

WEIGHT LOSS

Most people sacrifice what they want *most*, for what they want *now*.

Ketogenic	Brand name Ketogenic Diets	How it works	Energy sources	Result
High protein, very low carb	<u>Protein Power</u> <u>Atkins</u> <u>Anabolic Diet</u> <u>The Zone</u>	When you deprive your body of glucose (all carbs eventually become blood glucose) it becomes necessary for the body to use an alternate energy source (ketones)	1. Stored fat 2. Skeletal muscle proteins	Body will instinctively tear down these two energy supplies to make more glucose – resulting in both fat and muscle tissue loss. The metabolic environment is called ketosis. This is not conducive to high intensity weight training. This depressed insulin secretion may halt any additional muscular gains.

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Not everything that is good for you feels good for you.
Every Day Is The Day
Go Train Hard!