



BigTime Nutritional Guidelines

The BigTime approach:

1. 50% carbohydrates: 20% fat: 30% protein
2. 5 meals a day:
 - increases metabolism
 - maintains energy level
 - controls appetite
 - too many calories at once are stored as fat
3. Food selections are based on the U.S. Ag. Dept Food Pyramid
4. The exchange system is used to determine portions and provide variety.
5. Metabolism is emphasized in meal selection and exercise program- no skipping meals (keeps metabolism from slowing down and controls appetite).
6. Do not eat late at night- metabolism is at slowest, food is more likely to be stored.
7. Reduce the fat intake in your diet- watch what is put on food- just enough for flavor.
8. Watch total calories- too much of good food is also detrimental to maintaining weight.
9. 3500 calories is equal to 1 lb.
10. 1-2 pounds is the goal for weight loss or gain per week.



What is good nutrition?

Good nutrition is not complicated, it is the discipline to eat right that is difficult. There are endless publications and advertisements promoting various "Diets". BigTime has taken information from some of the top nutritionists in the country and developed a program that is not a "Diet". The program is a lifestyle change, education, and a disciplined eating plan. Too many programs are sabotaged by poor eating. Add exercise and our approach becomes a great program.

Getting Started:

At BigTime, we emphasize training to go along with a good eating plan. The only way to lose weight is to increase calorie output and to decrease calorie intake. Strength training is crucial in helping lose weight. Lean body mass burns more calories than fat mass, and the best way to get lean muscle mass is to weight train. Doing this will also increase energy and confidence levels so progress is made every single day. Many people don't realize the hard work and consistency required to see results. We make our programs fun, but we will also push you so that results will be seen!

Nutrition-Aerobic Exercise-Weight Training-Metabolism!

Metabolism is the emphasis in our exercise program for weight loss. The program is specifically designed for increasing your metabolism and keeping it changed. Our eating plan, aerobic, and weight training programs all target metabolism.

Aerobic Exercise:

- Key is consistency- need 3500 calorie deficit to lose one pound of weight. Everyday counts.
- 4-5 times per week
- 30 minutes to one hour need to be achieved
- Intensity is determined by heart rate
- Find exercises that you can stay with

Weight Training

- 2-3 times per week
- Very little rest time in between sets will help burn more calories
- Work all major muscle groups, to develop more lean muscle mass to increase metabolism.
- Increased energy and strength will increase ability to perform aerobic workout.
- Individuals that incorporate aerobic and weight training together with proper nutrition show the best results.

If two out of the three are done (nutrition, aerobic, or weight training) only 2/3 of the possible results will be seen

Fat and Lean Body Mass Relationships with metabolism rates (per day at rest):

- ◆ 1 pound of fat burns approximately 2 calories
- ◆ 1 pound of lean body mass burns from 35-45 calories