

Once again we are very pleased to bring you another edition of "Fitness Lifestyle Solutions" (FLS). This issue features some very exciting developments as Apex releases the new MAX performance line of nutritional products, and also launches mobile food-logging on the iPhone for bodybugg. As always, FLS will provide you with a great recipe to support your healthy lifestyle, coupled with some great tips from our expert team to help you make every day a fitness success.

Yours in health,



Jason S. Carter,
Senior Director, Apex Fitness

Weight Loss Success

Michelle Ricker, RD,

Significantly more Successful versus Unsuccessful weight losers reported that on most days of the week they planned meals, tracked calories, tracked fat and measured food.¹

Logging and measuring your food on a daily basis helps you gain a new perspective on how to manage your calorie balance. It actually puts you in control. You are accountable for what is going IN while still allowing the freedom for the occasional 'oops' – knowing that you can have a special treat or restaurant meal and still be on track to your overall success.

Food logging is essential to success in weight loss. It is a tool to bring awareness – which is the first step toward change. Once you have a better idea of portion sizes and calories, it is so much easier to make educated decisions around what to eat and when. When you write down what you eat, even if it is on a scrap piece of paper, you are far more likely to make a conscience choice about that food and not eat mindlessly. The bodybugg program's food logging tool is excellent, especially now with the iphone application. By allowing you to log your food right after you eat, you can ensure much better accuracy. Eat, log your food and then know exactly what food choices you have for the rest of your day.

Once you start logging your food, you may find that it is not always easy to determine the amount of the food you are eating. Measuring and weighing food can prevent something called 'portion distortion'. Since serving sizes, especially in America, have become increasingly larger, we have a more difficult time determining the amount of food our body really needs versus what we are being served.

Take the time to measure and weigh your food at home. This will help you see the portion sizes that are right for you. Again, once you have an awareness of the amount of food that equates to so many calories, you can then make the decision as to what foods you want and how much based on your goal. This will prove to be extremely important when you eat out. Restaurant portions may not always look like the portions on your plate after weighing and measuring your food. When that situation arises, you will be educated and can make a logical decision of how much you want to eat at that sitting.

Weight loss and weight maintenance can be challenging, but if you have the right tools, you can make it fun and be successful at the same time.

1. Dietary and physical activity behaviors among adults successful at weight loss maintenance, J. Kruger, H. Michels Blanck and C. Gillespie, International Journal of Behavioral Nutrition and Physical Activity 2006, 3:17

Introducing the NEW Apex MAX Products

Announcing the delivery of our improved Apex MAX product line. We've updated the packaging for an enhanced appearance, and changed the names to reflect how the products work.



MAX Nitric Oxide RUSH - (formerly NO Xtreme)
MAX Anabolic Amino RUSH - (formerly Anabolic Amino Xtreme)
MAX BCAA - (formerly Recovery)

For more information on each product, visit our [Nutrition Store](#).

Quinoa risotto with arugula and

Parmesan *(Dietitian's tip: Quinoa (pronounced KEEN-wah), native to Peru, is much like wheat - a great alternative to rice. It is a complete protein, high in fiber and gluten free. (1/2c = 2g fiber, 4.5g Pro, 127 cal)*



Ingredients

- 1 tablespoon olive oil
- 1/2 yellow onion, chopped
- 1 garlic clove, minced
- 1 cup quinoa, well rinsed
- 2 1/4 cups vegetable stock or broth
- 2 cups chopped, stemmed arugula (rocket)
- 1 small carrot, peeled and finely shredded
- 1/2 cup thinly sliced fresh shiitake mushrooms
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Directions

In a large saucepan, heat the olive oil over medium heat. Add the onion and sauté until soft and translucent, about 4 minutes. Add the garlic and quinoa and cook for about 1 minute, stirring occasionally. Don't let the garlic brown. Add the stock and bring to a boil. Reduce the heat to low and simmer until the quinoa is almost tender to the bite but slightly hard in the center, about 12 minutes. The mixture will be brothy. Stir in the arugula, carrot and mushrooms and simmer until the quinoa grains have turned from white to translucent, about 2 minutes longer. Stir in the cheese and season with the salt and pepper. Serve immediately.

Nutritional Analysis (per serving)

Calories, 147, Monounsaturated fat, 1 g
Protein, 8 g, Cholesterol, 3 mg
Carbohydrate, 23 g, Sodium, 292 mg
Total fat, 3 g, Fiber, 2 g

bodybugg® goes Mobile

Rick Wenner, Senior Category Manager,



You've been asking for it, now it's here!

We are pleased to announce the release of bodybugg mobile, the mobile enabled site for your bodybugg on iPhone and iPod Touch. You can now log your meals, view and edit past meals and view your calorie burn data.

With the new mobile enabled site, you can:

- Log the meals you eat while you're away from your computer
- View and edit logged/past meals, meals in your meal plan and total calories logged
- Access to your "frequent foods", all your "custom foods" and "custom meals" that you've created
- See calories burned, calorie burn target, calories consumed target and calorie balance
- To access bodybugg mobile, log in to your bodybugg program from your iPhone or iPod Touch.

Enjoy using this new & exciting feature today! And, let us know what you think.



Wearing the bodybugg Correctly

Jolyn Andrews, bodybugg Alliance Manager

The ability of the bodybugg to estimate your caloric expenditure with greater than 90% accuracy is based on wearing the bodybugg as directed - on the back of your left upper arm if you have a black bodybugg, or back of your right upper arm, if you have a gray bodybugg. Wearing the bodybugg anywhere else can negate its accuracy. The sensors are designed to read in specific areas on your body. Many of our avid cyclists (both indoor and outdoor) believe wearing the bodybugg on the calf will be more accurate since the upper body is relatively still during a cycling class.

Remember that the bodybugg is sophisticated enough to read your motion whether the upper arm is moving or not. The algorithms will work together to give your calorie burn number after you've uploaded. Overall, losing weight comes

down to one thing: calories in versus calories out. One workout will not make or break your results. Increasing your energy expenditure while keeping your body in a caloric deficit will give you the lasting results you are looking for.

[Click here](#) and learn a lot more about the bodybugg.



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Contact Us

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