

Thoroughbreds Don't Eat Twinkies!



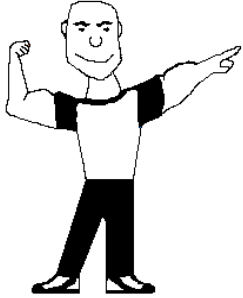
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Why Should I listen to this Guy?



- **Studying high performance nutrition over 35 years**
- **Bachelors Food/Nutrition**
- **Certified Performance Nutrition Specialist**
- **Hospital Nutrition Director four years**
- **Health/Nutrition Coordinator Senior Health project**
- **Masters Health Services/Wellness promotion**
- **School Nutrition Director/Consultant 15 years**
- **Author & Medical Fitness Trainer**

NEVER EVER TRY TO LOSE WEIGHT!!!



“Improve Your Composition” Instead

Benefits of Bodies "Lean Tissue"

- ❖ # 1 Metabolism
- ❖ Muscle 50 Calories
- ❖ Fat 5 X Muscle
- ❖ Fat only 2 Calories !
- ❖ Prevents Frailty/weakness
- ❖ Power Source of the Body



Change in Body Composition

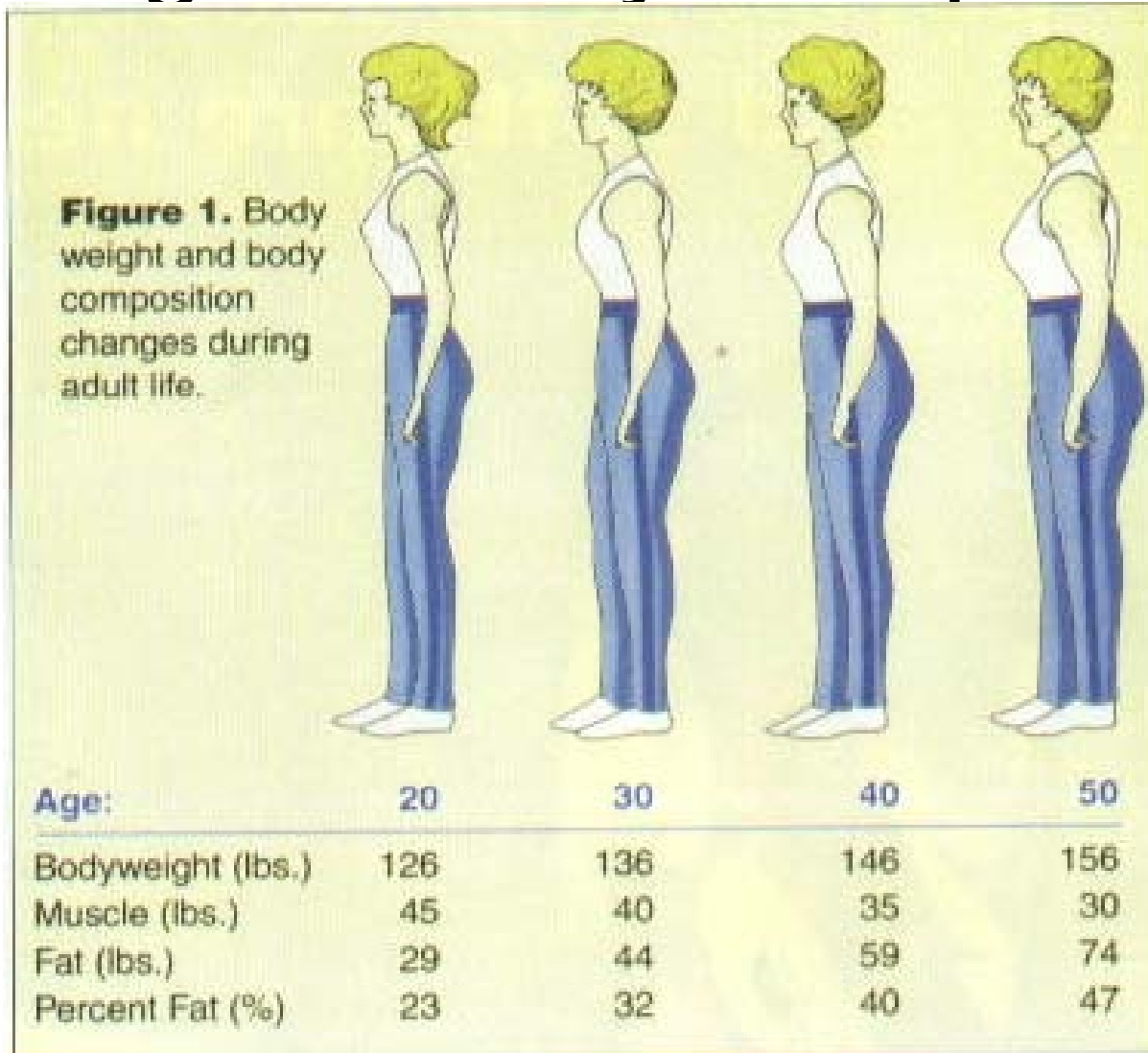


Figure 1. Change in Body Composition During Aging

How to Become A Smaller, Fatter Person!---*The DIET DUDE*

280 lbs-25% BF

Diet Only

- ▼ Fat
- ▼ Water
- ▼ Muscle
- ▼ Bone

230 lbs-30% BF

Result?

- ▼ Smaller
- ▼ Fatter
- ▼ Less Energy
- ▼ Metabolism



Effective Lifestyle Routine



- ▲ Muscle
- ▲ Bone
- ▼ Fat & Water

280 lbs-25% BF

Results?

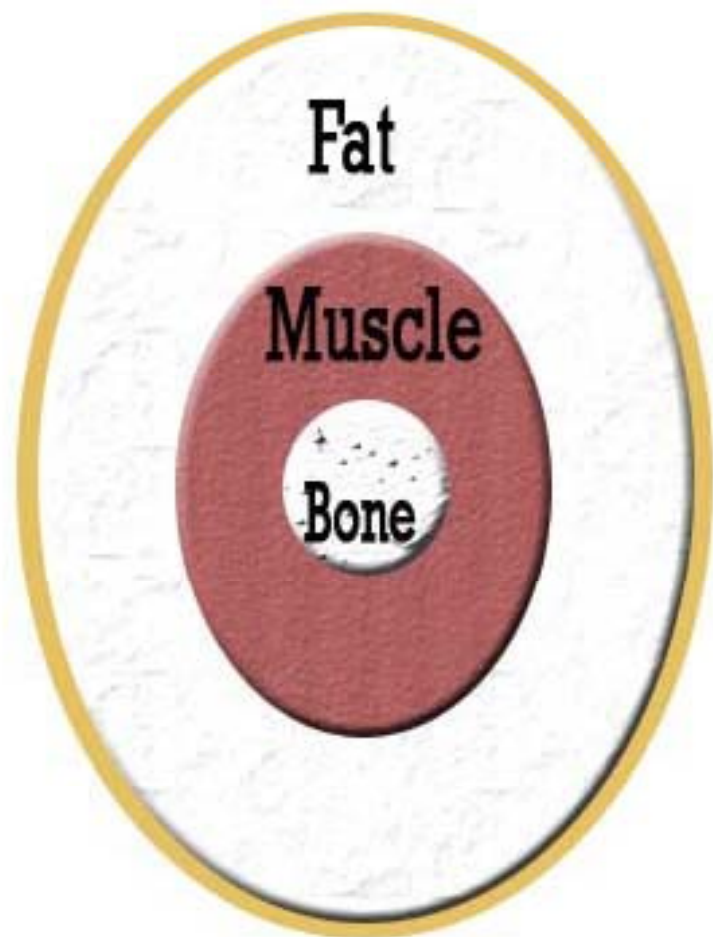


Smaller
Leaner
Energy!
Eat+
▲ Metabolism

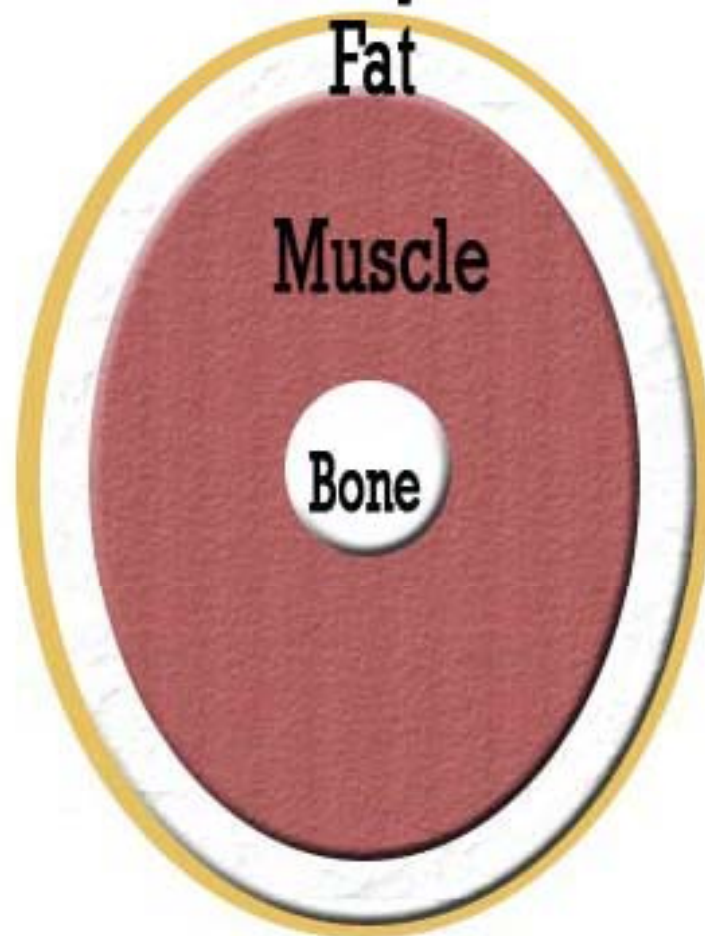
200 lbs-15%BF

These are cross-sections of two identically sized thighs.....

One on the couch.



**One with a healthiness
life style.**



Stop Worrying About Weight



Average 5-6 “Feedings a Day ?

- **Eat less calories**
- **Shed fat +Muscle**
- **Improves Energy**
- **Lowers Stress**
- **Revs metabolism**
- **Aids Digestion**
- **Builds Lean Tissue**
- **Shrinks Stomach ??- Eat Hungry?**
- **Colon Cancer**



Two Meals Not Good



Caveperson Nutrition?

- **More real foods**
- **Pick from Tree/Plant**
- **Pull From Ground**
- **Milk**
- **Catch- Less Legs**
- **Shop perimeter store**



Junk
Food
Night!

