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

 PROTEIN FAT CHO

GROWTH, REPAIR, ENERGY, CELL GROWTH,

ENZYME FUNCTIONS, ETC. NERVE FUNCTION, PROTECTION, ETC. SPIKES INSULIN

 COMPLEX \*SIMPLE

 SLOW DIGESTING FAST DIGESTING

**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 DECREASES IT.

 VEGGIES/FRUIT/WHOLE GRAINS: SUGAR, FRUCTOSE,

 VITAMINS & MINERALS & FIBER SUCROSE:

 POOR NUTRITIONAL

 VALUE

 GLYCOGEN STORES IN MUSCLES & LIVER

 CIRCULATING BLOOD GLUCOSE

 EXCESS SIMPLE SUGARS FROM POOR DIET

 WHEN MUSCLES & LIVER ARE FULL

 TO ADIPOSE FAT STORES: “FATTY LIVER”

 NO LIMIT – BALLOON

 TO OTHER PARTS OF THE BODY:

 \* DIABETES

**Tom Kelso, MS, MSCC-E, CSCS**

  \* BAD CARBS EVERYWHERE – WHY OBESITY RATE IS HIGH