



CROSSFIT
NEW WINDSOR



WE'RE HERE FOR YOU

Imagine a world in which the vast majority of us wake up feeling healthy and strong. We commit to coaching our members and searching for new members, whether its nutrition or fitness related, who will work to make this vision a reality.

At CrossFit New Windsor we believe in revolutionizing your quality of life. We have the cure for obesity, type 2 diabetes, heart disease, and many of the other chronic diseases that are plaguing the world. Welcome to a simple guide that changes your perspective on what food actually does for us.

Our methodologies will give you a realistic and sustainable approach to eating. We will teach you how to have a healthy relationship with food and how to establish a foundation so that you can learn how to properly fuel your body. This knowledge and the habits you will form will make you feel and look your absolute best.



**“Revolutionizing
your quality of life”**

3 THINGS YOU NEED TO DO:



1

Take a progress photo weekly



2

Schedule a 10 minute meeting with your coach each week



3

Be honest about the choices you made

3 THINGS YOU NEED TO KNOW:

Carbohydrates

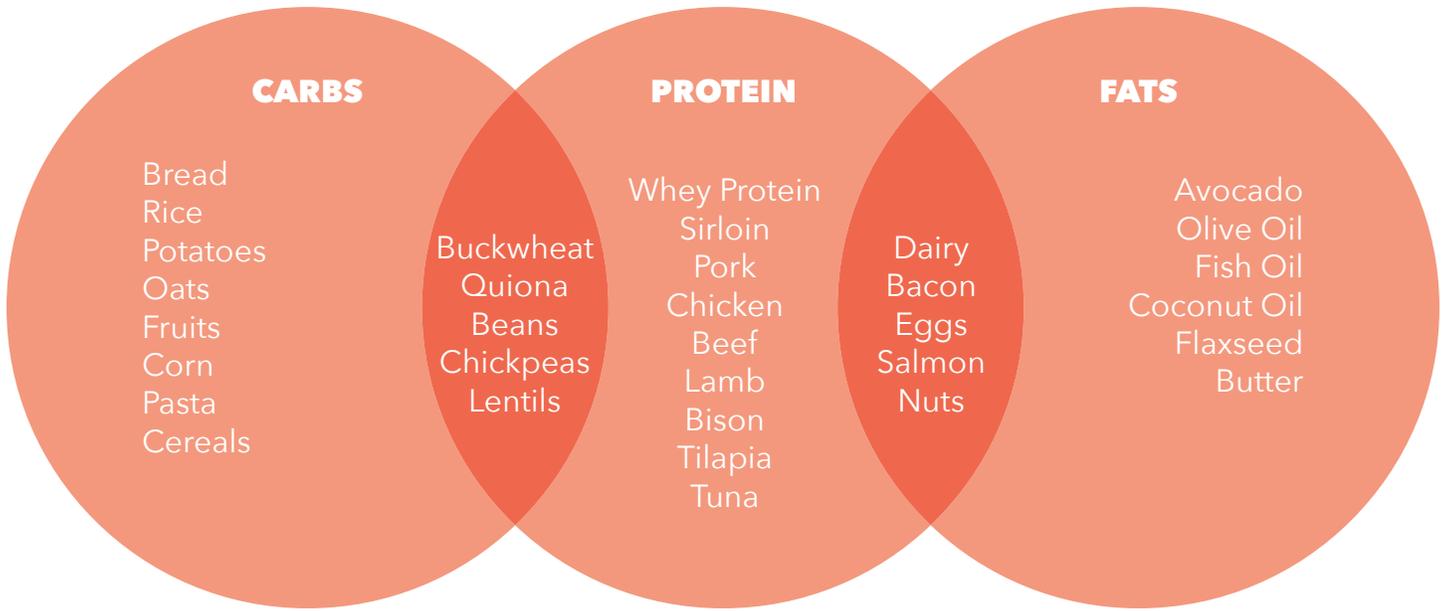
The main role of carbohydrates is to give us energy for our body. We store energy from carbohydrates in the form of glycogen (Glucose) in our liver and muscles. This provides our bodies with fuel for exercise, recovery, and hormone production. There must be a balance between exercise and carbohydrates; overeating carbs leads to excess storage, which then leads to unwanted weight gain.

Fat

Fats are divided into four categories: Trans-Fats, Saturated Fats, Monounsaturated Fats and Polyunsaturated Fats. Dietary fat plays a crucial role in hormone balance and energy levels. Energy, mood, satiety, and nutrient absorption are what will make us feel better day to day. Fat is the backup source of energy when the main source of energy is used up (Glucose).

Protein

Protein is known for its role in muscle recovery from exercise. Protein is made up from chains of amino acids, also known to be 'the building blocks of life.' Unlike carbohydrates and fat, our bodies cannot store excess protein. This makes it very important for us to have an adequate amount of protein on a daily basis. Protein keeps us satiated and keeps our metabolisms firing. Protein should be the focus of each meal. Protein speeds up your metabolism. Eating a high protein breakfast every morning will stabilize your blood sugar and get you off to a great start for the day. Protein helps you handle insulin better, build muscle, and repair tissue which is all essential for staying lean and preventing diabetes.



Each of these macronutrients play different and vital roles in our diet and bodily function. Instead of counting calories we count the grams of each macronutrient separately because of the different roles that they have in weight loss and performance.

What is the Glycemic Index?

The Glycemic Index measures how quickly foods break down into sugar in your bloodstream. High glycemic foods turn into blood sugar very quickly which raises your blood sugar levels. Starchy foods like potatoes and rice are a good example. These are so high on the GI rating that it is almost the same as eating sugar. That does not mean that these foods are bad for you, it means that there are better times of the day to eat these foods so your body can use them properly.

The best times to have foods that are high on the GI are before and after workouts. Remember, CARBS are the fuel source for our workouts.

Here are 2 lists of some carbohydrates. They are in order of lowest to highest on the Glycemic Index. The vegetables on the first list are very low on the GI and are a "go to" carbohydrate for most of your meals and they also help with weight loss. The carbs on the second list are best used for pre and post workout. Our bodies get depleted of glycogen and these help replenish our bodies much more easily than low GI foods. Remember, we want to have balance with our carb intake with our activity level.

Green Beans
Broccoli
Spinach
Brussel Sprouts

Oatmeal
Rice
Sweet Potato
Watermelon
Grapes
Apples
Banana

TIPS & TRICKS FOR EATING OUT

When picking a restaurant you can assume that most restaurants are going to be using the lowest-quality cooking materials such as vegetable oil, flour, and very low quality meats. Vegetables are great but not when they are doused in oil.

There are 3 things to look for in a restaurant:

1 They cook on a grill— a REAL grill that leaves marks on your food. The flat-top ones like McDonalds are ALWAYS covered in cheap cooking oils to keep food from sticking.

2 Pick a lean protein. A high protein meal will keep you more satisfied and less likely to overeat.

3 Even if you are not allergic to gluten order gluten free food so that you get better quality food and the chef is more careful while making your food. They usually will cook your food on a separate pan if you ask nicely.

Going out to eat is usually a celebration, convenience, or a change of pace. Following this method will leave you satisfied during the week and you'll feel comfortable to go enjoy that guilt free meal!



THE "Y" METHOD & SETTING UP YOUR PLATE

**This method will undoubtedly produce results and will change your perspective on food.
But most importantly it, will teach you how to be consistent.**

Frequency of meals

Having 3-5 meals a day is recommended but not required. 3-5 meals will leave you satisfied without having to eat large quantities of food in one sitting. There are no set rules as to how many meals to eat. Whatever works best for you and allows you to get your fuel in for the day.

Quantity of food

We call this the "Y" method. Take your plate or container and imagine the letter "Y" taking up your entire plate. First, put your protein on the left side of the Y. The amount of protein should be the size or larger than your fist. Second, put your carbs on the right side of the Y. Always make your carbs half vegetables and half starchy carbs (rice, potato, ect.). The small triangle space at the top that is created between the protein and carbs is where you put your fat (avocado, sour cream, etc). The goal is to not exceed the plate or container size and to make the foods fit into the Y. Anything that you consume outside of the Y is extra storage of fat.

