**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