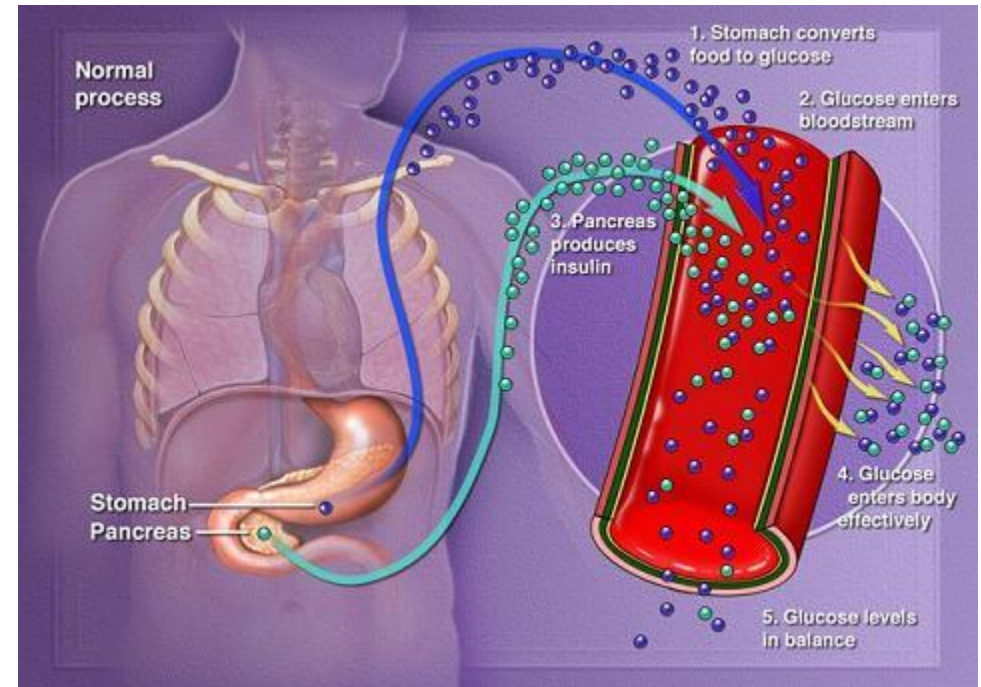


# **Learn How to REPROGRAM Your Mind, Body & Spirit to be Fit, Healthy & Strong for Life!**

**Lesson #1: "Stable Blood Sugar is "The Limiting Factor" associated with the Acquisition and Maintenance of Any and All Health, Fitness and Performance Related Goals!"**

No matter what your Health, Fitness and/or Performance related goals happen to be, you must first learn how to achieve and maintain stable blood sugar from the time you wake up in the morning until the time you go to bed at night! Why?! The answer is simple. Your brain and nervous system is considered the "Paramount" regulatory system of your body. This simply means that every organ, system and cell in your body is directly controlled and influenced by your brain and nervous system. What makes this process so unique is the fact that the nerve cells (also referred to as "neurons") that comprise the nervous system can only use glucose (also referred to as "blood sugar" which is derived primarily from the carbohydrates in your meals throughout the day), as a source of fuel to power its minute by minute vital need for energy. Consequently, if your blood sugar levels rise above or fall below the normal values (80mg/dl - 120 mg/dl) needed to maintain optimal neurological performance, your ability to think, walk, talk and control your emotions will be immediately compromised! This is to say nothing of the fact that when your blood sugar is erratic, every psycho-physiological system in your body is being programmed to work as inefficiently as possible; therefore accelerating and exacerbating the following processes; systemic fat storage, loss of lean body mass, fat burning enzymes and metabolism, hyperinsulinemia, hypercholesterolemia and hypertension just to name a few!



**NOTE:** All INTRAFITT Online / Custom Nutrition and Exercise Programs are Fully Designed to Enable You to Achieve and Maintain Stable Blood Sugar by Providing You with the [Proper Number of Calories](#) (per meal), [The Proper Nutrient Ratio](#) (per meal) and [The Proper Meal Intervals](#) That You Will Need to Maintain on a Day to Day Basis to Ensure Your Immediate and Long Term Success!

To Learn More about the [6 Elements of Fitness](#) or to Access a [Complimentary Nutrition & Fitness Assessment](#) Click the Appropriate Links. If You Would Like To Speak with a Certified INTRAFITT Technician, Simply Email us at [successguaranteed@intrafitt.com](mailto:successguaranteed@intrafitt.com) or call toll free 888.212.6622.