



The 5 Components Revisited and Two Little Helpers – Resist 1 & 2

Bodybuilding roots

The “5 Component” concept originated during my bodybuilding days shortly after Arnold’s (California’s current leader) first retirement from the sport.

In bodybuilding’s early years, preparing for competition certainly included altering off-season diet and exercise but lacked today’s more comprehensive approach that has become necessary to achieve much lower levels of body fat and still be able to maintain large amounts of muscle mass. In fact, until the mid 70s we simply started our diets at a certain calorie number far below maintenance (often a 3000 calorie a day reduction from off-season numbers), added a two-mile run (few of us ever did any cardio during off-season) and—except *maybe* during the last week—we rarely adjusted those numbers. In other words, there was no Component 5 and you don’t want to know about Component 3.

By the late 70s we were getting smarter, thus bigger and leaner. We began to realize that if we worked more (cardio) we could eat more, therefore staving off the inevitable loss of LBM during drastic dieting. And dietary supplements (DS) were emerging, albeit we had no clue if they worked. We

only knew DS made sense from the fact that our calories—which contain the nutrients that supported LBM—were getting lower and thus so was our necessary nutrient supply. And you thought bodybuilders were dumb.

We started *really* thinking about it when we realized the more work we did the more nutrients we needed to perform and recover. But we couldn’t add the food (calories) in order to get these nutrients because we wanted to pull calories from our own storage depots—body fat.

By now you should begin seeing the picture in “5-D”. Below maintenance calories causes a decrease in nutrient intake (1 dimension); two forms of increased exercise demands more nutrients to support LBM (dimensions 2 and 4); now add a continuous supply of nutrients without

calories (3rd dimension) and a constant manipulation of all (5th and final dimension) until —viola—huge and shredded!

To be sure, my success in Bodybuilding was due to developing and mastering this formula before my competitors did. I always had to find an edge because I did not have the perfect genetics for the sport.

In some form or another the above formula continues to be the structure for all of today’s fitness athletes.

5 Components of Fitness

- 1 Food Plan
- 2 Cardio
- 3 Dietary Support
- 4 Resistance
- 5 Personal Assistance

Fast forward

A lot went on during my last years of competition, including putting the “body building formula” into a program for the masses. But it wasn’t until three years after retiring from the sport that I captured the formula’s “ingredients” into a structured presentation that also formed the rules of smart and successful fat loss. The 5 Components as you know them were born on a long plane ride to South Africa where I was to deliver the first of many lectures that were built around the system that finally had a title: The 5 Components of Fitness.

Component 3

As you know, dietary supplements have certainly evolved beyond simply helping to maintain LBM. While the multiple vitamin and mineral supplement is still “king” and always will be, many other isolated compounds have emerged that have shown great potential in assisting individuals in reaching fat loss goals, especially in a world where we are bombarded with a plethora of palatable temptations. What makes matters worse is that these incredible looking and tasting foods are never out of arms reach. It would be great if, in order to eat more food than our bodies require, we would have to chase it until we burned the calories it contained. Ain’t gonna happen—so we often look for help.

Resist 1 & 2

I wrote about these three helpers in last year’s June newsletter. So you can dig that out to get more on how they fit into the big picture. Remember, this group of supplements are only recommended in case your client needs them to help support appetite control as in: 1) getting that last bit of fat off during a more aggressive body fat reduction program as for fitness competitions, or 2) anyone who struggles with continuous cravings that hinder proper menu compliance.

The latest software update has these products triggered only if the fit-pro chooses

the level 2 supplement recommendations (level 1 produces a less comprehensive solution for developing fit-pros). These natural appetite-support products are listed as conditional supplements and prompted by certain answers on our questionnaire (e.g. fat or carbohydrate cravings, repeated attempts at reducing weight, etc.). And of course they are not necessary once the user has arrived at his goal or feels he no longer need the assistance.

Resist 1 (formerly named Thermo-transport)

Resist 1 for carb cravers, which contain hydroxycitric acid (HCA), helps support appetite control by diverting more of the energy intake (primarily carbohydrates) from a meal to the glycogen pathway rather than the fat storage route. This process allows liver glycogen to fill more rapidly telling the brain it is getting full, so slow down on the food.

Resist 2 (formerly named CCK)

Resist 2 contains cholecystokinin (CCK). CCK sends an early message to the brain about satiety using the same signal generally triggered by dietary fat intake. By taking it before a meal we try to fool the body into thinking it has had enough calories from the meal earlier than if we had to rely on the food sending the message. So if fat is what you crave during weight loss, this may be a viable tool to curb the desire.

Well there you have it—the quick and dirty on supporting appetite control by a safe and potentially effective means.

Until next month!

Neal Spruce