

Get Your Wheels Spinning

By not following sound nutritional guidelines, you completely thwart your efforts in the gym, making it very difficult to lose that unwanted fat.



By Dan Young



SPINNING

Ask yourself, "What is my goal and what do I really hope to achieve by taking this spin class?" Whether your goal is to improve cardiovascular performance or to lose fat, you should reap the benefits of both. But will you?

Did you know that nutrition plays an important role in losing fat? Chances are you are like the millions of people who are "spinning their wheels" when it comes to diet and exercise. With all the miles you log on the bike, you are actually losing more muscle than fat, which changes your body's whole metabolic profile. By doing this, your metabolism slows down even more, making it harder and harder to lose fat, while increasing your fat to muscle ratio. By not following sound nutritional guidelines, you completely thwart your efforts in the gym, making it very difficult to lose that unwanted spare tire.

Let me explain – As you increase your VO2* max over a 45-60 minute period,

your body burns more of the calories it needs from fat. This is good, right? Yes, of course, however, your body can not burn one gram of fat without the presence of glycogen or stored sugar. Glycogen is the kindling that keeps your fat burning hot. Glycogen comes from the carbs that you eat all day. Without it, your body goes after the next available fuel source – muscle!

In other words, if you don't get the right nutrition before and after your spin class, your body will do the only thing possible to maintain balance during your short term metabolic increase – it will burn your hard earned muscle to keep feeding the brain and other body parts. Why is this bad? It's bad because even though the scale says you are losing weight it is really muscle that you are burning instead of fat. Without muscle on your body, your metabolism drops like a stone. Muscle burns calories, fat does not.

Contrary to popular belief, you need to refuel immediately after you workout. Strike while the iron is hot. You have only 30-45 minutes after your workout to take advantage of your increased metabolism. In this time frame, you must deliver the necessary nutrients back into your muscle fibers. Calories consumed during this window do not get turned into fat. They are immediately redirected to your muscle fibers, replenishing glycogen stores and keeping your metabolism humming. The results are: increased metabolism, increased calorie

burn, increased fat burn and volume is added to the cells in your muscle fibers which, over time, increases your body's ability to workout longer and at greater intensities. In addition to all this, there is a more complete delivery of the necessary nutrients to build a better body.

Stop at the Juice Bar and start putting the pieces together to create a better you. Eat Well!

**VO2 max is the maximum oxygen consumption or the amount of oxygen the body uses during maximal exercise. The number is expressed by the oxygen your body takes per pound of body weight in one minute. If your VO2 max is above 0 you have the potential to make a national team in an aerobic sport.*



Eat well and remember, you are what your food eats!

Dan Young is President and CEO of Performance Food Centers, Corp. He is certified in personal training, sports nutrition and is a triathlete. He has competed in Body Building as well as Endurance Sports Activities. Accomplished in juice bar concept and design, he applies this knowledge to whole-foods nutrition and the efficiency to serving them.

dyoung@performancefoodcenters.com
www.performancefoodcenters.com