

what SHAKE SHOULD I BUY?

from DAN'S
HAND



DAN YOUNG IS THE FOUNDER & PRESIDENT OF SIMPLE AGAIN. HE HAS COMPETED IN BODY BUILDING AS WELL AS ENDURANCE ATHLETIC EVENTS & IS CERTIFIED IN PERSONAL TRAINING & SPORTS NUTRITION.

Confused?

Join the crowd. Most folks make nutrition mistakes everyday, whether they workout or not. It is these very mistakes that can halt progress in a gym or invite disease. Nutrition is 80% of the battle.

We have decided to bring both exercise and nutrition together so that you not only achieve your performance goals but live a long and healthy life. Heck, we want to keep you around for a while.

Our Juice Bar is now offering the healthiest, most nutrient dense shakes in the world. You will find NO artificial ingredients or colorings, NO synthetic sweeteners and NO hydrogenated oils – just pure and NATURAL Whole Food ingredients.

Why?

The truth is, your body is replacing itself continually throughout your life. Each of your 75 trillion cells is replaced at least every 9 months, some many more times than that, and when you workout, even more often. If you continually consume artificial ingredients and synthetic sweeteners, your body's cells will integrate these man-made ingredients when they are regenerated. Ever wonder where cancer and other degenerative diseases come from? Hmm...Could there be a correlation?

Our Juice Bar is meant to provide an oasis of real whole foods so that at least once a day, you can provide your body with pure, phyto and macro nutrient-dense whole foods that will help you recover and build new cells too.

Recovery and More

The primary purpose of having a juice bar in a health club is to provide the necessary nutrients to help you recover following a hard work out. An argument can be made that if you do not replenish the calories used during a workout within a 30 minute window of time following your last rep, you should have stayed home. Recovery and nutrition are critical to your achieving your goals. If you want to lose that spare tire or trim those hips, you need to feed your body at the right times, and missing that 30 minute window will throw your body into a catabolic (muscle wasting) state. Get nutrition right and watch big changes in your body.

But everyone who comes to the gym doesn't have the same goals and some, maybe you, haven't even worked out. Are these shakes good for me too, you might ask? Absolutely, but they need to be created to fit your needs at that specific moment in time. Every shake offered here will help you recover following your workout; just make sure your calories burned (outtake) matches your calorie intake. Adding a sports specific nutrient like protein or Get Lean by swiig can also help you achieve your specific your performance goals, hence the name – Performance Shakes.

Eat Well!

PROJECT: PFC MISSION STATEMENT

The caring partner displaying this information is a proud member of Project: PFC. Our mission is to provide the simplest, most delicious foods to everybody everywhere. We select natural, whole and minimally-processed foods, drinks and supplements free from all artificial junk, yet rich with nature's goodness. Using current research and educational materials, we're making the world of nutrition "Simple Again".
Eat Well. Live Well (and Long).