



## Fitness Newsletter

September 2015

Transforming Lives With Educated Fitness Solutions

Hello!

We wrapped up another amazing Skinny Jeans Challenge! We want to congratulate all the challengers on a job well done! We are very proud of all the dedication to nutrition, workouts and your accountability sessions. Its all about being consistent each and everyday. More than anything we want you to see what focused intentions do toward reaching your goals! Ask me any day what the secret is to our program and I will tell you it is consistency. Period.

We have a new Fitness Professional to welcome to the TFW Team, Ben Kreuzman! Ben has great experience working with clients and also has a genuine desire to help people. We had several really good interviews but it was his passion that sincerely shined through. We are excited to have Ben on our team! He will be in the evening with Kendra!

Last month we had our Power Hour workshop and we appreciate all who attended. The workshop really challenged us to think about what our sole purpose is and taking time to reflect, read and honestly take time just for ourselves. Our next workshop is September 16th at 6:45pm and it is all about nutrition. What I really want you to take away from the

presentation is why we do the things we do with nutrition. This will be geared more towards the psychological aspect of our behaviors when it comes to nutrition.

Lastly, I have to do a selfish Maxwell plug! He is officially 33.5 lbs and a little too hyper right now for the studio! He has tripled in size and he is very "playful"!

Have a wonderful day and Go Colts!

Arin



# TRENDING AT TFW



## Happy Birthday!

Caron Anderson  
Les Anderson  
Kim Brant  
Lew Brenner  
Jack Carr  
Ed Couch  
Cheryl Cramer  
Kathy Jordan  
Erin Lamb  
Rakhi Patel  
Dipthi Raavi  
Jackie Suess  
JJ Treat



## 5 Fun Facts!

Chewing gum while peeling onions will keep you from crying

It cost 7 million dollars to build the Titanic and 200 million to make a film about it

Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day

Most soccer players run 7 miles in a game

The average person has over 1,460 dreams a year

## Sundried Tomato Pesto Bacon Wrapped Meatloaf Rounds

**Ingredients** Serves 4

1/2 cup sundried tomato pesto, plus 1/4 cup for tops (see recipe below)  
1 tablespoon chopped oregano  
1 tablespoon chopped basil  
1/2 tablespoon fresh thyme  
1 teaspoon sea salt  
1/4 cup yellow onion, diced  
2 cloves garlic, minced  
1/2 pound fresh grass-fed beef  
1/8 teaspoon freshly ground black pepper  
1/4 cup blanched almond flour  
1 large egg  
1/2 pound fresh ground veal  
4 slices bacon

### Sundried Tomato Pesto

3 cloves garlic  
1/2 cup sun dried tomatoes (in oil if you can, rehydrate per instructions if dried)  
1/2 cup fresh spinach  
1/2 cup fresh basil (a small bunch)  
1 tablespoon tomato paste  
1/2 cup extra virgin olive oil  
salt and pepper to taste

Add the garlic, sun dried tomatoes, tomato paste and herbs to your food processor and blend. Stream in the olive oil until the pesto comes together. Add salt and pepper to taste.



### Instructions

Preheat oven to 375 degrees.

In a large mixing bowl, add veal, beef, almond flour, pesto, herbs, salt, pepper, onion, and garlic. In a small separate bowl, whisk in the egg and add it to meat mixture. With your hands or a spoon, combine the mixture until well incorporated.

Form mixture into 4 equal rounds and place on a parchment lined baking sheet. Wrap bacon strips around each meatloaf round. Top each round with additional sundried tomato pesto.

Bake for 40 to 45 minutes or until the meatloaf is cooked to desired doneness.

# CLIENT OF THE MONTH

## SHERRON ROGERS

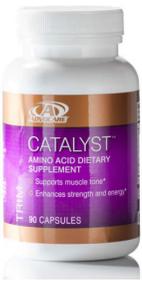
Since Sherron began her fitness journey with TFW she has lost 8 lbs and 4% body fat! Sherron's biggest struggle was learning how to eat well consistently. Like many of our clients, nutrition has been a battle for her and she has made it a priority to learn and implement the tools her accountability coach, Kendra, has given her. Sherron wears a heart rate monitor (Apple Watch) to keep track of her steps and also her caloric burn during each exercise session. She started off with a not so healthy diary and now she has switched over to more healthier food options. Keep up the great work Sherron, and congratulations on all of your success!



## CHECK THESE OUT...

### Catalyst

Amino Acid Dietary Supplement



**\$31.50**

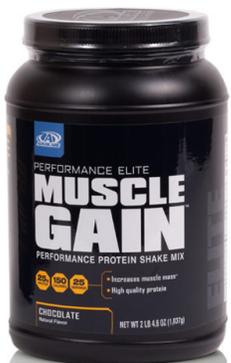
Catalyst provides a blend of essential branched-chain amino acids and L-glutamine to fuel your body with the muscle-building components it needs.\* Catalyst helps repair and protect muscle, and provides the essential amino acids needed to maintain and promote lean body mass, endurance and strength.\* Catalyst helps rid the fat and retain muscle when used in combination with a healthy diet, exercise, and other AdvoCare products such as Meal Replacement Shakes or Muscle Gain™.

#### Key Benefits

- Helps maintain muscle mass during exercise and weight management\*
- Helps support post-exercise muscle repair and recovery\*
- Aids in preserving muscle and energy levels during times of calorie restriction\*
- Supports mental energy and focus\*
- Contains branched-chain amino acids and L-glutamine, L-arginine, betaine, and taurine

### Muscle Gain

Performance Protein Shake Mix



**\$79.95**

Muscle Gain™ is made of a high-grade metabolically balanced protein blend that feeds your muscles the amino acids and other components that are essential for protein synthesis and muscle building. Because muscles need much more than just protein for optimal function, Muscle Gain adds important vitamins and minerals such as Vitamin C, calcium and vitamin B-6 to give your body the balanced support it needs to help build muscle and maintain improved health. Muscle Gain is available in vanilla and chocolate.

#### Key Benefits

- Contains 25 grams of high-grade, easily digestible protein per serving
- Provides nutritional support for increased muscle mass
- Enhances physical performance and endurance
- Supports enzyme production and muscle metabolic processes
- Helps maintain and restore energy supplies during and after physical activity

# The Breakdown of Protein

## Eight Reasons Why You Should Up Your Protein Intake

by Precision Nutrition

We have many clients want to know how much protein they should be consuming. This question may be different for each individual based on goals, workout intensity, and other factors. What we do know based on the experience of coaching hundreds of clients is that most people do not consume enough protein. And the first thing we do to stimulate results (and usually “results” mean body composition changes) is to increase the protein intake while making a few concomitant changes to carbs and fat intake.

Now, there are a number of reasons why we boost protein intake in most clients so in this article we outline them for you.

### Reason #1: Increased Thermic Effect of Feeding.

While all macronutrients require metabolic processing for digestion, absorption, and storage or oxidation, the thermic effect of protein is significantly higher than that of carbohydrates and fat. In fact, protein requires 25-30% of the energy it provides just for digestion, absorption, and assimilation while carbs only require 6-8% and fat requires 2-3%. That means that eating protein is actually thermogenic and can lead to a higher metabolic rate. This means greater fat loss when dieting and less fat gain during hypercaloric diets.

### Reason #2: Increased Glucagon.

Protein consumption increases plasma concentrations of the hormone glucagon. Glucagon is responsible for antagonizing the effects of insulin in adipose tissue, leading to greater fat mobilization. In addition, glucagon also decreases the amounts and activities of the enzymes responsible for making and storing fat in adipose and liver cells. Again, this leads to greater fat loss during dieting and less fat gain during overfeeding.

### Reason #3: Increased IGF-1.

Protein and amino-acid supplementation has been shown to increase the IGF-1 response to both exercise and feeding. Since IGF-1 is an anabolic hormone that's related to muscle growth, another advantage associated with consuming more protein is more muscle growth when overfeeding and/or muscle sparing when dieting.

### Reason #4: Reduction in Cardiovascular Risk.

Several studies have shown that increasing the percentage of protein in the diet (from 11% to 23%) while decreasing the percentage of carbohydrate (from 63% to 48%) lowers LDL cholesterol and triglyceride concentrations with concomitant increases in HDL cholesterol concentrations.

### Reason #5: Improved Weight Loss Profile.

Research from Layman and colleagues has demonstrated that reducing the carbohydrate ratio from 3.5 - 1 to 1.4 - 1 increases body fat loss, spares muscle mass, reduces triglyceride concentrations, improves satiety, and improves blood glucose management.

### Reason #6: Increased Protein Turnover.

All tissues of the body, including muscle, go through a regular program of turnover. Since the balance between protein breakdown and protein synthesis governs muscle protein turnover, you need to increase your protein turnover rates in order to best improve your muscle quality. A high protein diet does just this. By increasing both protein synthesis and protein breakdown, a high protein diet helps you get rid of the old muscle more quickly and build up new, more functional muscle to take its place.

### Reason #7: Increased Nitrogen Status.

Earlier I indicated that a positive nitrogen status means that more protein is entering the body than is leaving the body. High protein diets cause a strong positive protein status and when this increased protein availability is coupled with an exercise program that increases the body's anabolic efficiency, the growth process may be accelerated.

### Reason #8: Increased Provision of Auxiliary Nutrients.

Although the benefits mentioned above have related specifically to protein and amino acids, it's important to recognize that we don't just eat protein and amino acids — we eat food. Therefore, high protein diets often provide auxiliary nutrients that could enhance performance and/or muscle growth. These nutrients include creatine, branched chain amino acids, conjugated linoleic acids, and/or additional nutrients that are important but remain to be discovered.

### What does this all mean?

Looking over this list of benefits, isn't it clear that for many individuals, an increase in protein intake would be advantageous for most people's training goals? Since a well-constructed high protein diet can lead to a better health profile, an increased metabolism, improved body composition, and an improved training response, why would anyone ever try to limit their protein intake to the bare minimum necessary to starve off malnutrition?

“PROTEIN,  
PROTEIN,  
PROTEIN.”

- Helga

# WELCOME TO THE TFW FAMILY **BEN**



## **BEN KREUZMAN**

Ben hails from the Southside of Indianapolis where he attended University of Indianapolis. He graduated in May with a bachelors degree in Exercise Science. Ben was our top pick out of over 10 applicants for our evening Fitness Professional position! He is a skilled trainer and brings great enthusiasm and focus to our team. He is also an avid exerciser and enjoys playing pickup basketball in his spare time. Please help us in welcoming Ben to the TFW Team!

# DATE TO WATCH

## Nutrition Presentation

Are you wondering why your nutrition isn't where you would like it to be? Well we will be talking about that exactly; the reasons behind WHY we decide to make not so

healthy choices. We will be discussing the psychological reasons why we eat what we eat when it comes to nutrition.

September

16

6:45pm - 7:45pm

wake up with  
**DETERMINATION**  
go to bed with  
**SATISFACTION**

## **Spread the Word**

Do you enjoy your workouts and accountability at Transformation Fitness and Wellness? If so, tell your family and friends so that they can join you. Here at TFW we love our clients and we are always looking for more who are just like you! Tell us about the people in your life or give them our contact info so that they can reach out to us themselves.



@TFWellness



@tfwellness



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TRANSFORMATION



FITNESS & WELLNESS