

The Hard Facts on Simple Sugars, Storing Fat, & the Need for Strength Training

PROTEIN

GROWTH, REPAIR,
ENZYME FUNCTIONS, ETC.
SPIKES INSULIN

FAT

ENERGY, CELL GROWTH,
NERVE FUNCTION, PROTECTION, ETC.

CHO

COMPLEX
SLOW DIGESTING

* SIMPLE
FAST DIGESTING

VEGGIES/FRUIT/WHOLE GRAINS:
VITAMINS & MINERALS & FIBER

SUGAR,
SUCROSE:
POOR
VALUE

GLYCOGEN STORES IN MUSCLES &
CIRCULATING BLOOD GLUCOSE

EXCESS SIMPLE SUGARS FROM POOR
WHEN MUSCLES & LIVER ARE FULL

TO ADIPOSE FAT STORES:
NO LIMIT – BALLOON

“FATTY LIVER”
TO OTHER PARTS OF THE

DIABETES

ENTER EXERCISE COMPONENT

GOAL:
BUILD MORE MUSCLE
STORAGE SPACE &
DEplete CURRENT
GLYCOGEN STORES TO:
1) MAKE ROOM FOR MORE.
2) USE STORED FAT TO
FUEL THE BODY
DURING GLYCOGEN
REFILLING.

HOW?
1) STRENGTH TRAIN.
2) H.I.I.T.

WHY PURE “AEROBICS” IS
NOT EFFICIENT:
1) RECRUITS ONLY A
MINIMAL QUANTITY OF
MORE ENDURING MUS/
FIBERS.
2) FAT @ 9 CALORIES/GRAM.
3) DOES NOT BUILD MORE
MUSCLE STORAGE
SPACE AND ACTUALLY
DECR

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* BAD CARBS EVERYWHERE – WHY OBESITY RATE IS