

You, Your Food and Your Body

We all want to make the most of our time, and we want to make our exercise count – as well as enjoy the food we eat. Metabolic testing can do all of this for you, in about an hour you will discover your unique training zones (you are much more than a formula and a chart on the wall). More importantly you will be able to take this information and create positive adaptation, making the most of the time you exercise.

To fuel your engine it starts with food, and your relationship to food. Recently, I just got done reading an entertaining and informative book – *Mindless Eating* by Wansink (www.mindlesseating.org). What struck me most about this book was the research that was presented in a fun, yet, informative way. For most young athletes, food is just fuel, but as our body ages – for a variety of reasons our metabolism changes (largely due to the loss of muscle mass). Our eating habits are likely to change as well, as food becomes more “plentiful and decadent”. Thus, the mid-life spare tire starts to show.

This is where metabolic testing comes in, by understanding your metabolism, and how it works AND your individual training zones you now have two important tools in your training arsenal to help you reverse this pattern of slow weight gain (and muscle loss, slowing down) and age smart. Exercise in the wrong training zones can actually trigger food cravings, causing you to sabotage what you are trying to accomplish. Exercise in the right training zones, and understanding there is a time and place for all types of training, and you will mobilize more fat at less “cost” to the body.

I often, when looking at research and literature, look at seemingly opposite perspectives and sources for common threads. *The Paleo Diet for Athletes*, by Friel and Cordain and the *Thrive Diet*, by Brazier represent two opposite perspectives to a degree. Each book talks about the aging athlete and their body and offers practical tips on implementing new strategies. However, I never recommend throwing the baby out with the bathwater and changing everything all at once – that is a recipe for defeat. I recommend small conservative steps, celebrating victories along the way, and acknowledging transgressions. Habits are hard to change. You ride for many reasons. I believe one of those reasons is to create a better you. That is where I can help. I can help you unlock your potential and create positive change. I look forward to working with you. You can contact me at intelligentfitness@comcast.net or at 802-363-6717.

Bon Appetit and Best of Health,
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“The best diet is the one you don’t know you’re on.” Wansink