

## GLYCEMIC INDEX AND WEIGHT LOSS

What is average anyway? It's the best of the worst or the worst of the best.

### WHY DIETS DON'T WORK

At Best	At Worst	The Reason	The Result
At best, if you are overweight (or consider yourself to be) a diet will reduce your caloric intake	It will change your body composition for the fatter.	Many diets promote a reduction in your carbohydrate intake, stating this will stimulate quick weight loss. In actuality the weight you loose is mostly  1. Water (trapped or held with stored carbohydrates)  2. Muscle (as it is broken down to produce glucose)	After returning to your former way of eating, you regain an increased percentage of fat. With each repetition of the diet, more muscle is lost. The result is a change in body composition to less muscle and more fat.

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