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Is it really beach time again?



I couldn't believe it either! March already? Well, yes March is upon us and if you are like everyone else you are talking about the bathing suit that you absolutely must wear for spring break. I have already heard the conversations in the hallway about carb restricting, keto dieting and eating low fat.

It really is hard to believe that we are all scrambling to drop that extra ten pounds - again - by starving the body of the very nutrients it needs. Hey Guys, I checked, March came the same time last year, it shouldn't continue to sneak up on us like this!

I will admit that I find it hard to listen to the hall way chatter about the next magical pill or diet fad that is going to finally get me back to my weight in high school. Not even sure, why you want to be that weight again. Are you going to cut your hair in that "Flock of Seagulls" cut again? I truly doubt it so the real question is; what is the proper weight and more importantly what is the look that I am going for?

For most of us, high school weight is just not a realistic goal, especially not by spring break. Can we please stop the madness for once and focus on being healthy instead of nearly killing yourself to get into that bathing suit. I realize that going to some exotic place like Floribama and drinking the weight right back on is well within your vacation bill of rights, but can we approach this year with a focus on health and not weight, on fitness and not muscle, on life and not looks!

supplements to increase overall cognitive awareness. If you are interested to see what MP can do for you click on the link.



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Pre-Order Don's book
"Enhanced Life Performance"

Achieving the greatest version of self! by emailing him at dmonistere@enhancedsportsperformance.com. \$9.00 for pre-orders.

Expected release date is the summer of 2017

The book will detail how you can execute at a level higher than you ever imagined possible. It is a must read for anyone who is trying to get the most out of their life and leave a lasting mark on their friends and family.

Enhanced Life Performance Seminar went well! We will likely do this again toward the end of the year so keep an eye out for the next date. Email us at: dmonistere@enhancedsportsperformance.com for details

No? OK, well then here is what you should do! Carb-cycling is one of the best methods for fat loss. Obviously; before you start any diet, go see your doctor to make sure that you are relatively healthy and your body can withstand the stresses of a highly restrictive diet.

While I am going to remain extremely high level and this wont be enough information for you to be successful, it will get you started in the right direction. Crash diets don't work because the body thinks it is starving, so it slows every bodily process down and goes into survival mode.

This is why carb-cycling can work. The premise is simple, restrict the body from carbohydrates for 3 days and on the fourth; add them back. On the restrictive days, you should have no more than 25 - 30 grams of carbohydrates total for that day. This pretty much guarantees that the only carbohydrates you will be eating are plant based. On the fourth day add back the carbohydrates up to 125 grams.

Use complex carbohydrates like brown rice, sweet potatoes, vegetables etc. This tells the body - wait I am not starving after all I can let my metabolic rate stay at a healthy pace and I will be fine. Then go right back to three days of restrictive carbs.

Caution the hardest day is the first day after the high carb day. Your metabolism will be cranking and therefore you will be hungry. If you can get past this day, you will see the weight and more importantly the fat slide off. And yes, exercise is important.

If you really want to get precise with this let me know and I will write out your diet, I do charge a nominal fee of \$95.00 to provide you with one week of meal planning and exercise recommendations. We have to get more precise with calorie count and how many calories should we consider burning during exercise. As many of you know, half of the money that I charge is donated to stopbullyingnowfoundation.org and goes to helping kids who are picked on for being over-weight or for any other reasons that might exist (yes, I was the fat kid in 7th grade, along with the flock of seagulls hair cut)

To get started be sure to just email me at dmonistere@enhancedsportsperformance.com and I will be glad to help you in any way that I can, including hairstyle recommendations and new exotic places in Orange beach.

DCJM

Enhanced Sports Performance

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