

Enhanced Performance Newsletter

Nov 2016

Helping others achieve the best possible version of self!

First timer?

If this is the first time you have received our newsletter you will find that this monthly publication is full of great tips to help you get the best possible version of yourself! In order to achieve the various demands that we have each and every day, we must focus on some key aspects of our life. We don't have to be elite athletes to desire an enhanced level of fitness that supplies us with the necessary energy to execute at a high level. If you want to find the best possible version of you, read on and feel free to contact me if you feel I can help! Enjoy this issue and I would love to get your feedback!



361 Nutrition, with the help of our affiliate, My Protein are proud to sponsor Don in his quest to regain his national ranking among the top bodybuilders in the world. In May, he won at the regional level and he is currently training for the 2017 NPC National Championships which will be held in Miami Fla. next year. It has been over 30 years that Don has been mentioned in publications such as Flex Magazine

Reading the Label. What exactly am I looking for?

Nutrition Facts	
Serving Size 1/2 cup (115g)	
Servings Per Container About 4	
Amount Per Serving	
Calories 250	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Cholesterol 55mg	18%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Sugars 26g	
Protein 4g	
Vitamin A 10%	Vitamin C 0%
Calcium 10%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

So Don, you keep telling us that if we want to perform beyond what we thought possible, I really need to measure my food (at least until you know how much food you are really eating) and read the labels. OK I'm in, but what am I looking for. It really is amazing how much you can learn about a food, just by reading the label and I don't mean the one on the front.

Words like "organic, all natural, real juice, and low fat" can all be very misleading. Just to be clear marijuana is all natural and organic, but it is not in my meal plan! I digress.

None the less we can learn a great deal about our food if we just focus on two really important items on the nutrition facts label. The first is serving size. The label above says that the serving size is 1/2 of a cup and the container has about 4 cups of this food. I will wait until the end of the article to tell you what the food is. The typical western diet would actually consume at least 1 to 1.5 cups and that obviously sends the

and NPC News so this accomplishment has been a long time coming. Good Luck to Don and his bid for the lightweight overall and masters over 40 title next year.



[Visit our Website Click Here!](#)

Pre-Order Don's book 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 leave a legacy and looking to have a lasting mark on their friends and family.

caloric content of this food through the roof.

The next most important thing is the carbohydrates and how much of those carbohydrates are sugar. In this case, it is, well lets see, ALL OF THEM! OMG! This food is a very popular breakfast cereal among kids! That's right 27 grams of sugar for breakfast, Heck, just give them a bucket of sugar and a salt lick and send them off to school. People, we are killing or kids by overloading them with sugary carbohydrates and then we get mad at them for falling asleep in class. They aren't asleep. They are in a sugar comma!

So be careful of portion size and if the carbohydrates in the food comprises more than half of it from sugar, it likely isn't a good choice.

Enhanced Sports Performance

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