coconut concentrate
- 1/2 cup coconut oil
- 1 tsp vanilla extract
- Pinch of salt
- 1 bag enjoy life chocolate chips or dark chocolate chips.

#### Instructions:

1. Place first 5 ingredients into a food processor and blend until smooth.
2. Line a mini muffin tin with paper cups and fill cups to 1/2 or a little more, press down gently.
4. Melt chocolate and then pour over each cup individually to cover the coconut surface.
5. Place in freezer for about 20 min minimum, until chocolate has hardened, refrigerate.

*“The body can do anything, its the mind you have to convince”*

## Exercise Lesson : Get Your Rest

How much time does it take to recover from lifting some heavy weights a couple times? The time dedicated to recovery between sets and exercises is called the rest period. The length of the rest period between sets and exercises is **highly dependent** on the several things:

- The training goal (i.e. strength, hypertrophy, endurance)
- The intensity of the load being lifted
- The current conditioning level of the individual training

Despite the relationship between the relative load lifted and the amount of time required for rest periods, one must also consider the amount of muscle mass involved in each exercise. A full body, multi-joint exercise such as a back squat or a trap-bar deadlift performed for 4-6 reps and will require 3-5 minutes rest (if strength is the primary goal), compared to a single joint exercise such as a hamstring curl which may be performed for 12 reps and may only require 60 seconds of rest.

Shown below are some generally recommended rest periods depending on the training goal of the individual:

TRAINING GOAL/ EXERCISE TYPE	REST PERIOD
Strength	2-5 minutes
Power	2-5 minutes
Hypertrophy	60-90 seconds
Muscular Endurance	Less than 30 seconds

**KEY POINT:** Rest between sets can be important; the body needs the appropriate amount of time to recover from the load lifted based on the individuals training goal. For weight loss a combination of rest periods may be appropriate to address strength, muscle hypertrophy and muscular endurance or fitness. All 3 are very important for fat loss – so mix it up!

## Exercise Homework Assignment 7

Complete the following high intensity interval training workout 1-2 times this week:

Dynamic Warm-up (5-10 minutes)

- **30 seconds of high knee running**
- REST 15 SECONDS
- **30 seconds of spiderman pushups**
- REST 15 SECONDS
- **30 seconds of squats with arm raises**
- REST 15 SECONDS
- **30 seconds performing a left side bridge**
- REST 15 SECONDS
- **30 seconds performing a right side bridge**
- REST 60 SECONDS
- **REPEAT x 4 more times**

**TOTAL TIME – 30 minutes**

Also complete a total of 1 hour of low-to-moderate intensity exercise.

Options for workout choices can include:

- Jogging, walking, swimming, biking, elliptical, recreational sports, skating, stairmaster, visiting and participating in a DEPTH Training bootcamp, etc.
- **IF YOU HAVE NOT DONE SO ALREADY, MAKE AN EFFORT TO INQUIRE AND SIGN UP FOR AT LEAST ONE DEPTH BOOTCAMP CLASS THIS WEEK!**

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PHOTOGRAPHY: JULIE NORCOTT

# Nutrition & Exercise – Week 8

## Nutrition Lesson : Reading Food Labels – What to Look for and What to Avoid

When out grocery shopping it can be helpful to understand just what exactly is in the food you are buying. What makes one product superior to another when it comes to nutrition? Which foods will be better for your health and body composition goals? Which foods are keeping you from reaching your goals? Understanding food labels can help you make healthier decisions and plan healthier meals and snacks.

### What is on the Label?

1. Servings Size
2. Calories, Calories from Fat, Percent Daily Values
3. Fat, Cholesterol, Sodium, Carbohydrate, Fibre, Sugar
4. Protein, Vitamins and Minerals
5. Footnotes

### Common Mistakes When Reading Food Labels

Until you become accustomed to reading food labels, it's easy to become confused. Avoid these common mistakes when reading labels:

- A label may say the food is 'reduced fat' or 'reduced sodium'. That means the amount of fat or sodium has been reduced by 25% from the original product. It doesn't mean, however, the food is low in fat or sodium. For example, if a can of soup originally had 1,000 milligrams of sodium, the reduced sodium product would still be a high-sodium food.
- Don't confuse the % DV for fat with the percentage of calories from fat. If the % DV is 15% that doesn't mean that 15% of the calories comes from fat. Rather, it means you're using up 15% of all the fat you need for a day with one serving (based on a meal plan of 2,000 calories per day).
- Don't make the mistake of assuming the amount of sugar on a label means the sugar has been added. For example, milk naturally has sugar, which is called lactose. But this doesn't mean you should stop drinking milk because milk is full of other important nutrients including calcium. What you can do is look at the list of ingredients. If you see the words high-fructose corn syrup or sugar high on the list of

ingredients, it probably means refined sugar has been added to the product.

- A common mistake people make, especially with packages dispensed from vending machines, is to assume a small item contains one serving just because the package is small. If you eat a bag of pretzels from a vending machine, for example, you may find that it contains 2.5 servings. So you need to multiply the numbers by 2.5 to figure out how many calories and the amount of sodium and other nutrients you are eating.

### Understanding Common Label Terms

Here's a list of common phrases you may see on your food packaging - and what they actually mean.

- **No fat or fat free:** Contains less than 1/2 gram of fat per serving
- **Lower or reduced fat:** Contains at least 25 percent less per serving than the reference food. (An example might be reduced fat cream cheese, which would have at least 25 percent less fat than original cream cheese.)
- **Low fat:** Contains less than 3 grams of fat per serving
- **Lite:** Contains 1/3 the calories or 1/2 the fat per serving of the original version or a similar product
- **No calories or calorie free:** Contains less than 5 calories per serving
- **Low calories:** Contains 1/3 the calories of the original version or a similar product
- **Sugar free:** Contains less than 1/2 gram of sugar per serving
- **Reduced sugar:** at least 25% less sugar per serving than the reference food
- **No preservatives:** Contains no preservatives (chemical or natural)
- **No preservatives added:** Contains no added chemicals to preserve the product. Some of these products may contain natural preservatives
- **Low sodium:** contains less than 140 mgs of sodium per serving

- **No salt or salt free:** Contains less than 5 mgs of sodium per serving
- **High fiber:** 5 g or more per serving (Foods making high-fiber claims must meet the definition for low fat, or the level of total fat must appear next to the high-fiber claim)
- **Good source of fiber:** 2.5 g to 4.9 g. per serving
- **More or added fiber:** Contains at least 2.5 g more per serving than the reference food

### Avoiding Hidden Sugars

If it ends in "ose" or "ol", it's most likely a sugar. There are the usual suspects such as table sugar, brown sugar, powdered sugar, cane sugar, corn syrup, and sorghum, honey and maple syrup. These are common forms of sucrose. There are other sugars that also end in "ose" just like sucrose does. Glucose, (aka dextrose), lactose, maltose and fructose are in many products. Even though fructose doesn't affect blood sugar as easily as sucrose, it is still a sugar and must be counted as a simple carbohydrate when you're keeping track. There are also sugar alcohols found in a lot of chewing gums and breath mints such as sorbitol, xylitol, mannitol and maltitol.

Some of the major sources of highly refined grains and hidden sugars that cause high glycemic blood sugar problems (and fat storage) are: sodas, ketchup, cereals, fruit juice, jams, jellies, canned fruit, prepared foods, ice cream, cookies, candy, cakes, pies, pastries and most other desserts. Processed starches that behave like sugar in your body are white flour, white rice, pasta (unless the flour is listed as 100% whole wheat), enriched flour, tapioca, cornstarch and processed breakfast cereals. **The most common names for sugar are: barley malt, corn syrup, dextrose, fruit juice concentrate, glucose, high-fructose corn syrup, maltodextrin, maltose, molasses, raw sugar, sucrose and turbinado sugar.**

### Ingredients to Stay Away From!

- Trans Fat
- High Fructose Corn Syrup
- Sodium (recommended upper limit of 2400 mg/day)
- Hydrogenated or partially hydrogenated oils
- Sodium nitrate
- Aspartame

- Phosphoric Acid
- Avoid Artificial sweeteners (**if you are looking for a sweetener in your tea, water or supershakes then try using a little bit of natural honey – but NO MORE than 1 tsp as this still contains sugar – but it is a much healthier source**)

### The fewer ingredients, the better!

A good rule of thumb when looking for foods is to look at the ingredients list and even if you don't read the actual ingredients, just see how many there are. If there are more than 5 ingredients in the product, chances are it's full of chemicals and additives. For example, there are 38 ingredients in McDonald's chicken nuggets. If you were to make your own chicken nuggets at home, how many ingredients would you have? Not 38! More than half of those ingredients are flavorings and preservatives. You may not be eating McDonald's chicken nuggets but the same holds true for many packaged products in the grocery store. Another thing to look at is if you can pronounce the ingredients on the list. If you have to stand there and sound out some 18 letter word that sounds like something you learned in 10th grade chemistry, you shouldn't be eating that food.

The foods you eat should be full of natural and healthy ingredients. Take a look at what you are putting inside your body!

As a general rule of thumb, the closer a food is to its natural source the less you need to worry about preservatives and artificial sweeteners. Stick to lean meats, fresh fruits and vegetables, nuts and seeds and whole grains such as quinoa, large whole flake oats and legumes.

### Nutrition Homework Assignment 8

Make your way to the grocery store and start practicing reading the food labels on various items. Look for some of the ingredients to avoid. Take a look through your own cupboards and see what the nutrition labels tell you. You may be surprised!

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## Exercise Lesson Week 8: The 6 Rules of General Conditioning

Congratulations! You have made it through 7 weeks! With all of the information you have learned thus far, we are providing you with six useful tips you can use and continue to apply throughout your life with strength training, weight loss, and exercise in general.

### 1. BE CONSISTENT

- You can't train or workout once a month and see progress. You also can't train sporadically throughout the year and expect to see real results either. Short term bursts of binge workouts can be slightly effective, but remember: consistency is the name of the game.

### 2. WORK HARD AND WORK SMART

- You need to work hard, but you don't have to kill yourself every single workout. You have to listen to your body and make adjustments based on what you feel. Experiment and find out what works best for you.

### 3. YOU MUST WARM UP

- You can't just walk into the gym and start squatting, pressing, and deadlifting or you will get injured. Some people need more warming up than others, but you need to make sure you get the blood flowing before picking up the big stuff. Don't make the mistakes of the typical beginner even if you are one.

### 4. YOU MUST USE GOOD FORM TO GET THE MOST BENEFIT

- Walk into any commercial gym and you will most likely see many people doing things right, and many people doing things very wrong. Be very strict with your exercise form and learn how to do things right.

### 5. YOU CANNOT OUT-TRAIN A POOR DIET

- The best training in the world won't really matter without a good diet. If you want to achieve results, build a good physique, and perform optimally, then you must take your nutrition seriously.

### 6. YOU MUST SLEEP WELL

- Similar to nutrition - if you don't get enough sleep (7-8hrs), you'll be stressed out and your body's physiology will be working against you.

**KEY POINT:** Try to follow ALL of these 6 rules of general conditioning. Each one that you do not follow may seriously hinder your results.

## Exercise Homework Assignment 8:

Complete a total of 3 hours of low-to-moderate intensity exercise outside of your Shred City workouts this week.

*\*NOTE: You may also choose some of the workouts from previous homework assignments and complete them as well!*



PHOTOGRAPHY: JULIE NORCOTT

# Nutrition & Exercise – Week 9

## Nutrition Lesson - The Healthy Kitchen Evaluation

Earlier in the Manual we introduced the concept of the Healthy Kitchen. Your task for this week is to read through Steps 1 – 3 once again and see how well your kitchen complies with the Healthy Kitchen Concept. Have you been consistent with your grocery shopping? Does your kitchen continue to be a place where you can have nutritional success? Are there foods or items in your kitchen which are NOT compliant with your health and fitness goals?

Take some time to re-evaluate your kitchen and see if you have continued to make progress in creating a positive environment for a healthier, leaner body.

**STEP 1:** Go through your fridge and your pantry. Throw out any and all foods which do NOT comply with your current fitness goals. Do NOT be afraid to throw this food out – it is standing between you and the body you are working so hard for in the gym. Highly processed carbohydrates such as chips, cookies, crackers, white pasta, white rice, high sugar foods, fruit juices, sodas, high sugar cereals....all GONE, GONE, GONE, GONE!

**STEP 2:** Now that you have rid yourself of troublesome food it is time to stock your fridge and pantry with healthier choices. The foods below are a great start!

**STEP 3:** Do you have what you need for proper FOOD PREPARATION? Make sure you have the following Kitchen Essentials:

- Chef's Knife (8 inch, 4 inch)
- Cutting Board
- Non-Stick Fry Pan (10 inches)
- Large Pot
- Small Pot
- Blender
- Heat Resistant Plastic Flipper
- Heat Resistant Spatula
- Storage Containers/Tupperware
- Large Storage Cooler (for bringing food with you to work)
- Mixing Bowls
- Measuring Cups
- Large Measuring Cup
- Measuring Spoons
- Cheese Grater

- Baking Pan 9x9"
- Tongs
- Strainer
- Shaker Cup

### Lean Meats

- Extra Lean Ground Beef
- Chicken (breast, thigh, ground, sausage)
- Fish
- Turkey (ground, sausage)
- Lean steaks
- Lean cuts of pork (tenderloin)
- Shrimp, scallops, prawns

### Spices

- cinnamon
- Chili Powder
- Curry Powder
- Coriander
- Cumin
- Fennel
- Nutmeg
- Paprika
- Pepper
- Sea Salt
- Turmeric

### Fruits/Vegetables

- Apples
- Asparagus
- Avocado
- Berries
- Broccoli
- Cauliflower
- Cucumber
- Mushrooms
- Onion
- Kiwi
- Spinach
- Tomato
- Orange
- Peppers
- Squash
- Sweet Potato
- Yams
- Zucchini

## Nuts/Seeds

Walnuts  
Almonds  
Pecans  
Cashews  
Sunflower Seeds  
Sesame Seeds

## Grains/Legumes

Brown Rice  
Lentils (navy beans, black beans, kidney beans, chick peas)  
Whole Oats  
Quinoa  
Whole grain Pasta (long and short)

## Other

Protein Supplement  
Greens Supplement  
Multi-vitamin  
Almond Milk/Coconut Milk  
Workout Drink (Biosteel Pink)  
Oils  
Olive  
Flaxseed  
Coconut  
Fish Oil

## Nutrition Homework Assignment 9:

Answer the following questions and give your kitchen a grade on its present condition.

1. Does your kitchen have most of the items listed above?
2. Does your kitchen have items present which will distract you from your fitness goals?
3. How can you improve your kitchen environment even more?
4. Is this an environment where you will be successful ... in losing weight?
5. If it is not an environment where you can be successful, what steps are you going to take to change this?

## Exercise Lesson - Don't Be Old School

*Guest Article By Justin Levine (another article with a great message)*

Why do people still perform crunches? Why do people still get on the leg press machine? Why do people still believe in long slow distance training to "burn fat"? Well, this is what we knew 20 years ago. Things change and so must people. Fitness has transformed over the past 20 years. There are many concepts that at the time we thought were the most efficient ways to get fit. We no longer live in a bodybuilding world where we design body part splits for our workouts. You know the workouts: chest/triceps, back/biceps, and legs/shoulders. If you are still doing this you are "old school". Program design has changed to training specific movements for proper function. We will get into that a little later in the article. The body is meant to function a certain way. Check out Michael Boyle's article and dvd, "A Joint by Joint Approach to Warm-up and Training"( [www.performbetter.com](http://www.performbetter.com) ). We need mobility in certain areas and stability in others. If the hips do not move properly our low back will hurt. Does anyone out there want to blow a disc in their lower back? I am sure no one will answer yes but every time I walk into a "big box" gym people are always performing crunches, back extension and leg press exercises. Dr. Stuart McGill, a low back specialist [from the University of Waterloo], states that "any flexion or extension will create a disc to blow." It might not happen the 1st, 2nd, or 50th time you perform these exercises, but eventually your low back will "hurt".

This article will cover many old school concepts and methods that you should not be doing anymore. If you are, just stop. I will also get into some specific cutting edge theories that you need to implement into your program design. Remember, you need an open mind when it comes to fitness. If you want to continue to get results you must learn to change your program. There is so much education out there for us to learn. Do not do the same thing you were doing 5-20 years ago. Step out of that bubble and step into the new age of fitness training and continue to learn.

1. Crunches are old school. Again, if you want a low back disc to blow then continue to perform crunches. The movement of crunching puts the spine into flexion. The spine does not want this load. The function of the spine is meant to be stable. When we move at the spine we cause low back pain. Read any of Stuart McGill's research. This guy is way smarter than I am and these are the concepts he talks about. Another exercise people need to eliminate from their

program is back extensions. Start thinking stability exercises for the "core". Examples are plank variations, side plank variations, cable stabilization exercises, core rollouts, medicine ball training and cable chops and lifts. If you want a "6-pack", change your diet. If you want to lose weight, change your diet. Doing "abs" at the gym will not get you leaner. It is a mix of a properly designed workout program, consistent healthy nutritional habits and proper rest and recovery. We need to promote good postural habits and doing crunches puts our body in poor position for good posture. Stabilize the spine and stop doing crunches and you will see the difference in the way you move.

2. Bodybuilding splits are old school. In fact bodybuilding splits are probably close to 20 years old. This is what people did in the 80's and 90's. We went to the gym to work our chest for an hour. Then the next day was arms. Good ole biceps and triceps for the entire workout. We would leave the gym with a massive pump in our arms. Then the next day we worked back and shoulders. Then we would finish the week with a ridiculous leg routine. Some leg workouts left us unable to walk and we were sore for days after. If you are still working out like this, STOP! This is not an efficient way to get fit. You must incorporate specific movements and interval conditioning (I will get into that one on #4) into your workout routine. Horizontal and vertical pressing and pulling movements, bilateral and unilateral knee dominant and hip dominant movements and core stability exercises. Do not make it too complicated. Add balance to your routine. If you have two pressing exercises (bench press and push-up) you need two pulling exercises (chin-ups and DB row). If you have two knee dominant exercises (split squat and lunge) you need two hip dominant exercises (deadlifts and hip lifts). When you have imbalances it leads to injury. Who wants to get injured? Nobody! If you are trying to get fit, do not lift like a bodybuilder. Structure your workouts with these new concepts to build an ultimate fitness level.

3. Leg press, leg extension and leg curl machines are old school. In fact if you are working out on any machine, unless it is a Keiser cable system, then you are outdated. Machines do not build function. Your movement is constricted on a machine. Remember the old school Nautilus machines when they first came out. What year was that? 1976. Back then Nautilus was the "cutting edge" of fitness training. But we do not live in the past, we live in the future. Time to step into the new age of training. If your program is loaded with machine exercises and non-

functional training then change your program. Implement deadlifts, squat variations, chin-ups, rows, push-ups, presses and core stability work. You will get results. In fact you will get the best results you have ever seen.

4. Long slow distance "cardio" for fat burning is old school. I was a culprit of this when I first started training clients. I would have my clients do cardio on their non-weight training days for at least 45 minutes. I wanted them to stay in the "fat burning zone" the entire time. Sound familiar? With the knowledge of guys like Alwyn Cosgrove, Mike Boyle and Mark Verstegen, I finally figured out that this was not the answer. I started having my clients do intervals. There are many different interval protocols. For deconditioned individuals an interval might be a walk on a treadmill at a 5% incline for 30 seconds and then back down to 1% for 1 minute. For fit athletes I usually choose the Tabata protocol. These are very intense and can be done as a medicine ball circuit or on a treadmill or bike. I do not use the word "cardio" to my clients anymore. We call it conditioning. Cardio is the word people use when they get on a treadmill for an hour at the same pace. Conditioning is when I have my clients perform 15 intervals of 20 seconds on, 40 seconds off. It sounds better. At the completion of every training session I add conditioning to the workout. It could be a metabolic circuit, treadmill sprints, or bike sprints.

5. The "5 minute walk on a treadmill" warm-up is old school. Do not walk on a treadmill for 5-10 minutes and think you are warmed up. You need to implement a dynamic warm-up to your workout routine. Not just once in awhile. Every time you workout you need to perform a dynamic warm-up. A proper warm-up will prepare you for your workout, increase flexibility, increase mobility, and elevate your heart rate. A walk on a treadmill only covers 1 of those traits. Your workout will be more intense and you will reduce injury.

6. Ok I saved the best for last. If you are still participating in step aerobics you are very old school. This was a fad in the 80's. All step class is going to do is give you knee pain. Yes, it is good that you are moving and staying active but there are better options than "step class". If you like group classes choose a strength training or circuit training class. At least now you can get some interval type training.

So the moral of the story is that things change. What we used to do does not work anymore. And what we know now may change.

## Exercise Homework Assignment 9

Complete the following workout **2x times** outside of your Depth Training workouts this week:

- **Dynamic warm-up** (5-10 minutes)
- Perform as many overhead walking lunges as you can for 25 seconds; 15 seconds rest; **repeat x 4 sets consecutively.**
- Oscillate between a left side bridge (LSB), middle plank (MP), and right side bridge (RSB) for 3 minutes. You must change positions every 20 seconds (i.e. LSB 20 seconds, MP 20 seconds, RSB 20 seconds, MP 20s, LSB 20s, MP 20s, RSB 20s, MP 20s...); **repeat x 3 sets consecutively with 90 seconds of rest between each set.**
- Perform as many pulsed squats as you can for 30 seconds; 15 seconds rest; **repeat x 3 sets consecutively.**
- Complete as many clustered pushups as you can over a time period of 3.5 minutes; every single rep must be perfect; **only 1 set.**
- **Static Stretch** (5-10 minutes)

**Also complete a total of 1.5 hours of low-to-moderate intensity exercise.**

Options for workout choices can include:

- Jogging, walking, swimming, biking, elliptical, recreational sports, skating, stairmaster, visiting and participating in a DEPTH Training bootcamp, Depth yoga class, etc.



# Nutrition & Exercise – Week 10

## Nutrition Lesson Week 10: Reflect on Your Learning

Congratulations! You are now in the final week of this journey. We at Depth Training hope you have learned a great deal about both exercise and nutrition during the past 9 weeks. There is no doubt your level of knowledge and competence when it comes to making smart choices to maintain a healthy weight has now improved. Your final lesson for this week is to reflect on what you have learned and take a look at where you can continue to improve. Please take some time to work through the following questions to provide insight into how you can not only keep off the weight you lost, but continue to make improvements. Healthy living is a long journey of consistent good choices built upon a good foundation of knowledge.

- Coming into this Program – what were the limiting factors you wrote down in the first week?

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- List 3 major changes you have made to address these initial limiting factors.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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- What aspect(s) of fitness and nutrition do you continue to find challenging?

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- Do you feel confident you have the knowledge and determination to continue reaching your goals?

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- What behaviors could you still improve on to make sure you continue to see results moving forward?

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- Do you still see obstacles which will prevent you from reaching your final goal? If so, what are they?

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## Exercise Lesson Week 10: Why You Should Love Compound Exercises

The first question you are probably asking yourself is: “What is a compound exercise?” You might already know this, but you have already been doing these types of lifts throughout the majority of your program here at Depth Training. Compound exercises are multi-joint movements that work several muscles or muscle groups at one time. A couple great examples of compound exercises could include:

- Squats
- Deadlifts
- Chin-ups
- Various Presses
- Rows
- Lunging Variations

The squat alone engages many muscles in the lower body and core including the quadriceps, hamstrings, calves, gluteals, lower back, and abdominals. So again, why should compound exercises be implemented into your workout programs on a regular basis? Here are several great reasons:

- They burn more calories during exercise because a large percentage of the musculoskeletal system is being stimulated
- They simulate real-world exercises and activities (i.e. they are functional)
- They allow you to get a full-body workout faster
- They improve coordination and balance
- They improve joint stability and muscle balance across a joint
- They will decrease your risk of injury (with improved strength)
- They will keep your heart rate up and provide cardiovascular benefits
- They will allow you to exercise longer with less muscular fatigue
- They will allow you to lift heavier loads and build overall strength

Convinced yet? **If you are interested in getting complete, efficient, and functional workouts, you should be doing predominantly compound exercises.** A quote from renowned strength coach Eric Cressey states: “Compound lifts should comprise at least 80% of your exercise selection – regardless of your training age [if you want to get stronger]”. There will be times when isolating a specific muscle, muscle group or joint will be necessary and recommended. However unless you are looking to correct muscle imbalances or weaknesses, rehabilitate an existing injury, or increase the size of a specific muscle group, compound exercises should be your choice!

### **Exercise Homework Assignment 10:**

- No homework assignment for week 10. Enjoy your well deserved rest!

Notes \_\_\_\_\_

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*“We are what we repeatedly do,  
therefore excellence is not an act,  
but a habit”*

# Appendix A: Personal Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Resistance Exercise</b>		Weight Class 60 min					Home Body Weight Strength Circuit 15 min
<b>High Intensity Interval Training</b>	Depth Bootcamp 60 min		Home Exercise – Body Weight Intervals 30 min	Depth Bootcamp 60 min			
<b>Cardiovascular Exercise</b>	Walking (Fast Pace) 15 min		Home Exercise – Treadmill 30 min			Yoga 60 min	
<b>Total Hours</b>	75 min	60 min	60 min	60 min		60 min	15 min
<b>Weekly Hours ➔</b>							<b>5.5 hours</b>

## Example Template

Week: January 7, 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Resistance Exercise</b>							
<b>High Intensity Interval Training</b>							
<b>Cardiovascular Exercise</b>							
<b>Total Hours</b>							
<b>Weekly Hours ➔</b>							

# Appendix B: Meal Schedule Templates

MEAL#	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1						
2						
3						
4						
5						
6						

\*Saturday and Sunday should still follow the Nutritional Rules, but do not need to be quite as structured. Remember thought 2/7 days is 28% of your week.

# Appendix C: Grocery List Templates

Refer to the Superfoods chart on page 23

PROTEIN	FAT	CARBOHYDRATE	SUPPLEMENTS	SPICES

# Appendix D: Sample Meal Plan

## Example A: 6:00 am Morning Workout

MEAL NUMBER	TIME	MEAL	MACRONUTRIENTS
6:00 am Morning Training Session – 3g Omega-3 Fish Oils + 1-2 scoops Biosteel HPSP in Water *Post Workout Recovery – 1 scoop of Whey Protein (BIOX) in Water			
1		<b>Turkey Sausage Skillet</b> <ul style="list-style-type: none"> <li>• 2 Turkey Sausage Pre-Cooked, chopped</li> <li>• 1/2 green pepper diced, red pepper diced</li> <li>• 1 cup chopped mushroom</li> <li>• 1/2 cup chopped onion</li> <li>• 1 cup chopped spinach</li> <li>• 1 clove garlic chopped</li> <li>• Add tsp pepper, chili powder</li> <li>• 1 cup pre-cooked chopped yams</li> </ul> Put in a pre-heated pan with olive oil and simmer on medium heat for 8-10 minutes. <ul style="list-style-type: none"> <li>• To meal, add 1 multivitamin and 2 cups of water with lemon slice.</li> </ul>	Protein Carbohydrates
2		<b>Healthy Snack Idea</b> <ul style="list-style-type: none"> <li>• 2 Cups of chopped veggies</li> <li>• Handful of mixed nuts</li> <li>• Lean Turkey Pepperettes x 3-4</li> <li>• 2 Cups Water</li> </ul>	Protein Fat
3		<b>Salad with Protein</b> <ul style="list-style-type: none"> <li>• 2 cups broccoli/coleslaw/carrot blend (found in grocery store)</li> <li>• 2 palm size portions of seasoned meat (chicken, beef, fish)</li> <li>• 1/4 cup of beans (kidney, black, chick peas)</li> <li>• 1/4 cup mixed raw nuts</li> <li>• 2 Tbsp extra virgin olive oil with balsamic vinegar as dressing</li> <li>• 2 cups water or green tea</li> </ul>	Protein Fat
4		<b>Super Salmon Supper</b> <ul style="list-style-type: none"> <li>• 1 palm of Fish (fresh atlantic salmon) grilled</li> <li>• 1 cup of fruit salsa (chopped strawberry, mango, pineapple, apple)</li> <li>• 2 cups steamed vegetables (broccoli, carrots, cauliflower)</li> <li>• 2 cups of water with 1 tsp liquid fish oil/3 fish pills</li> </ul>	Protein Fat

MEAL NUMBER	TIME	MEAL	MACRONUTRIENTS
5	8:30 pm	<b>Healthy Snack Idea</b> <ul style="list-style-type: none"> <li>• Plain Yogurt</li> <li>• 1 tsp natural honey</li> <li>• 1 scoop of vanilla whey protein</li> <li>• 2 Tbsp of natural peanut or almond butter</li> <li>• 1 tsp vanilla extract</li> <li>• 1 cup water</li> <li>• 3 fish oil pills</li> </ul>	Protein Fat

### Example B: 4:00 pm Afternoon Workout

MEAL NUMBER	TIME	MEAL	MACRONUTRIENTS
1		<b>Breakfast Omlette</b> <ul style="list-style-type: none"> <li>• 3 whole eggs</li> <li>• 1/2 cup lean ground beef pre-cooked</li> <li>• 1 cup spinach</li> <li>• 1/4 cup lentils or beans</li> <li>• 1/2 tomato</li> <li>• 2 Tbsp of Salsa</li> </ul> <p>Add the spinach, beef, beans to a pre-heated pan with olive oil. Simmer on medium-low heat for 3 minutes then add the eggs and cook for 5-8 minutes.</p> <p>To the meal, add 1 multivitamin, 3 g of fish oil and 1 glass of water with lemon slice.</p>	Protein Fat
2		<b>Chocolate Peanut Butter Shake</b> <ul style="list-style-type: none"> <li>• 4 ice cubes</li> <li>• 2 scoops chocolate protein powder</li> <li>• 2 Tbsp natural peanut butter or almond butter</li> <li>• 1 Tbsp raw, mixed nuts</li> <li>• 1 Tbsp ground flax</li> <li>• 1 cup unsweetened almond milk or water</li> </ul>	Protein Fat
3		<b>Chicken and Spinach Salad</b> <ul style="list-style-type: none"> <li>• 2 Cups Fresh Spinach</li> <li>• 2 palm size portions of seasoned chicken</li> <li>• 1 cup of berries</li> <li>• 1/2 cup sliced almonds and pecans</li> <li>• Goat cheese</li> </ul>	Protein Fat

MEAL NUMBER	TIME	MEAL	MACRONUTRIENTS
		<ul style="list-style-type: none"> <li>• ½ cup sliced orange</li> <li>• 2 Tbsp extra virgin olive oil with balsamic vinegar as dressing</li> <li>• 2 cups water or green tea</li> </ul>	
<b>4 pm Afternoon Training Session</b>			
<b>4</b>		<b>Meat, Vegetables and Quinoa</b> <ul style="list-style-type: none"> <li>• 1 Palm of Lean Meat grilled (grilled chicken breast)</li> <li>• 2 Cups of Fresh Vegetables (Asparagus and Cherry Tomatoes)</li> <li>• 1/2 cup of cooked Quinoa with added chopped mushroom and onion or add salsa to cooked quinoa</li> <li>• 2 Cups of Water</li> </ul>	Protein Carbohydrate
<b>5</b>		<ul style="list-style-type: none"> <li>• 1 handful of mixed nuts</li> <li>• 1 sliced apple</li> <li>• Put some cinnamon sprinkled on the apple</li> <li>• Add 2 Tbsp of natural peanut or almond butter to the apple</li> <li>• 1 cup of water</li> <li>• 3 Fish Oil Pills</li> </ul>	Protein Fat

# Appendix E: Sample Home Workouts

## Workout 1

CIRCUIT 1	NOTES
1. Push Ups	30:15 Rest 1 min Repeat 4-5 times
2. Squats	
3. Left Side Bridge	
4. Reverse Lunge	
5. Right Side Bridge	
6. Stationary In, In, Out, Out	

## Workout 2

CIRCUIT 2	NOTES
1. Squat Jumps	20:10 x 3 For each exercise. Rest 1 min and Repeat 2-3x
2. T-Rotations	
3. Burpee Jumps	
4. Front Bridge	
5. Forward Lunge	
6. Bird Dog	

## Workout 3

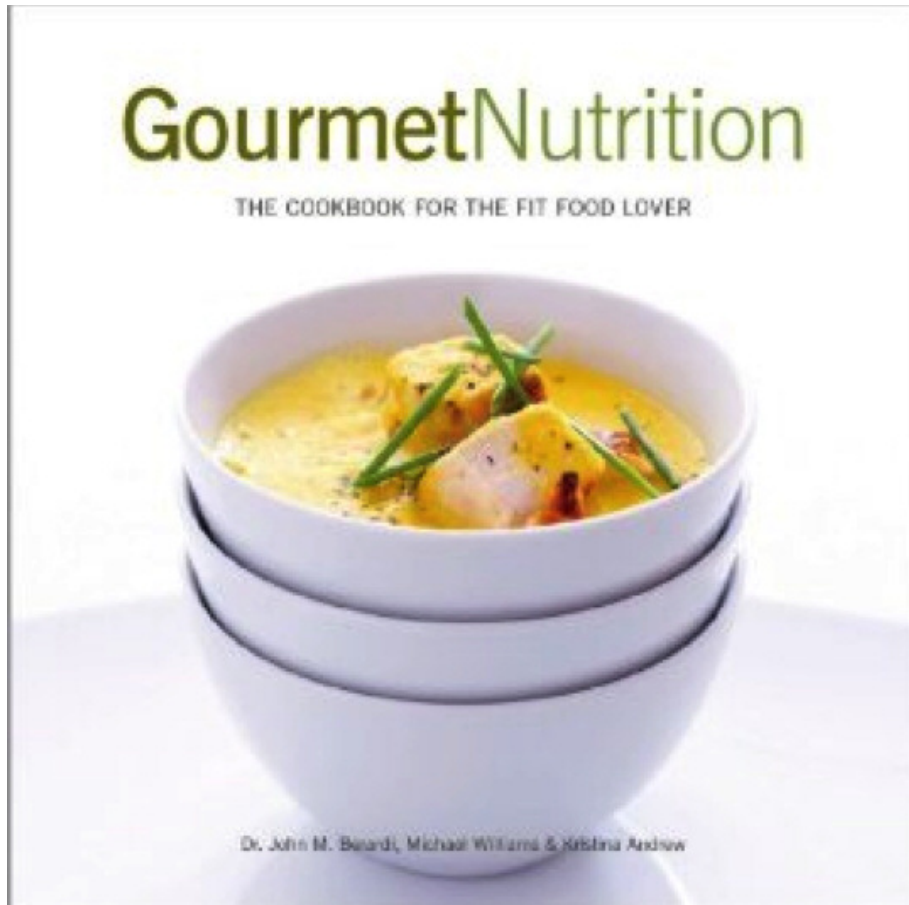
CIRCUIT 1	REPS	NOTES
1. Iron Cross	10	Complete Circuit as many times as you can in 15 minutes. Record your number
2. Push Up + Squat Jump	10	
3. Hip Bridge	10	
4. Front Bridge get Up	20	
5. Lateral Bound	10/side	
6. Sumo Squat	10	

## Workout Finisher

CIRCUIT 1	REPS	NOTES
1. V-Sit	10	Throw into the end of any circuit or on its own if you want your abs to rival coach Brooks'
2. Russian Twist	10/side	
3. Reverse Crunch	10	
4. Bird Dog	10/side	
5. Heel Touch	20/side	
6. Scissors	16	
7. Flippers	16	
8. McGill Crunch	AMRP	

# Appendix F: Gourmet Nutrition Order Form

Learn how to build more meal options into your nutrition plan. This book is a fantastic resource and makes eating well easy and taste great! The Depth Training Staff personally use many recipes from this book. These recipes are simple to make, require little time and break all of the nutrition down for you. Every recipe breaks down the Protein, Carbohydrate and Fat content and tells you right in the title whether it is a food made for 'Post-Workout' or 'Anytime'. This book provides recipes that will be compliant with your Nutrition Rules and will allow you to see results much, much faster. We highly recommend picking up a copy.



Cost: \$35

Yes Please Order Me a Copy Today

Name: \_\_\_\_\_





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