

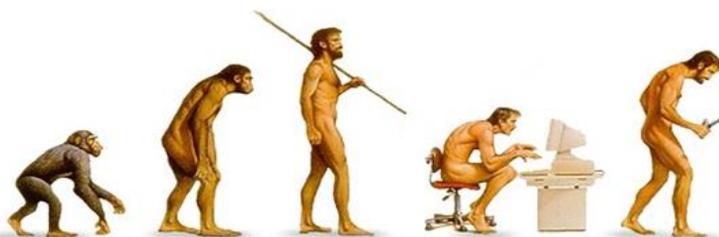
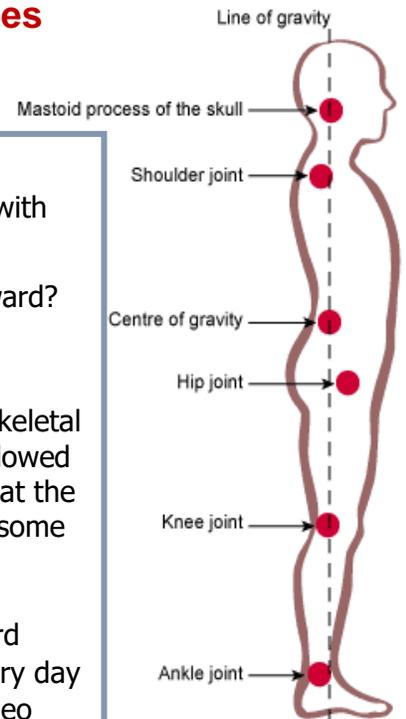
POSTURE

So, most people will agree that standing up straight with your shoulders back, gut in, with eyes forward makes you look years younger, right? But, what if:

- A. You have shoulders rolled forward, a rounded upper back, and hands facing backward?
- B. You have worked for years on building some bulging in your midsection?
- C. You spend hours each day behind a desk and a computer?

Having poor posture can limit joint ranges of motion and eventually lead to a host of skeletal degenerations. Leading the pack to destroy your posture is carrying excess weight, followed by too much sitting, and collapse, or giving in to gravity. So, what can you do to combat the forward pull of gravity and shrink that gut that are collapsing your skeleton? Here are some tips.

- 1) **Get rid of that extra weight and midsection fluffiness:** Although you've heard your whole life that a diet, eating salads at every meal, and exercising an hour every day are absolutely necessary, these are all false. Instead: Eat simple foods (see the Paleo Quick Start Guide next page), plan and prepare your own food and limit the number of times you eat out, and get a custom exercise plan together that incorporates the right exercises and varies the intensity.
- 2) **Be mindful of and rehearse the posture you want multiple times daily.** Look in the mirror, turn your hands forward, pull shoulders back, draw your ears back over your shoulders, pull your abs in and squeeze your butt.
- 3) **At work, get up and walk around and perhaps try one of those standing desks.** Crouched over a desk for hours holding a mouse is murder on the body.
- 4) **Move That Body.** Practice swinging legs in multiple planes and getting arms all the way overhead. Joint ranges of motion, from fingers to toes, neck to lower back should be pushed to their full ranges daily
- 5) **Get rid of sugar, grains, and dairy.** These three are the worst culprits of inflammation and weight gain. None of these foods were intended for, or part of the Human diet until about 10,000 years ago.
- 6) **Exercise with purpose.** When you get in the gym, instead of how much weight, how many reps, and how much cardio, think about what the exercise is actually doing and which muscles are doing the work. And, always focus on and support good posture when resistance training. Straining, cheating, and compensating with bad form and too much weight actually reinforces bad posture.
- 7) **Get Outside and Move.** As one of my clients just found out on a 2 week trip to Italy and losing 6 pounds: It's about moving and human propulsion, not steps on a fitness watch!



EATS

As Fitness Professionals, we probably get more questions on eating than anything. Most of the tips we give out are usually dispelling myths that have pervaded the general public for years. **Here's what is important:**

- It's not about calories but food selection and portion size.
- Prepare, plan, and think about meals in advance to avoid last-minute, quick and unhealthy decisions.
- Don't over-snack. A couple of pieces of jerky, piece of fruit, or a handful of nuts **once** a day.
- Check the ingredients in that 'health' bar or over the counter protein drink. It could contain a ton of sugar and grains. And, if you don't know what it is or can't pronounce it, you probably shouldn't be eating it!
- Salad dressing can kill you, it's almost always soybean/cottonseed oils. These oils are highly inflammatory.
- A tortilla wrap has more gluten than bread.
- Too much fruit is not good. Sugar is sugar. Fruit has fructose and when there is too much in the Liver, bad stuff happens. Other than avocados, olives, and coconut, the only fruit I eat is frozen in a smoothie.
- Try drinking some hot tea in the morning to detox the body and rejuvenate/flush out your organs. Different herbs have different duties for different organs: licorice, mint, ginger, dandelion, etc. Do a quick search.
- Try to choose meats that are grass-fed, wild, or pastured.

Take time during your workout to ask the knowledgeable folks under our roof for some advice. We are always glad to help!

Smoothie Recipe (enough for 3 shake bottles)

- Quality Protein Powder- 1 cup
- Mixed frozen fruit- 1 cup
- Coconut Milk- 1 can+2 cans water
- Green Leafy Stuff (spinach, super greens, kale)- 2 handfuls
- 1-Avocado
- A good kick-ass blender, like a Ninja

Common Errors in Constructing a Smoothie

1. Remember, it is not a meal replacement, it is a meal!
2. Not putting in enough Fat like coconut and avocado. Fat does NOT make you fat folks, crappy carbs make you fat. It is the preferred source of fuel for the human body.
3. Almond milk is useless, you're paying for water. Last time I looked almonds didn't contain much 'milk.'
4. Too much fruit not enough protein & fat. Think a sugar bomb from Smoothie King.

Why a Smoothie is Important:

1. It's blended up, easily digestible and absorbable. And, less chewing!
2. You can make 3 at a time that last 3 days. Less prep, you save time.
3. It's portable. Eat on the go!
4. Packed full of nutrients and the right proportions of Protein, Fat, and Carb...if you construct it right!
5. All the good stuff chugged in minutes. Get on with your life!

Intermittent Fasting...BURN MORE FAT!

Regularly undergoing periods where you're not inserting calories into your mouth and entering a 'fasted' state in order to burn body fat and is an absolute requirement for weight loss and basic health. It begins as soon as you stop processing the energy from your meal and dive into your stored energy. We are not talking about a hunger strike folks but perhaps waking up, walking a bit or some organized exercise, and not eating until afterward, perhaps 4 hours after waking. Believe it or not you are actually training your body to enter a state of Ketosis to pull Fat from storage and use it as energy. By definition, a fast is a hormetic stressor-a stressful input (no food) that in the right dose triggers an adaptive response that makes us stronger and healthier. Read More About KETOSIS [HERE](#) and [HERE](#)

Do you have someone who has talked about starting an exercise program but hasn't pulled the trigger?

A Friend you want to split the cost of a workout with?

Join a morning group workout session with like-minded soul for a flat low cost monthly rate?

Give one of us a call to talk options!



Personal Trainer Directory

Bill Leavitt	816-916-7557
Ryan Bell	785-317-3688
Angela Stallings	417-294-4982
Liz Trussell	913-424-6043

We Also Do:

- In-Home Sessions – Equipment Sales
- Corporate Lunch & Learns
- Company Exercise Programs

Fitness Alliance

15445 Metcalf, Overland Park

Home Of:

Johnson Chiropractic, Performance Rehab, Eiltes Pilates, Elite Golf, Heather McCoy Massage, Sherri Mayer Photography, Bella Vita Skincare, Restorative Fitness.

PALEO QUICK START GUIDE

A lifestyle based on nourishing our bodies with real food, unplugging from electronics from time to time, bonding with others face to face, getting out in the sun, playing for the sake of playing, resting, and giving our body a chance to thrive.



EATING REAL FOOD

EAT PLENTY OF

- Vegetables
- Wild fish, seafood, game
- Grass-fed/pastured meats
- Eggs
- Healthy fats
- Fruits
- Nuts & seeds

AVOID

- Processed foods
- Refined sugar
- Legumes & soy
- Grains
- Dairy



MOVE AND PLAY

There's no wrong way to play. Just be sure to move, and enjoy yourself while you're at it. Engage in your favorite team sport, go for a hike, surf, sprint, lift heavy things, or whatever else sounds fun.



CONNECT WITH OTHERS

Spend time talking, engaging, hanging out. Make a meal with a group. Go hiking with a friend. Share a pot of tea and pay attention to each other as you talk. Or just enjoy the quiet company of others.



UNPLUGGING

Put down your phone. Step away from your screen for a while. Log out of social media. Instead, connect with others face to face.



SLEEP

Humans are diurnal creatures: Our hormones and circadian rhythm demand we be active in the daytime, and restful at night. Proper and plentiful sleep is vital for recovery and growth. Sleep 7 to 9 hours a night, and engage in a quiet, screen-free evening routine.

SUN

Without the sun, there would be no life on Earth. We need the sun's rays for vitamin D production and sustained energy levels. Spend some time outdoors, sunscreen free, every day.

