



NUTRITION & HEALTHY HABITS GUIDE



GOLD'S GYM BRITISH COLUMBIA



PART 1: COMMON MYTHS

PART 2: BODY RECOMPOSITION BASICS

PART 3: NUTRITION

PART 4: MACRO NUTRIENTS

PART 5: NUTRITION / HIGH CORTISOL

PART 6: HEALTHY HABITS

PART 7: SUPPLEMENTATION

PART 1: COMMON MYTHS

Myth #1

Eating fat makes you fat. You need to avoid all fat in your diet to lose weight.

***Fact:** While it's important to watch your fat intake, eating healthy fats in moderation can actually help you lose weight and maintain a healthy weight. Healthy fats like those found in nuts, seeds, avocados, and fatty fish can actually help you feel full and satisfied, which can prevent overeating and are an important part of a balanced diet.*

Myth #2

You can burn fat only in one area of your body by doing exercises that target that area.

***Fact:** The myth of "spot-burning" fat is the idea that you can target and reduce fat in specific areas of the body through exercise. For example, some people believe that doing ab exercises will burn fat specifically from the abdominal area, or that doing arm exercises will burn fat specifically from the arms. However, the truth is that spot-burning fat is a myth.*

When you exercise, your body burns calories from all over the body, not just from the specific area you are working out. The only way to reduce body fat in a specific area is to lose overall body fat through a combination of regular exercise, a balanced diet, and a caloric deficit.

Myth #3

Carbs are bad for you and should be avoided.

***Fact:** Carbohydrates are an important source of energy for the body, and they can be part of a healthy diet. The key is to choose complex carbs like whole grains, fruits, and vegetables, and to eat them in moderation.*

Myth #4

You need to eat a super low-calorie diet to lose weight.

***Fact:** While it's true that you need to be in a calorie deficit to lose weight, it's important to make sure you're still eating enough calories to support your body's needs. If you eat too few calories, your body may start to break down muscle instead of fat.*

PART 1: COMMON MYTHS

Myth #5

You need to drink protein shakes and consume a lot of protein to get any results.

Fact: *Protein shakes can be a convenient way to add protein, but it's not necessary for most people. While protein is important for muscle growth, you don't need to eat massive amounts of it to see results. Most people can meet their protein needs with a balanced diet that includes whole food sources like chicken, fish, tofu, and legumes.*

Myth #6

The only thing that matters to get fit is going to the gym.

Fact: *While regular exercise is certainly important for achieving and maintaining fitness, it's only one part of the equation. In fact, many experts agree that diet is just as important, if not more so, than exercise when it comes to achieving fitness goals. Additionally, other lifestyle factors such as sleep, stress management, and hydration can all play important roles in achieving and maintaining fitness. Getting enough sleep is critical for muscle recovery and overall health, while effective stress management can help reduce the risk of injury and burnout.*

Myth #7

You will get abs if you do ab workouts.

Fact: *The truth is that doing ab workouts alone will not give you visible abs and it's a common saying: "Abs are built in the kitchen". The reason for this is that the appearance of your abs is determined by your body fat percentage, rather than the strength or size of your abdominal muscles. Even if you have strong and well-developed abs, they may still be hidden by a layer of body fat. To truly achieve visible abs, you need to focus on two key components: reducing your body fat percentage and building your abdominal muscles.*



**PART 2
BODY RECOMPOSITION
BASICS (MUSCLE BUILDING
+ FAT LOSS)**



GOLD'S GYM BRITISH COLUMBIA

PART 2: BODY RECOMPOSITION BASICS

- When people say things like “I want to get toned” or I want to look “fit”, oftentimes they are referring to a body with a decent amount of built muscle, and a body fat % level that’s low enough to show muscular definition where you can actually “see” the muscles. The more muscle mass your body is comprised of, the lower your body fat % will be. The process to achieving this, is called body recomposition.
- Body recomposition is a process of changing your body composition by simultaneously building muscle and losing fat. It involves a combination of resistance training, cardiovascular exercise, and a balanced diet to achieve the desired result.
- The main goal of body recomposition is to reduce body fat while maintaining or increasing muscle mass. This is achieved through a combination of strength training exercises to build muscle, cardiovascular exercises to burn fat, and a healthy diet that provides the body with the necessary nutrients to support these goals.
- To begin body recomposition, it’s important to focus on resistance training exercises that target the major muscle groups of the body, such as squats, deadlifts, bench presses, and rows. These exercises help to stimulate muscle growth and increase overall muscle mass.
- In addition to resistance training, cardiovascular exercise is also important for body recomposition. This can include activities such as running, cycling, swimming, or any other form of aerobic exercise that raises your heart rate and burns calories.
- As you progress with body recomposition, it’s important to track your progress and adjust your workout and diet plan accordingly. This may involve increasing the weight and intensity of your workouts or adjusting your calorie intake to continue to see progress towards your goals.
- Overall, body recomposition is a gradual process that requires consistency, dedication, and patience. By combining resistance training, cardiovascular exercise, and a balanced diet, you can achieve your desired body composition and improve your overall health and fitness.



**PART 3
NUTRITION
(HOW MUCH SHOULD I EAT?)**



GOLD'S GYM BRITISH COLUMBIA

PART 3: NUTRITION

Caloric deficit, surplus, and maintenance refer to different states of energy balance in the body that can affect body weight.

- Caloric deficit occurs when the body is burning more calories than it is consuming. This can be achieved by eating fewer calories or by increasing physical activity to burn more calories. When in a caloric deficit, the body will begin to use stored energy (such as fat) for fuel, which can lead to weight loss.
- Caloric surplus occurs when the body is consuming more calories than it is burning. This can result in weight gain, as the body will store excess calories as fat.
- Caloric maintenance occurs when the body is consuming roughly the same number of calories that it is burning. This can help maintain body weight at a steady level.

Caloric deficit, surplus, and maintenance are important concepts to understand when trying to manage body weight through diet and exercise. To lose weight, one must be in a caloric deficit; to gain weight, one must be in a caloric surplus; and to maintain weight, one must be in a caloric maintenance state. The specific caloric intake needed to achieve these states will vary based on a person's individual factors, such as age, gender, activity level, and body composition.



A top-down view of a white bowl filled with a vibrant quinoa salad. The salad includes cooked quinoa, sliced salmon, diced mango, cherry tomatoes, olives, and a variety of nuts and seeds. The bowl is set on a dark grey metal mesh surface. In the bottom left corner, there are fresh vegetables including a red radish and a green okra. The background features faint white wavy lines.

**PART 4
MACRO NUTRIENTS
(WHAT SHOULD I EAT?)**



PART 4: MACRO NUTRIENTS

A balanced diet is also a critical component of body recomposition. It's important to eat enough protein to support muscle growth, as well as healthy fats and carbohydrates to provide the body with energy and essential nutrients. Reducing calorie intake to create a slight caloric deficit will help to promote fat loss while still providing enough nutrients to support muscle growth.

PROTEIN: It's important to note that protein content can vary depending on factors such as cooking methods, portion size, and the source of the food.



PART 4: PROTEIN / PER 100 GRAMS

Chicken breast (skinless)

31 grams of protein

Turkey breast (skinless)

29 grams of protein

Tuna

29 grams of protein

Salmon

25 grams of protein

Shrimp

24 grams of protein

Beef (lean cuts)

26 grams of protein

Pork (lean cuts)

26 grams of protein

Lentils

9 grams of protein (cooked)

Chickpeas

8 grams of protein (cooked)

Quinoa

4 grams of protein (cooked)

Greek yogurt

10 grams of protein

Cottage cheese

11 grams of protein

Eggs

13 grams of protein

Almonds

21 grams of protein

Peanut butter

25 grams of protein

Tofu

8 grams of protein

Edamame

11 grams of protein

Black beans

8 grams of protein (Cooked)

Lima beans

6 grams of protein (cooked)

Pumpkin seeds

19 grams of protein

Sunflower seeds

21 grams of protein

Chia seeds

17 grams of protein

Hemp seeds

31 grams of protein

Seitan

25 grams of protein

Tempeh

19 grams of protein

Mackerel

18 grams of protein

Crab

18 grams of protein

Bison

29 grams of protein

Cottage cheese

11 grams of protein

Ricotta cheese

1 grams of protein

Milk

3 grams of protein

Whey protein powder

90 grams of protein

Soy milk

3 grams of protein

Cottage cheese

11 grams of protein

Feta cheese

14 grams of protein

Parmesan cheese

35 grams of protein

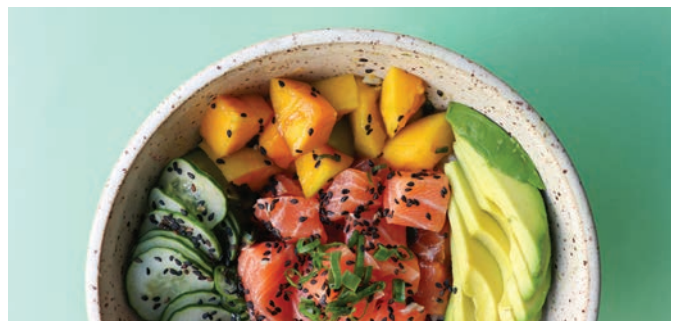
Swiss cheese

27 grams of protein



PART 4: NUTRITION

HEALTHY FATS: Please keep in mind that while these foods are high in healthy fat content, they should still be consumed in moderation as part of a balanced diet. The ideal amount of fat intake varies depending on individual needs and health goals.



PART 4: HEALTHY FATS / PER 100 GRAMS

Avocado

15 grams of healthy fat

Olive oil (100 grams)

73 grams of healthy fats

Salmon

13 grams of healthy fat

Mackerel

21 grams of healthy fat

Tuna

6 grams of healthy fat

Sardines

11 grams of healthy fat

Chia seeds

31 grams of healthy fat

Flaxseeds

42 grams of healthy fat

Hemp seeds

49 grams of healthy fat

Almonds

49 grams of healthy fat

Cashews

43 grams of healthy fat

Peanuts

49 grams of healthy fat

Brazil nuts

66 grams of healthy fat

Macadamia nuts

76 grams of healthy fat

Walnuts

47 grams of healthy fat

Pistachios

44 grams of healthy fat

Pecans

71 grams of healthy fat

Hazelnuts

61 grams of healthy fat

Sesame seeds

50 grams of healthy fat

Pumpkin seeds

45 grams of healthy fat

Sunflower seeds

51 grams of healthy fat

Coconut oil (100 grams)

87 grams of healthy fats

Dark chocolate

30 grams of healthy fat

Olives

11 grams of healthy fat

Eggs

11 grams of healthy fat]

Cheese

Varies depending on the type of cheese, but most are high in healthy fats

Greek yogurt

10 grams of healthy fat

Sour cream

20 grams of healthy fat

Heavy cream

38 grams of healthy fat

Whole milk

4 grams of healthy fat

Coconut milk

24 grams of healthy fat

Almond milk

2 grams of healthy fat

Soy milk

2 grams of healthy fat

Hemp milk

5 grams of healthy fat

Tofu

6 grams of healthy fat

Edamame

6 grams of healthy fat

Brussels sprouts

0.3 grams of healthy fat

Spinach

0.4 grams of healthy fat



PART 4: NUTRITION

HEALTHY CARBS: The term “healthy carbs” can mean different things to different people depending on their health goals and dietary needs. This list includes a variety of whole foods that are generally considered to be good sources of complex carbohydrates, fiber, and other important nutrients. Complex carbohydrates are made up of longer chains of sugars and are considered to be healthier than simple carbohydrates. They are found in a wide variety of foods, including whole grains, vegetables, legumes, and tubers. It is important to speak with a healthcare professional or a registered dietitian to determine your specific needs and dietary requirements.



PART 4: HEALTHY CARBS

Quinoa

Brown rice

Oats

Barley

Buckwheat

Whole wheat bread

Whole wheat pasta

Rye bread

Whole grain cereals

Cornmeal

Popcorn

Sweet potatoes

Potatoes

Butternut squash

Yams

Lentils

Chickpeas

Black beans

Kidney beans

Lima beans

Pinto beans

Soybeans

Peas

Artichokes

Broccoli

Brussels sprouts

Cauliflower

Cabbage

Carrots

Celery

Cucumbers

Tomatoes

Zucchini

Eggplant

Asparagus

Apples

Oranges

Blueberries

Raspberries

Arugula





**PART 5
NUTRITION
(CORTISOL LEVELS +
WHAT SHOULD I AVOID?)**



PART 5: NUTRITION / HIGH CORTISOL

Cortisol is a hormone that is released in response to stress, and it can have negative effects on fitness when it is chronically elevated. Here are a few ways that cortisol can negatively impact fitness:

1. Increased fat storage: Cortisol can increase the storage of fat in the body, particularly in the abdominal area. This can make it more difficult to achieve a lean and toned physique.
2. Breakdown of muscle tissue. This can impact strength and athletic performance.
3. Reduces the body's ability to recover from workouts
4. Decreased energy levels

There are some foods that can increase cortisol levels and should be avoided or limited if you're trying to reduce cortisol levels and improve your overall health and well-being.

- 1. Sugar and processed foods**
- 2. Alcohol**
- 3. Fatty and fried foods**
- 4. High-sodium foods**
- 5. Artificial sweeteners**
- 6. Foods high in saturated fat**



PART 6
HEALTHY HABITS



GOLD'S GYM BRITISH COLUMBIA

PART 6: HEALTHY HABITS

1. **Consistency:** To build muscle, it's important to consistently exercise and engage in resistance training. Aim for at least three to four workouts per week to see results.
2. **Progressive Overload:** Gradually increase the weight or resistance in your workouts over time to challenge your muscles and encourage growth.
3. **Adequate Protein Intake:** Protein is essential for muscle growth and repair. Aim for 1.2 to 1.7 grams of protein per kilogram of bodyweight per day, depending on your goals.
4. **Sufficient Caloric Intake:** To build muscle, you need to consume more calories than you burn. Aim for a slight caloric surplus of 250 to 500 calories per day.
5. **Proper Hydration:** Staying hydrated is important for overall health, but it's especially important for muscle growth. Aim for at least 8-10 glasses of water per day.
6. **Quality Sleep:** Rest and recovery are essential for building muscle. Aim for 7-9 hours of quality sleep each night to promote muscle repair and growth.
7. **Proper Form:** Proper form during exercise helps prevent injury and ensures that you are targeting the intended muscles. Always prioritize form over weight or intensity.
8. **Patience:** Building muscle takes time and consistent effort. It's important to be patient and trust the process.
9. **Consistent Challenge:** As your muscles adapt to your workouts, it's important to continually challenge them with new exercises, variations, and weights to continue to see progress.

A muscular man is shown from the chest down, shirtless. He is holding a black and red bottle of capsules in his right hand, pouring several white capsules into his left hand. The background is a warm, orange-toned gradient with white wavy lines on the left side. The text 'PART 7 SUPPLEMENTATION' is centered in white, bold, uppercase letters. Below the text is the Gold's Gym logo, which is a circular emblem with a silhouette of a person in a gym pose and the words 'GOLD'S GYM' around it.

**PART 7
SUPPLEMENTATION**



GOLD'S GYM BRITISH COLUMBIA

PART 7: SUPPLEMENTATION

Fitness supplements, also known as dietary supplements, are products that are designed to supplement the diet and provide nutrients that may be lacking or difficult to obtain through food alone. When combined with resistance training certain supplements, such as creatine have been shown to improve muscle strength and endurance and protein supplements, such as whey protein, have been shown to increase muscle mass. (BCAAs) and glutamine may also help improve recovery after exercise and reduce muscle soreness. Supplements such as caffeine, can help increase energy levels and improve exercise performance.

Not all fitness supplements are backed by strong scientific evidence, and some may even be harmful if taken in excessive amounts. It's always best to consult with a healthcare provider before taking any new supplements, and to focus on a balanced diet and regular exercise as the foundation of a healthy lifestyle.

CREATINE

Creatine monohydrate is a popular dietary supplement that is often used by athletes and bodybuilders to improve physical performance and build muscle mass. Here are some of the key benefits of creatine monohydrate:

1. Increased strength: Creatine monohydrate has been shown to increase strength, power and overall exercise performance by increasing energy availability.
2. It enhances recovery by reducing fatigue, muscle damage and soreness following intense exercise.
3. Creatine has been shown to increase muscle mass when combined with resistance training.
4. There is some evidence to suggest that creatine monohydrate may help improve bone density, reduce the risk of osteoporosis, improve brain function and improve glucose metabolism, which can be beneficial for individuals with type 2 diabetes.

It's important to note that while creatine monohydrate is generally safe for most people, like any dietary supplement it can cause side effects in some individuals. Speak with a healthcare provider before starting any new supplement regimen.