

Core to Score

The Ultimate **Golf Fitness** Key
to **Unlocking** Lower Scores

- 
- Hit the Ball Further
 - Eliminate Low Back Pain
 - Gain More Control
 - Increase Endurance

Christian Henning,
NASM-CPT

Let's Get Simple (Complex DOESN'T Work).....

Like me, you've probably tried all kinds of diets and complex systems and eventually gotten tired of the calorie counting or rigorous systems and quit.

Those plans are ridiculous and I have no intentions of living like that any longer.

For one these plans are not practical, enjoyable or desirable for anyone. Worst, once you quit those extreme diets you generally pack on more weight than you lost. A bigger you..

I've found that gaining a better understanding of nutrition, moderation, and following some basic rules is all I need to be successful. All we really want is something we can live with, and even enjoy satisfy our cravings from time to time.

Why is it easy to succeed with a simple approach?

Because complex programs do NOT work! Research proves complex programs fail...

EX: (Reference: Appetite. Volume 54, Issue 1, February 2010, Pages 37-43.)

Researchers studied Weight Watchers and tested how long people would stick to a "complex" diet. Researchers theorized that the people would fail if the rules were too complex. Researchers discovered that "perceived rule complexity" was the driving factor associated with an increased risk of quitting. Points, counting, and substitution were too difficult to track and constantly factor in and this caused people to quit.

Bottom line:

Too many rules = failure. Success is easy if you keep it simple. Remember the old saying Keep It Simple Stupid (KISS)?

Eating well is easy once you have a decisive and easy plan to implement.

The 90/10 Rule

Popularized by Dr. John Berardi of Precision Nutrition the 90-10 rule suggests you eat perfectly 90% of the time, with 10% being your not so perfect meals, or cheat meals. 1 out of 10 meals can be less than perfect.

This is NOT a binge meal or an excuse to eat poorly. Instead, simply eat a normal portion of your favorite meals 1 out of every 10 meals.

This may be a reward meal every other day. Reward yourself for eating 9 PERFECT meals – but do not binge or go back for seconds

The idea is that you are rewarding yourself for being good with foods you enjoy. You are not restricting yourself so much that you quit. You will look forward to the less than perfect meal and work even harder to eat well 90% of the time.

Top 10 Nutrition Tips

Here are 10 top nutrition tips that should be used in conjunction with Shed Pounds to Shave Strokes. Just following these tips alone is enough to change you for the better. I recommend eating by these tips for a lifetime, they can only yield positive results when followed.

1. Eat healthy, high-fiber and low-sugar whole foods such as lean protein (lean beef, chicken, & fish), vegetables (broccoli, peppers, and greens), fruit (oranges, apples, strawberries, & blueberries), nuts (almonds, cashews, and walnuts), and whole grains (oatmeal and multi-grain bread).
2. Eating 3 moderate meals & 3 snacks each day rather than 2- 3 large meals should keep you satisfied. Planning ahead and being prepared will also help.
3. Don't drink your calories – avoid soda and sugary drinks. Limit your alcohol intake. Each shot of alcohol or glass of beer or wine is about 150 calories. If you add mix to the alcohol, a mixed drink can be 300-1000 calories per drink. It's easy to see how alcohol intake can add up into fat gain. Restricting your alcohol and sugary beverage intake will help you lose pounds of fat in a very short time. One easy way to improve your health and lose fat is to stop drinking soda pop.
4. When eating at a restaurant, avoid excess sugar, fat, or oversized meals. Restaurant meals are often too large to eat in one sitting and contain more than enough food for one person. It's important that you recognize the pitfalls of dining out. Stick with the foods recommended by nutritionists as often as you can: healthy, high-fiber and low sugar

whole foods such as lean protein, vegetables, fruit, nuts, and whole grains.

5. Avoid “processed carbohydrates” (typically, this includes carbohydrates from a bag or a box). Processed carbohydrates generally provide too many calories and too much sugar. Processed carbohydrates rapidly increase and decrease blood sugar, often resulting in hunger and fatigue.
6. Eat healthy fats from olive oil, nuts, salmon, salmon (Omega-3), and omega-3 fortified eggs. Nuts and olive oil are high in monounsaturated fat. Monounsaturated fats are associated with good cardiovascular health. Good sources of monounsaturated fats include olive oil, walnuts and almonds. Instead of eating a bag of chips, eat 1/2 ounce of nuts (10-12 almonds). The American Heart Association recommends eating fish twice per week. Talk with a doctor or registered dietician about alternative sources of healthy fats if you don’t like to eat fish. They may recommend fish oil supplements.
7. Follow the Rainbow Diet. The only rule here is to eat as many different colors of fruits and vegetables as you can. The nutrients in each fruit and vegetable are usually linked to its color as well. You should consume far more than 5 servings of fruits and vegetables per day. Experts recommend 2-3 pieces of fruit per day and at least 5 servings of vegetables per day (such as broccoli, peppers, asparagus, etc.). Veggies and fruits will provide you with innumerable nutrients including fiber, vitamins, minerals, and many phyto-nutrients that simply do not exist in other foods.
8. Drink 12 cups (3 liters) of water per day, consumed over the course of the day and during exercise. For every pound of bodyweight that is

lost during exercise, it is suggested that exercisers should drink two cups of water.

9. Do the family grocery shopping on your own. Research suggests that adults spend more money at the grocery store when they shop with their kids and are more likely to buy high-calorie foods. You'll stick to your shopping list if you are on your own. Buy fewer labels and fewer products containing sugar. This means buy as much whole raw foods as possible, the less refined packaged food you and your family eat the better.
10. Be consistent! Don't try to change everything at once. Aim for 2-3 improvements each week. For example, in week 1, you can reduce your soda intake and add 1 new vegetable to dinner each night. Make small nutrition changes that add up to big improvements over time. Switch to 1% milk from 2% milk. Use only "lean-ground" turkey, beef, and chicken to help limit fat intake. Substitute calorie-free condiments for high-fat condiments.

The Importance of Nutrient Timing

Nutrient timing can make or break your fat loss efforts. Top athletes have been timing their meals for years knowing that when and what you eat before and after training makes measurable impact on body composition. In addition, eating the proper nutrients throughout the day also aids in muscle retention and growth as well as fat loss. Time everything right with your meal choices and you can make progress like never before. Timing it wrong with the wrong foods leads to stagnation and possibly even regression.

So what is proper nutrient and meal timing?

PRE-WORKOUT

The general rule for increasing workout performance is nutrient timing. Nutrient timing allows you to ensure your body is properly fueled before and after your workout. Properly timed meals before your workout result in heavier lifts in the gym and better endurance on long runs. Being properly fueled aids you in getting a better workout.

30 minutes to one hour before exercise drink a shake that consists of 20-30 grams of Whey Protein and eat an Banana, Apple, or one cup of Oatmeal. This will give your body the proper amount of fuel to power your workout. I suggest a Protein shake simply because they can be easily mixed while you are still at work or early in the morning when you are rushing around. If you can substitute a real meal in place of the shake go for it as your body prefers real food over any kind of shakes.

POST WORKOUT

Post workout meals eaten within 15 minutes to two hours after exercise aid

in recovery. Essentially you give your body exactly what it wants and needs after you hit it hard in the gym. This allows proper recovery and better gains in muscle and fat burn. Again, this should consist of 20-30 grams of Whey Protein along with some form of a more carb dense food such as a potato. Timing this right will allow you to recover faster, reduce muscle fatigue and soreness, and feel better the next workout.

ANYTIME MEALS

For the rest of your meals go easy on carbs that are not dense in nutrients. An example of a poor choice is white bread. White bread is high in calories and low in nutrition. If you read the label you will see enriched this and enriched that. Why is white bread enriched? Simple, it lost all of its nutrients when it was processed and they are having to add in vitamins to try to bring it back to decent. However, it's just crap. If you want to eat bread, opt for a whole grain bread such as Jesus bread (Ezekiel) which provides good amounts of Protein, Fiber, and Carbs.

Limiting carb dense foods that do not provide nutrient density throughout the day will turn you in to a fat burning machine. As a rule when you are not working out stay away from foods that are calorically dense and not nutrient dense (white bread). However, eat and substitute any and all the vegetables you want anytime of the day. Vegetables of all colors provide tons of vitamins, fiber, and anti-oxidants. I think this is where the non-carb craze goes bad. Vegetable consumption should be encouraged and never discouraged.

Your Anytime meal should consist of a lean Protein, a nutrient dense vegetable, and a healthy fat (fish provide lean protein along with Fish Oil

which is healthy for your heart and aids in fat loss). I also suggest snacking on nuts once per day (about a handful per day). If you can stick to vegetables and drop junk carbs, you are well on your way to losing all the fat you ever wanted. Avoid buttering up the vegetables too, lots of bad carbs and fats.

Nutrition Frequently Asked Questions

Q: What dietary supplements do you recommend?

Answer:

Only a select few. Most are worthless and some are unsafe to consume. However, I do recommend protein shakes when you are short on time and can not make a whole foods meal.

Everyone I've ever talked to has yet to see long-term results from "fat burners". I caution you to steer clear of diet pills in general as they are not proven to be effective or safe for the long haul. After all, we want to lose weight, build muscle, and improve our games in a healthy way.

Commercial post-workout drinks are un-necessary. In fact, one of the best recovery drinks has been shown to be chocolate milk. As long as you are not lactose intolerant, it is a great post-workout drink. Avoid the high-priced post-workout supplements that are nothing but carbohydrate and protein.

When building muscle, I do recommend Creatine. Research has indicated that Creatine can yield positive results. Plain creatine powder is all you need. Follow the directions on using Creatine

You should be eating a wide variety of fish as part of a healthy diet. If you dislike fish or find it hard to prepare, I recommend a fish oil supplement. If you are trying to prevent heart disease, the American Heart Association recommends a combined 1 g (of EPA and DHA) per day. Make sure you're

eating a wide variety of fish too, though, and not just popping pills. Remember, we are making a lifestyle change.

Another healthy supplement are Greens powders. Greens powders can be mixed with water and provide you with phytonutrients from a variety of plant sources. If you struggle with getting enough green vegetables, definitely add a greens powder to your supplementation.

I look at a Multi-vitamin/Mineral the same way. For many people, their fruits and vegetables intake is lacking, and a vitamin-mineral is added insurance to ensure you get enough of the right vitamins and minerals daily.

Bottom line: do not expect miracle fat loss or muscle gain from supplements. Aim to improve your eating everyday so that you need to rely less on all supplements.

Q: I'm not always hungry at breakfast, can I skip it?

Answer:

No, research I've read has shown that breakfast is an integral part of fat loss. Starting with breakfast, you should eat several small meals spread throughout the day. Spacing meals every 3 to 4 hours helps control your appetite and keeps your energy high. People who skip breakfast have been shown to eat more later in the day. To avoid this, eat a well balanced breakfast.

Q: Can I eat carbohydrates? Shouldn't I try and avoid carbohydrates?

Answer:

Don't believe the hype. Carbohydrates are part of a healthy diet. Fruits and vegetables should not be eliminated from a fat loss diet or any diet whatsoever. It is a good idea though to avoid lots of sugar, especially foods that have added sugar. Avoid sugary drinks.

Q: How much protein should I eat each day?

Answer:

Those who exercise regularly need more protein than sedentary people do. It is very easy to get all of your protein even if you are a vegetarian. By eating a small serving of lean protein with each meal, you get the protein you need to maintain muscle and lose fat.

RECOMMENDATION: Lean people should ingest 1 gram of protein per pound of body weight. Overweight people need LESS than 1 gram per pound of bodyweight.

Q: Should I avoid eating fat?

Answer:

No. But you should avoid SOME types of fat. Some fats are BAD. Trans-fats ARE TO BE AVOIDED at all costs. Other fats, such as those from fish and nuts are very healthy. In fact, healthy fats are essential.

Q: Should I stop eating after 6pm?

Answer:

No. There are no forbidden times for eating.

Spread out your calorie and protein intake into several small meals, and

space the meals a few hours apart. Don't skip any meals, no matter if they are early or late. Plan your meals and snacks ahead. Avoid food traps such as buffet dinners or late night snacks of soda pop and chips.

Q: What is metabolism?

Answer:

Metabolism is how many calories you burn each day. Exercise temporarily increases your metabolism. Increasing metabolism burns more calories and speeds the fat loss process. Exercising regularly also keeps fat from being added in the future.

Q: Should I starve myself today because I ate a lot last night?

Answer:

No! Starving yourself will throw off your metabolism. Cut your losses and start back on the plan immediately. It is important for you to eat consistently. Just remember the overall goal is to eat and exercise consistently. Bad moments will happen, and you just need to pick up where you left off. Quitting only leads to a permanent setback.

Q: I have junk food sitting around in my pantry and I don't want to throw it out. What do I do?

Answer:

Get rid of it! Temptation is hard to resist. However, if it is not in your house, you are more likely to succeed. Keep the junk food out of sight and out of mind. Don't leave anything to temptation.

Q: Should I weigh myself everyday?

Answer:

No. Focusing on numbers is not a good idea. Our program is designed to build muscle and burn fat. It is very likely that you may stay the SAME weight while adding muscle and burning away fat. Remember that muscle burns fat, and muscle weighs more than fat. So don't focus on numbers unless they are your total bodyfat percentage.

If you do weigh, pick a specific time and day that is the same each week. Make sure the circumstances you weigh under are the same.

Q: What should I eat before / after working out?

Answer:

This depends on the time of day you exercise and how the food fits into your daily calorie intake. The most important consideration for pre-exercise food is, "Do you have enough energy to perform your workout at the appropriate intensity level?" This will depend on when you had your last meal.

If you regularly wake up and immediately workout without eating, I'm not against you continuing to do so, but please be careful, as it is possible to experience low blood sugar and even dizziness if you do this.

Q: How do I determine if a food is worth of eating?

Answer:

As a rule, when deciding on a food to eat I think about how hard it was to convert to its current form. One or two steps from its natural source is fine -

anything more than two steps and you shouldn't be eating it. Take Milk for example, not real hard to figure out how the milk ended up in the jug. The milk comes from the cow and is then pasteurized. Compare Milk to Ritz Crackers - how hard is that? I bet it takes more than a few steps to figure that one out.

You know what junk is, so stop eating what you know isn't good for you. If it comes in a box or is frozen and takes more than a few steps to create from its original source - you shouldn't be eating it.

Should I count calories?

Q: Answer:

I don't count calories and I don't know of anyone who is successful at maintaining a healthy bodyweight that does. Sound crazy? Not at all, if you stick to the rules above you will be just fine. Listen to your body, stay away from junk, and eat vegetables at every possible chance. Eat what you know is good and there is no need to count calories. When eating out, all bets are off and try to limit calories from restaurants.

Q: How often should I eat?

Answer:

Eating 4-6 meals per day spaced out evenly increases fat burn. On your Anytime meals be sure to eat lots of vegetables and leave out the processed carbs. I think you will feel better and you won't miss that spike in blood sugar (drowsiness). 4-6 meals a day also increases your caloric expenditure over the day, thus burning more fat.

Determining Daily Calories Required for Fat Loss

Everyone is made up of energy. We measure energy in terms of calories. You require a certain amount of energy to simply be. In order to set energy goals for yourself, you must first find out where you fall in terms of basal metabolic rate. This is the rate at which you burn calories at a resting state. This formula is one of the most accurate measurements and is used today as a logarithm for digital calculations, such as a body fat or body composition analyzer. Please make note that this calculation is for adults only.

BMR calculation for men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in yrs})$
 BMR calculation for women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in yrs})$

Once you have your BMR. Multiply it by your activity factor. This will give you a more accurate measure of your daily caloric expenditures. This calculation must be redone if goals change from muscle growth and weight gain to fat loss, and from certain exercise level to the next.

BMR x Activity factor:

Light fitness training, such as light walking 20-30 minutes, 2-3 times per week

Moderate training, such as walking 20-30 minutes, 5 times per week, or more vigorous activity such as sports activity 20-30 minutes, 2-3 times per week.

Daily aerobic training 20-30 minutes, or daily moderate weight training

Heavy daily weight training

Heavy daily weight training coupled with intense sport training, or twice a day intense sport training.

Calculation: BMR x Activity Factor = Daily Energy Expenditure

To calculate for fat loss: Subtract 300-500 calories from your daily energy expenditure.

(-500 per day = 3,500 calories = 1 lb fat)

To calculate for muscle/weight gain: Add 300-500 calories to your daily energy expenditure

(average is 300 to avoid excessive fat gain)

This will determine the menu that best meets your energy needs. You may require adjustments to your daily menu if you miss or increase your exercise.

Plan, Shop, and Prepare Your Meals in Advance

We've all struggled from meal to meal deciding what to eat. Those who work outside the home are at an even greater disadvantage trying to stick to a healthy diet. We know our goal is to get as lean as possible, but yet we fail to plan ahead. And here we are at the last minute trying to make good nutritional choices either at home or at work. What about our next meal? Do I have the proper foods in my pantry and fridge to eat well? Did I even pack a lunch or will my co-workers want to eat fast foods again for lunch? Lack of planning and preparing our meals in advance has disastrous effects on reaching our goal.

I'm about to suggest a new method of meal planning that will remove the anxiety of last minute meal decisions. Just a few hours of planning and work can solve all of your weekly meal decisions. You don't need to stress when you are supposed to eat or what if you can do a few simple things on Sunday afternoon or evening. Not only will you not wonder when or what you will be eating, your results will dramatically improve AND your grocery bill will be quite a bit smaller! If you work outside your home, your lunch bill will be slashed giving you more money for new shoes or a purse.

If this sounds too good to be true it isn't, it simply takes a few hours on Sunday evening. Taking the guesswork out of your meals is easy with some advance planning.

This system is tried and true and easy to follow. Let me break down the steps and then I will go in to detail on each step.

Weekly Meal Ritual

1. What are your health and body composition goals? Be very specific and honest with yourself. Change takes effort and time. Allow yourself time to reach your goals. This is your journey and it might take 3 years to achieve. Only by beginning and being consistent and allowing yourself time can you succeed.
2. What foods will help you reach your goals? What foods do you like that will achieve the highest rate of success for you? Head out to the book store and find a book on healthy recipe's. Expand your palate and knowledge base. Hire a dietician if you are clueless and struggling!
3. Plan and write out your meals for the next 7 days. Be thorough and be sure to use nutrient timing and our system of Anytime vs. Post Workout as your guide
4. Prepare your shopping list and hit the grocery store. Do NOT buy foods or items that are not on your list. Your trip to the store should mainly consist of fresh foods. Try to limit processed foods to a bare minimum or totally eliminate them.
5. Be sure to buy Tupperware or Glad containers, enough for at least 3-4 days. These will be used to store your pre-made meals. If you will be taking meals to work, buy a soft collapsible cooler you can use to take your pre-made meals to work and back. Be sure to get some plastic utensils as well.
6. Prepare your meals and place the correct serving sizes in to each container. Generally I shoot for ½ to 1 cup for lean proteins and 2 cups of mixed vegetables. If you are unsure, hire a dietician! They are very

affordable and can provide a great deal of insight in to proper meal planning and timing.

Think about how much time you will save when you give up rummaging around for food and preparing each meal. Performing the task of meal preparation in bulk sounds like a lot of work and it is - but it will free up your entire week! This is the hard part and takes the most time, however, it saves time during the week as you are never making a meal from scratch or driving through a drive through window wasting money and gas.

TIPS FOR SUCCESS

Jot down recipe's and meals you run across that can help you achieve your goals. Add them in to your meal plans for variety.

Make your meal plan consistent for the week, this reduces cooking time on Sunday. Your meals will be very similar each day of the week but these are foods you enjoy and are helping you reach your goals.

Keep your menu fresh by changing up the meal plan from week to week while keeping in mind your overall goal.

Never buy anything outside of your meal plan, this goes for quick snacks, late night binges, or extra food you may have lying around. Stick to your plan and you will reach your goal and **SAVE MONEY!**

You don't need to make meals for 7 days in advance. If this seems daunting, try preparing meals on Sunday and Wednesday evenings. I prepare my meals Sunday and Wednesday evenings, this allows the me to keep the diet fresh and food even fresher.

If you are short of time and would like to follow this system without

preparing the meals yourself, you can easily find someone who can do this for you. There are many freelance chefs as well as trainers who are now preparing customized meal plans for their clients.

BENEFITS

- Improved nutrition by eating fresh foods. Processed foods have no place in this system.
- Improved body composition.
- Reach your body composition and health goals much faster.
- Save money on weekly and monthly grocery bill.
- How much time is wasted driving to and from a drive through window? How much money is spent on the food and the gas? Save time and MONEY by preparing meals in advance.

I hope you find this step-by-step guide useful in achieving your health and body composition aspirations.

Travel Tips: Eat Well and Workout on the Go

At some point either for business or pleasure you are going to need to travel while you're in the middle of a new workout program. Trips are one of the worst destroyers of consistent exercise known to man.

People on trips feel like they can't keep doing what they've been doing and tend to relax their nutrition rules. One of the worst things for your health is doing great at home and then failing to work out on your trips. Failure can be avoided with proper planning and the right mindset.

With the right equipment and preparation, you don't have to miss a single workout and can still get great results. Most hotels do not have decent workout equipment. If you are staying at some of the cheaper hotels you definitely need to pack some essential exercise equipment. Nicer hotels have very nice gyms but may not necessarily have the proper equipment for your needs. It is always a safe bet to pack a small essentials bag with the bare necessities required for a good workout.

Make Time.

The most important aspect is setting aside time during your trip to exercise. I've found the best times to do this are right before bed or first thing in the morning before your shower. During the day you are usually too busy to make the time and effort to get in a good workout. Another thing to keep in mind is if you are going to be doing a lot of walking that can be counted towards your cardio for the day.

Choose the right workout.

Travel workouts done in your hotel room can usually be done in the entrance of the room. This space gives you plenty of room to do push-ups,

squats, sit-ups, and a wide number of exercises and stretches. In addition, the main room door can be used to secure your exercise bands for stability.

The focus of a travel workout should be to maintain your conditioning in all aspects of cardiovascular, strength, and flexibility. The best movements for maintenance are bodyweight exercises with high repetitions. If your lucky enough to own a set of exercise bands then you don't have to sacrifice anything in your workouts, you can do just about everything with a good set of bands.

If you are following DVD at-home workout such as Insanity or P90X you can still keep up without missing a beat. I've known people who take along Tony Horton on DVD and follow along while watching him on the computer screen. P90X and a wide array of other DVD programs can be done quite easily in a hotel with a good set of exercise bands. You may have to modify the moves to some point, but all of the exercises can be done with bands (even pull-ups).

Pack the right equipment.

Creating a portable and functional travel gym is relatively cheap and easy. The main goal is to only take items that have multi-purpose usage. Below we've made some suggestions on some specific brands if you don't know what type of equipment to purchase.

Exercise Bands

Yoga Mat (optional)

30 Yards in 30 Days Workout

Workout shirt, shorts We Recommend:

Bodylastics Exercise Bands. Most sets come with a travel bag, door anchors, handles, and instruction manual. What's also great is that these bands come with a lifetime guarantee. Optional DVD is also available depending on the package you pick. This is a good investment and is worth going all out, the most expensive set is \$134.95 and is guaranteed for life.

I can vouch for the quality of these bands, as I like to alternate them in occasionally to my normal routines

Keep your nutrition in check.

Drink plenty of water, particularly if you're flying.

Plan a healthy meal in your mind prior to eating out and stick to your plan as closely as possible.

Aim for at least three times per day to keep you from feeling hungry and overeating at any one time.

Pick up portable, healthy snacks at a local market so you won't be caught hungry in front of the mini-bar.

Go ahead and splurge on regional dishes or local cuisine, but balance your diet by choosing lower-calorie foods at other meals.

Keys to Success

Following a few simple guidelines can keep you on track with your goals while traveling on vacation or for business. Simple is best when moving from hotel to hotel.

- Pack your bands

- Plan your workouts ahead
- Grab some good portable healthy snacks
- Make time to workout before bed or first thing in the morning

I hope this short guide helps you continue your workout and fitness goals while you travel.