

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

The Problem:

What most people don't realize is that our bodies are controlled and regulated entirely by our brain and nervous system. What makes this so important to understand is the fact that the nerve cells (that comprise your brain and nervous system) are only capable of using glucose (also known as blood sugar) as a source of fuel to power their minute by minute biological needs whereas the muscle structures of your body are capable of using glucose, amino acids and fatty acids to power contraction and movement throughout your body!. The real problem occurs however, when your blood glucose levels drop below the normal values of 80mg/dl and are not soon corrected by eating a balanced whole natural food meal (designed specifically for your own individual metabolic needs). Keep in mind that your blood sugar can quickly drop below normal as a result of any one or a combination of the following;

- **Missed and skipped meals**
- **Restrictive calorie dieting to promote weight loss**
- **Prolonged high intensity exercise**
- **Processed and refined foods**
- **Protein shakes and smoothies**
- **Cigarettes**

The Solution:

No matter what your desired health and fitness goals may consist of you can rest assured that as long as you consider and apply the INTRAFITT Three Pronged Approach to Diet and Exercise you will be certain to achieve and maintain your goals quickly, safely and efficiently!

The INTRAFITT Three Pronged Approach to DIET*:

1) **PROPER CALORIE INTAKE/MEAL:** Determining and maintaining your recommended calorie intake at each meal throughout the day is important as we've become a culture programmed to believe that weight gain and weight loss is controlled entirely by how many calories we do or don't eat through the day; when in fact the number of calories that you do or don't eat on a daily basis has absolutely nothing to do with gaining or losing weight directly. Just to prove this point, consider the people that you know personally and/or informally who can eat as much as they want, when ever they want and never seem to gain any weight!...Why do you suppose this is?! The answer is due to the fact that these individuals have what is referred to as a "Low Set point" [Click here to learn more about the Set Point and Fat Thermostat*](#)



NOTE: It is important to point out that your overall calorie intake should NOT be based on the total number of calories eaten each day but instead on the total number of calories eaten at each meal throughout the day. The purpose of this application is to ensure that your body is receiving the same amount of nutrition at each meal throughout the day in an effort to keep your blood sugar consistent from your first meal to your last meal of the day!

2) PROPER NUTRIENT RATIOS: The second of the INTRAFITT three pronged dietary approach deals with the endocrine response of your meals. It is very important that you understand that the specific ratio and or balance of the macronutrients (complete proteins, carbohydrates and dietary fats) at each of your meals throughout the day have a tremendous hormonal impact on your blood sugar levels (which can last for up to four hours following a meal). Similarly, this same endocrine response will also determine the rate at which your body can break down and metabolize stored body fat while simultaneously accelerating muscular strength and hypertrophy!

3) PROPER MEAL INTERVALS: The third and final dietary component essential in stabilizing your blood sugar pertains to your meal frequency. Since your body can only maintain stable blood sugar for approximately three -four hours at a time; it is essential that you eat your first balanced whole natural food meal within one hour of waking up in the morning and then eat your following meals every three to four hours until bedtime!

The INTRAFITT Three Pronged Approach to EXERCISE*:

1) PROPER CARDIOVASCULAR EXERCISE INTENSITY (WORK SMARTER NOT HARDER!): Perhaps one of the most misunderstood concepts in the world of exercise & fitness for fat (weight) loss pertains to a term known as "The Training Sensitive Zone" (aka. "Target Heart Rate"). The objective of "Cardiovascular Conditioning" is to train your body through long uninterrupted bouts of moderately intense cardiovascular exercise to work smarter (not harder). Very simply put, this means that by exercising at the correct intensity for your current level of fitness you can dramatically increase the rate at which you not only build and initialize the necessary "Metabolic Machinery" (i.e. fat burning enzymes, capillary density, increased mitochondria volume) but also at which you break down stored body fat and then utilize it as a primary source of fuel; whether you are exercising or not!



Its important to point out that In order for body fat to burn efficiently once it breaks down and leaves your adipose tissue (fat cells) and then enters your muscles, a constant and steady supply of glucose and oxygen must be present at all times. If your heart rate and/or level of exercise intensity is too high, your muscles will tend to rely more heavily on sugar instead of fat due to a lack of oxygen (also known as the oxygen debt). This process ultimately depletes your muscle glucose as well thus forcing your hard working muscles to begin breaking essential proteins down in order to convert the individual amino acids to more needed glucose!

If on the other hand your heart rate and/or corresponding level of exercise intensity is too low, you will most likely make inefficient use of your time, slow your rate of fat loss and decelerate the development of intra-muscular changes needed to "**Reprogram**" your body to be fit and lean for the rest of your life.

In Summary, exercising at an intensity that is too high for your current level of fitness, will NOT work to make you a "Leaner" version of yourself; instead it will work to make you a "Smaller" version of your self!

2) PROPER CARDIOVASCULAR EXERCISE DURATION: The Duration of your cardiovascular exercise session plays a tremendous role in determining the rate at which you program your body to burn fat and keep it off for life! Turn on the television any day of the week and you will most likely see an infomercial spokesperson promising effective weight/fat loss with the use of their scientifically designed exercise product for only three minutes a day. Since time constraints rank high on the list of reasons why Americans choose NOT to engage in regular exercise, it is easy to see why products such as these are compelling to try. Unfortunately, a twenty-minute exercise session is simply too brief to promote the intramuscular and enzymatic changes necessary to effectively reprogram the human body. Ideally, exercise duration should not be less than thirty minutes per session and should be performed in the recommended training sensitive zone.

3) PROPER STRENGTH TRAINING APPLICATIONS: As you may already know, regular strength training is an important part of every “**Total Conditioning**” Program. Unfortunately, some people (especially women) avoid weight training for fear of developing enlarged muscles and/or gaining weight. This thought process may certainly have its downfalls since the inability for many people to improve their skills in activities such as tennis, golf, dance, football, baseball, hockey, bowling and other related sports may be directly associated with a lack of muscular strength and coordination. This type of muscular weakness can usually be improved through regular adherence to a properly structured strength-training program.

The **INTRAFITT** Strength Training Instructional Course has been specifically developed to help you maximize the effectiveness and efficiency of your current and/or recommended strength-training program. The professional and elite instruction provided by your Certified INTRAFITT Technician will also help to prevent any possible joint, tendon or muscle related injuries.

The Three Primary Applications that you will learn through any of the INTRAFITT Individualized / Online Nutrition and Fitness Programs include the following:

➤ **PROPER BIOMECHANICS:**

Defined as: The proper positioning of the joint-angles of the skeletal system, integrated to help maximize the workload (weight) being applied to any given muscle or group of muscles.

➤ **FULL RANGE CONTRACTIONS:**

Defined as: Conscious muscular contractions applied to a specific muscle or group of muscles throughout the entire concentric and eccentric range of motion, integrated to help maximize the force generating capacity (strength) of the muscle being trained.

➤ **ANATOMICAL FOCUS POINTS:**

Defined as: Specific pushing and/or pulling points of the body, used to help minimize the integration of auxiliary muscle groups thereby enhancing the isolation of the specific muscle being trained.

***The "Articulate" Nutrition & Fitness Consultation that accompanies your INTRAFITT Online Nutrition & Exercise Program will explain in detail the intricacies associated with the INTRAFITT Three Pronged Approach to Diet and Exercise.**