



A brief on Nutrition & Recovery



Disclaimer

The views, thoughts, and opinions expressed are the speakers' own and do not represent the views, thoughts, and opinions of Awake and Rejuvenate Women's Gym.

The material and information presented here is
for general information purposes only and is not medical advice.



There are **NO HACKS**
to creating a healthy life

Movement
& Muscle

Proper
Nutrition

Rest &
Recovery

Stress
Reduction

Community

GOALS

HABITS



There are **NO HACKS**
to creating a healthy life

Proper
Nutrition

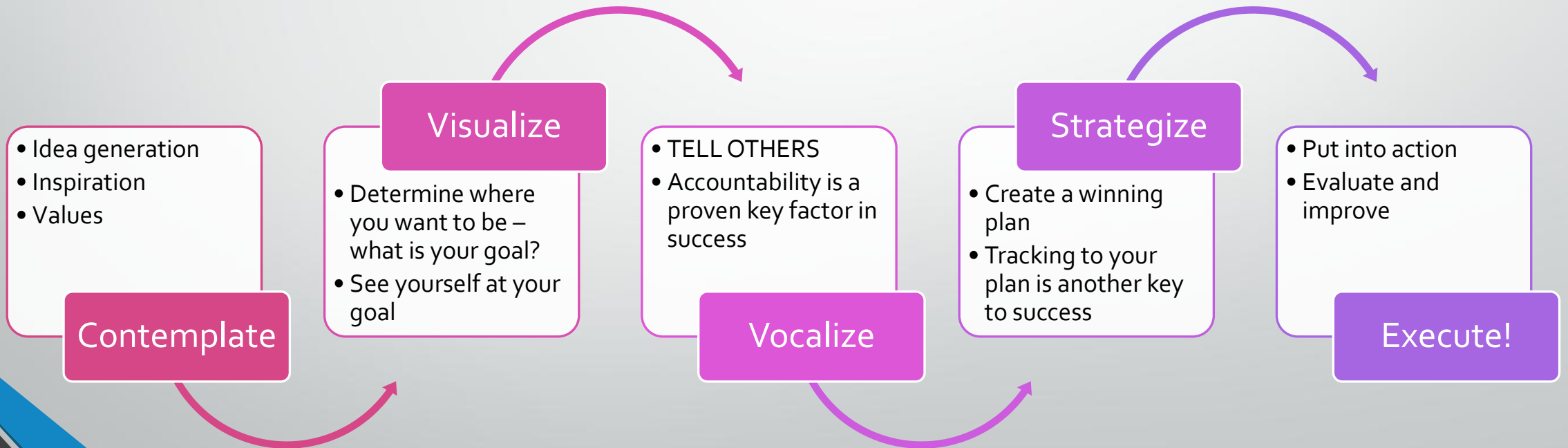
Rest &
Recovery

*Your
"Pot of Gold"*

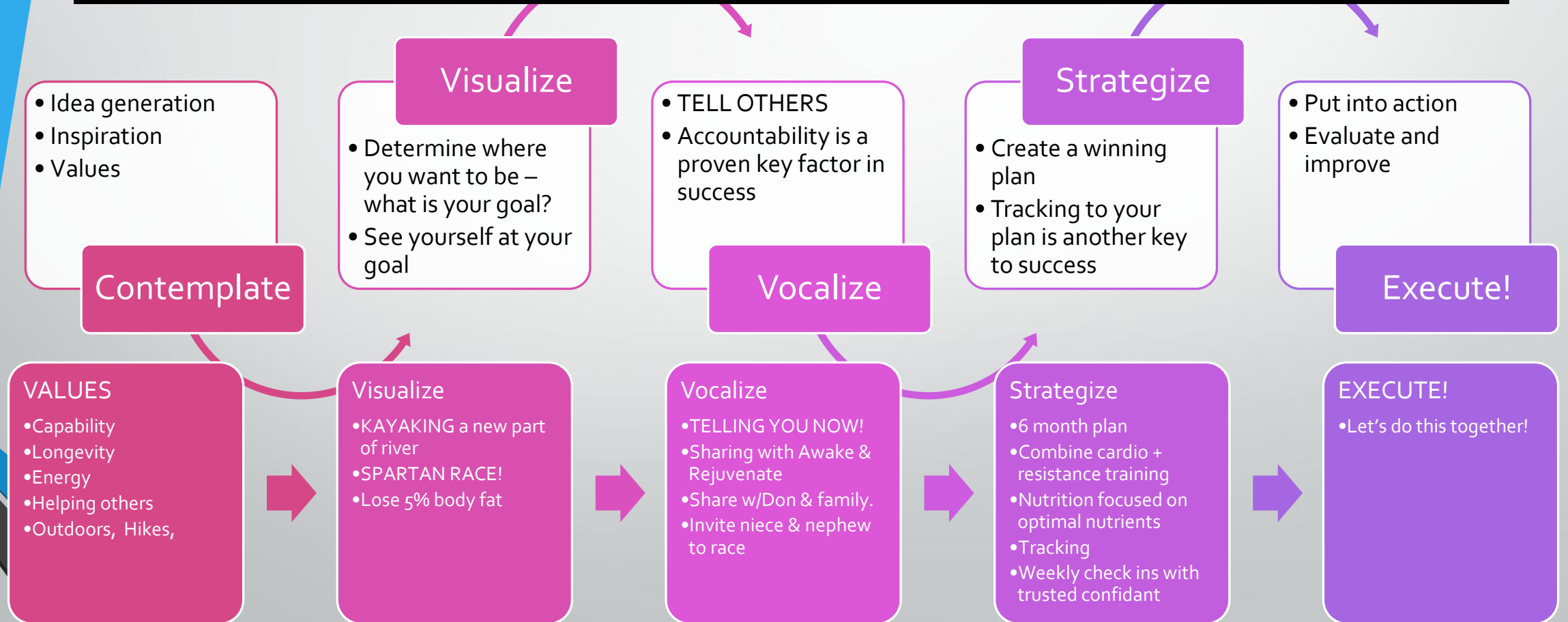
- Judy Couvillon, ASFA Certified Personal Trainer
- Ally Miller, NASM Certified Personal Trainer & Nutrition Coach
- Special Guest: Alana Edwards, Owner Fire & Ice

GOALS

reminder



Ally's 6 month GOALS





Nutrition for Women

Women are not small men!

– Dr. Stacy Sims

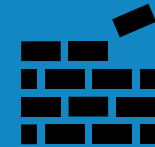
Nutrition is...

- The INTAKE of food to meet the needs of the body



Food is...

- the building block of the diet



Nutrients are...

- Substances found in foods and beverages that are essential for survival.



Fuel yourself for

- the Job at hand
- the Ask of your body
- the Outcome you want



When you eat too much sugar, your body cannot process the excess glucose fast enough.
Levels of pro-inflammatory messengers called cytokines increase
Effectiveness of white blood cells' germ-killing ability decrease – weakens immune system

A [study](#) in the Journal of Nutrition:

With calories EQUAL

Participants on a **low simple carbohydrate diet reduced levels of the inflammatory biomarker C-reactive protein** (participants on a high simple carbohydrate diet did not)



Nutrition for WOMEN ... *we are not small men!*

Protein

Fiber

Creatine

Magnesium

Vitamin D₃

Omega 3

Protein

- Your LONGEVITY nutrient
- Protects & builds muscle
- As we age we need MORE protein
- How much?
 - Expert recommendations vary
.8 – 1.5 g / pound of ideal body weight
 - Stacy Sims recommends
1.1 – 1.3g / pound ideal body weight
 - Dr Gabrielle Lyons recommends
 - 1g / pound ideal body weight

SOURCES

- About a palm and a thumb will provide protein needed for a meal
- **Healthy animal proteins:**
 - Anchovies, salmon, trout, tuna, and shellfish
 - Lean beef, beef jerky
 - Poultry including chicken, duck, turkey, and Cornish hens
 - Venison and bison
 - Eggs
 - Lean pork
- **Examples of healthy vegetable proteins:**
 - Almond or cashew milk or cheese
 - Chia seeds, pumpkin seeds
 - Chickpeas, edamame, legumes, lentils
 - Tofu, tempeh, seitan

Estrogen, Protein and Women

Estrogen is our chief regulator of our metabolism

Estrogen
decreases as
move into
menopause
transition



Body less
efficient in using
fuel we bring
onboard



Body comp
changes



We lose muscle
mass (because
estrogen +
testosterone
help us
build/maintain)



Fat accumulates
SWAN study:
Muscle decreases
Fat doubles during MT



40

60

80

50

70

After the age of 50, muscle mass decreases by 5 to 10% every ten years

- Decreased bone strength
- Weight gain
- Redistribution of fat
- Insulin resistance
- Decline in strength

- Before the age of 60, 1 in 5 women fall each year
- After the age of 65, 1 in 3 fall each year
- Over age 80, 1 in 2 fall each year

WHAT YOU CAN DO

Increase protein consumption

Resistance Train
(lift heavy things)

Protein

- How much?
 - Expert recommendations vary
 - .8 – 1.5 g / pound of ideal body weight
 - 1.5g – more for extreme athletic performance
 - .8-1.1 g generally a good target
 - Stacy Sims recommends
 - 1.1 – 1.3g / pound of ideal body weight
 - Dr Gabrielle Lyons recommends
 - 1g / pound ideal body weight

Fiber

- Direct correlation to women's health
 - Metabolic Syndrome
 - Cholesterol
- How much?
 - AT LEAST 25 g/ day

Soluble

- dissolves in water
- slows down carbohydrate digestion
- makes you feel full longer
- stabilizes blood-sugar levels.
- bananas, apples, pears, beans, potatoes, and oats.

Insoluble

- "roughage"
- retains water
- helps to move food through the digestive system
- assists with bowel movements
- berries, nuts, carrots, and whole grains.

Creatine

- Brain health
- Mood stabilization
- Gut health
- One of the longest studied supplements
- Dr. Sims recommend “Creapure” sourced
 - [Example - Nutricost](#)
- How much?
 - 3-5 g / day



Get these MICRONUTRIENT levels tested...

Vitamin D (hormone) + K₂

- Chronic disease (obesity, diabetes, hypertension)
- Depression
- Fibromyalgia
- CFS
- Osteoporosis
- Alzheimer's
- Improves calcium uptake
- Elastin (K₂)

SOURCES

- Sun
- D₃ - animals
- **Rainbow trout, farmed (3 oz = 645 IU)**
- **Sockeye salmon (3oz = 570 IU)**
- **Sardines (1 can = 200 IU)**
- **One Egg = 44 IU**
- **Beef liver (3 oz = 42 IU)**

Magnesium

- More than 300 enzymes supported by magnesium
- DNA repair
- Bone health (Growth & Slow osteoporosis)
- Metabolism
- Sleep
- Blood glucose control

SOURCES

- Pumpkin Seeds: 1oz = 156mg of Mg
- Chia Seeds: 1oz = 111mg of Mg
- Almonds: 1oz = 80mg of Mg
- Spinach: 1/2cup boiled = 78mg of Mg
- Cashews: 1oz = 74mg of Mg

Omega – 3

- Fight inflammation
- Auto-immune
- No “gram goal”
- Ratio of omega 6:omega 3 fatty acids is important

SOURCES

- Avocado
- Fatty Fish (salmon, tuna, mackerel, anchovies, sardines, herring)
- Flaxseeds
- Chia Seeds
- Walnuts
- Eggs
- Leafy Greens (Brussel sprouts, kale, spinach, broccoli, cauliflower)

- A bit on magnesium...



:40-5:45

Highly recommend this video. Specifically through minute 6:00





Rest & Recovery

Sleep is the most important 'repair time' for our minds and bodies.

– Dr. Nerina Ramlakhan

Recovery

- Training creates a stress on the body – breakdown state
- Thus body needs time to repair
- Without repair
 - Lose lean mass
 - Increase inflammation
- What?
 - Super low intensity movement
 - Sleep
 - Sauna
 - Cold Plunge
 - Red Light

Amount Of Rec



You need recovery in order to adapt and get fitter.

nica Patrick - Dr. Stacy Si

Sleep

- When you sleep, your body & brain clean itself
- Effects of Sleep Deprivation:
 - An increase in insulin resistance at a cellular-signaling level and increased glucose, insulin and cortisol.
 - Increased consumption of calories (one study found ~385 cal increase) mainly from ultra-processed foods versus protein.
 - Decrease in hormone leptin (satiety) and an increase in hormone ghrelin
- How much?
 - Expert recommendations vary
 - 7-9 hours/night





FIREandICE

WELLNESS

Your Partner in Recovery!

Welcome Alana Edwards

Leave with...

Key nutrients list &
recommendations for
testing with your doctor

Sleep App
recommendation

YOUR numbers
Weight, Fat Mass,
Muscle Mass, Bone
Density

YOUR Goals

- Think about your next 6 months
- What do you want to accomplish? Name it. Share it!

Fire & Ice Offer

Viewing List