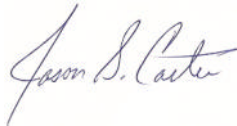


Summer is almost here, and we are proud to bring you another edition of Fitness Lifestyle Solutions (FLS). Our newest issue features the re-formulated Apex FIT powders. Apex has again added a best in class nutritional product to support you in living a healthy and energized lifestyle. As always, FLS will provide you with a unique healthy recipe to assist you in making smart choices, coupled with some great tips from our expert team to help you make every day a fitness success. Enjoy!

Yours in health,



Jason S. Carter,  
Senior Director, Apex Fitness

## Achieve Optimal Results with Apex Fit Powders

Dr. Edward M. Slover

For years, high-performing athletes have understood the role of properly timing nutrients pre- and post-workout. While you may not strive to be an elite athlete, consuming the proper nutrients at the proper times can positively and dramatically impact your fitness results. This is where the Apex Fit Powders enter into play.

### Pre-Workout

The timing and type of food consumed pre-workout significantly affects the quality of your training session. To achieve optimal results, you want to eat a quick digesting, high-carbohydrate snack with protein consumed 10-40 minutes before your workout. Since carbohydrate is your body's primary fuel, this snack will fill your muscle glycogen stores providing you the energy to perform at a high level while allowing enough time to fully digest it.

The ideal amount of carbohydrate in a pre-workout snack is  $\frac{1}{4}$  to  $\frac{1}{2}$  gram per pound of bodyweight. For example, if you weigh 200 lbs, the carbohydrate in your pre-workout snack should range from 50-100 grams. This should include 15-25 grams of protein and be low in fat.

Apex Fit Powders are perfect because they are absorbed quickly and give you the nutrients needed to enhance your performance during your workout.

### Post-Workout

Many of us have learned that breakfast is the most important meal of the day. In order to maximize your results, however, your post-workout snack IS the most important meal of your day (breakfast and pre-workout snack are tied for second). Eating the ideal ratio of carbohydrate and protein immediately after your workout will replete muscle glycogen stores thereby sparing protein to repair and rebuild tissue. This also helps reduce muscle damage and stimulates muscle growth.

After exercise, there is a window of opportunity, known as the metabolic window, where your body is most receptive to the uptake of nutrients. This window lasts for approximately 60-90 minutes and gives you the best chance of capitalizing on the work you performed during exercise. By consuming the proper nutrients in this timeframe, you create an anabolic (cell building) environment and reduce further muscle damage. The post-workout snack should be the same as the pre-workout formula (see above).

### The Benefits of Optimal Meal Timing

Research consistently demonstrates the positive benefits of using pre- and post-workout snacks and their ability to alter body composition. In fact, there is a dramatic difference in lean body mass (muscle) gain and body fat reduction by incorporating a pre- and post-workout protocol into your fitness program versus taking similar products in the morning and evening.

### Why use Apex Fit Powders?

Each of the Apex Fit Powder formulas Apex Fit Lite, Apex Fit Whey, and Apex Fit Supreme contain the highest biological value protein specifically designed to support the needs people with active lifestyles. The Apex Fit Lite and Apex Fit Supreme are ideal for pre- and post-workout snacks, which is critical to energizing workouts and muscle repair and recovery.

In addition, the Apex Fit Whey is ideal for individuals seeking a high-protein, low-carbohydrate option.

All of the Apex Fit Powders are quickly absorbed by the body to help enhance your workouts and capitalize on the metabolic window immediately following exercise. Other use of this product includes:

- Managing hunger and blood sugar levels between meals
- Aiding with long-term weight management by providing accurate calorie counts
- Providing convenient nutritional support when whole food is not an option (meal replacement)

#### Who should use this product?

Regular exercisers and athletes

Anyone who wants to maximize their fitness results with ideal pre- and post-exercise snacks

People seeking to control their weight by using them as meal replacements

#### Product Features

High biological value protein (whey protein isolate, calcium caseinate, whey protein concentrate, egg)

- Low in sugar
- Low in fat
- NO ASPARTAME

## Grapes vs Wine

*Michelle Ricker, RD,*

We are hearing about the health benefits of wine, so is ok to have a couple of glasses a day? And, since it comes from grapes, does it count as a serving of fruit or fruit juice?

While studies have shown some health benefits to consuming wine in moderation, it does NOT count as a serving of fruit. Wine, similar to other fruit juices, does not contain fiber and is an alcohol so the body digests it differently than fruit. One main reason for consuming a minimum of five servings of fruit and vegetables a day is to help you get the necessary fiber in your diet.

Dietary fiber from fruit, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. If your goal is weight loss, fiber is a good assistant in helping you feel full, and therefore assist in keeping your calorie intake at the necessary levels.

As mentioned above, there may be benefits to moderate wine consumption, but you have to keep in mind the empty - caloric ramifications.

The truth is that you will still need to get your minimum of five servings of fruits and vegetables a day and count the calories you drink as well as eat.

## "Banana Split" Chocolate Fit Drink Mix



#### Ingredients

(4 TBSP) APEX FIT Drink Mix

1 large banana

1/4 cup fresh pineapple chunks

4 whole frozen strawberries

1 1/2 cups nonfat milk

#### Directions

Place all ingredients in blender. Mix until smooth. Add ice, if desired.

Makes 1 Servings

#### Nutritional Analysis (per serving)

Nutrients per serving:	
Calories	527
Total Fat	3 grams
Saturated Fat	2 grams
Protein	37 grams
Carbohydrate	91 grams
Cholesterol	7 milligrams
Sodium	631 milligrams
Fiber	6 grams
Calcium	1000 milligrams
Iron	4 milligrams



## Introducing the NEW Apex FIT Drink Mixes

Announcing new & improved Apex **FIT LITE** and **100% WHEY** protein drink mixes. Available in 5 delicious flavors. Designed to support optimal health, with a perfect blend of essential ingredients, and balanced range of protein, fat and carbohydrates. Use them as part of your overall fitness program. Contains no Aspartame. Information about each product is available in the [Drink Mixes section](#).



### bodybugg® Tip

#### Display Device and Staying in Sync

*Jolyn Andrews, bodybugg Alliance Manager*

Having a digital display device can be invaluable when it comes to tracking your progress throughout the day. In an instant, you can monitor your calories burned, steps taken, and physical activity conducted. As well, you can use the trip feature to get instant feedback for each and every workout you do. By easily checking your calories burned, you can predict your remaining meals based on your burn rate so far. The key to losing weight is monitoring your day to day calorie deficit. This is easy to accomplish when you instantly know your burn rate. As a bodybugg coach, rarely a day goes by without my clients asking one very important question regarding their display device. Namely, why does my display device lose sync throughout the day? There are several reasons this can occur. If your armband loses contact with the body, it will automatically break contact with the display. After the armband is back on-body, simply press the armband button and then the mode button on the display to resync. Also, the display uses a radio frequency similar to wireless networks, cordless and cellular phones. These products could temporarily interfere with the display, breaking its connection with the armband. This is most often seen in group exercise classes. Don't panic, simply work out at a high intensity and re-sync your armband as you leave the group exercise room. Your hard work will be rewarded as you see the calorie burn on your display device when you are free from the interfering radio signals.

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

## Apex to your Door



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## Contact Us

Contact us by e-mail, telephone, or fax, or visit an Apex licensed gym.

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