



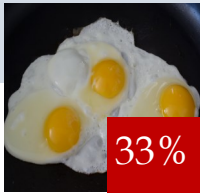
The Fit Blue Line



May: The Nutrition Edition

PROTEIN

By now we all recognize that PROTEIN is a building block for organs, muscles, skin, and hormones. Your body needs protein to maintain and repair tissues. It can also help you lose weight and belly fat while increasing your muscle mass and strength. Below you'll find foods we recommend for their high percentage of protein!



BREAD

We suggest adding sprouted grain bread to your diet. These breads often include a variety of whole grains and legumes and the lower carbs and sugar can lower blood glucose. They contain more fiber and protein. A popular brand is [Ezekiel](#) 4:9.



MEAT

It's complicated! If you are looking to decrease meat consumption: make meat your side dish, try stir-frys and casseroles, do a combo burger mix, try Meatless Monday, and don't eat what you don't like! (you're not forced to eat quinoa!)



FATS

Focus on eating more beneficial "good" fats and limiting harmful "bad" fats. Good sources include: olive, canola, peanut, and sesame oils, avocados, olives, nuts, peanut butter, seeds, fatty fish (salmon, tuna, mackerel, herring, trout, sardines), fish oil, soymilk and tofu.



Chris Clements works at our FRONT DESK and is a gym superhero. Chris has lost 100 pounds this year. This was achieved through consistent gym workouts and an active outdoor lifestyle. Another key was a supportive family that adapted to new meal choices! By cutting calories and shifting to higher quality whole foods, Chris is feeling wonderful and confident. We have so many encouraging and inspiring transformations at Infinity Fitness. *You can be next!*

FEATURED CLASS OF THE MONTH: Beginner's Guide to Strength Training

WEDS 10AM

This class will begin with the fundamentals so that you can safely and effectively begin a resistance training program. Weight training is for *every body* no matter where you are in your fitness journey. This exercise regimen can LOWER BODY FAT, INCREASE JOINT STABILITY, CREATE STRONGER CONNECTIVE TISSUE, INCREASE ATHLETIC PERFORMANCE, and LOWER RISKS of CARDIOVASCULAR DISEASE, OSTEOPOROSIS, AND DIABETES.



May challenge! Swap out a PROTEIN SHAKE for a meal this week! Stop in to the gym between 6 am and 8 pm for your complimentary SNACK, BREAKFAST, LUNCH or DINNER!!!

Fiber is an important nutrient that may promote weight loss, lower blood sugar levels, and fight constipation.

An estimated 95% of American adults and children don't meet the recommended daily fiber intake. The average daily fiber intake is estimated to be 16 grams. Experts recommend that women get **24g** and men **38g** daily.

EAT your veggies, fruits, beans, legumes and oats. Check out chia seeds, too!

ENERGY SNACKS on the GO:



Bananas are an excellent source of complex carbs, potassium, and vitamin B6, all of which can help boost your energy levels

Due to their rich content of natural sugars and fiber, **apples** can provide a slow and sustained energy release.

Dark chocolate contains stimulatory compounds, such as theobromine and caffeine, which have been shown to enhance mental energy and mood.

Popcorn can be an excellent low calorie, energizing snack. It's high in carbs and fiber, which can make it a very satisfying option .

The carbs in **yogurt** are mainly in the form of simple sugars, such as lactose and galactose. When broken down, these sugars can provide ready-to-use energy.