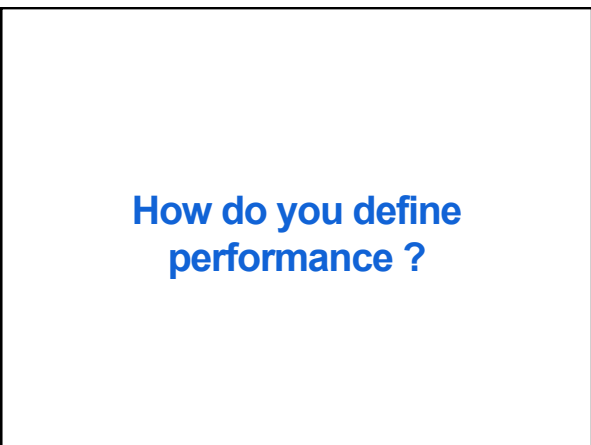




### Outcomes

- The why's and the how's of transforming your health and well-being right now, so that you know exactly how to get where you want to be
- Be clear about what peak performance is
- Know the factors that impact your own daily performance
- Have some baseline data that will measure these factors
- How to monitor and manage energy in vs. out





## Perform at your best

- Endurance
- Agility
- Flexibility
- Core and inner strength
- Mental resilience
- Finely tuned skills
- Intuition
- Organisational skills
- Focus and determination
- Strategy
- Persistence

## Challenges you may face daily

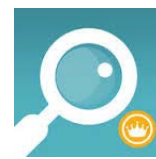


## Energy To Go

1 calorie = 4.2 kilojoules



My Fitness Pal

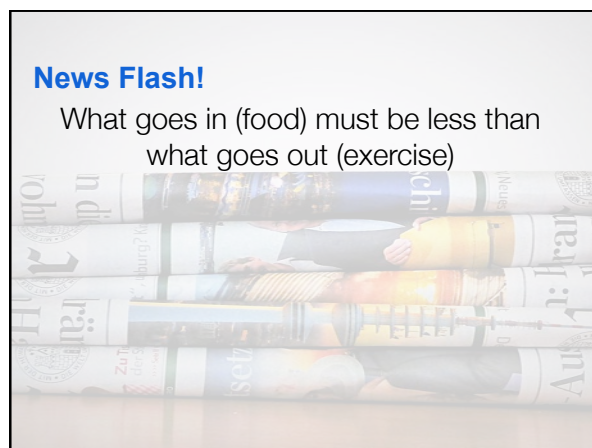


CalorieKing  
AUSTRALIA



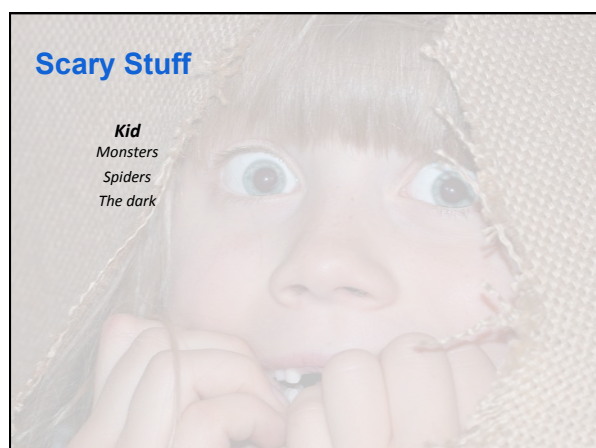
### Food Energy per gram

Fat	37kJ (9 calories)
Alcohol	29kJ (7 calories)
Protein	17kJ (4 calories)
Carbohydrate	16kJ (4 calories)



### News Flash!

What goes in (food) must be less than what goes out (exercise)



### Scary Stuff

**Kid**  
Monsters  
Spiders  
The dark



### Scary Stuff

**Kid**  
Monsters  
Spiders  
The dark

**Adult**  
Carbs  
Fat  
Getting older

## Carbohydrate – Friend or Foe?



## Energy Flow



## Carbohydrates

8 jelly beans or 4 strawberry creams or 2 snakes



1 slice of wholemeal bread or 1 banana

## GI of common foods

Food	GI
glucose, 50g	100
potato, baked, 1 medium	85
jelly beans, average 30g	78
cornflakes, 30g	77
bread, white, 1 slice	70
rice, Doongara, 1 cup	56
coca-cola, 250ml	53
peach, fresh, 1 large	42
m & m's, peanut, 30g	33
yoghurt, low fat, 200g	14



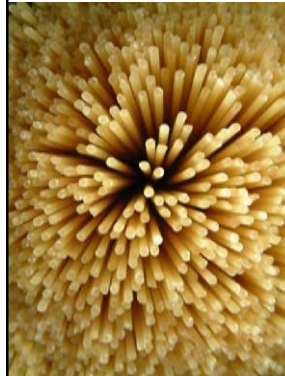


## 800gm of carbohydrate

- 12 weet-bix
- 5 bananas
- 10 slices of bread
- 4 cups pasta
- 10 scoops ice-cream
- 1 litre fruit juice



## Carbohydrates – daily needs



General sport (60 min) 5-6g/kg

Moderate (60-120 min) 6-8g/kg

Endurance (>120 min) 9-10g/kg

Extreme (5-6 hours) 12-13g/kg

## Protein

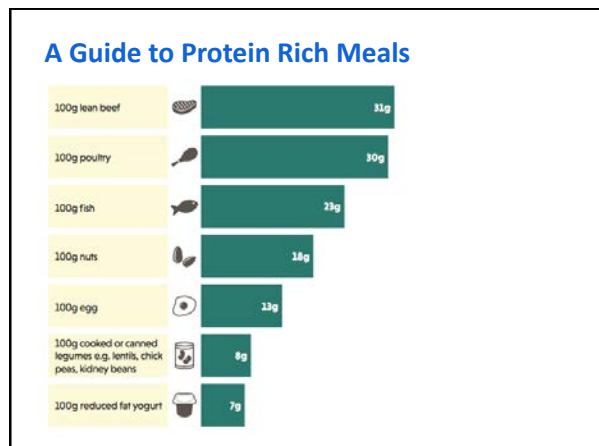
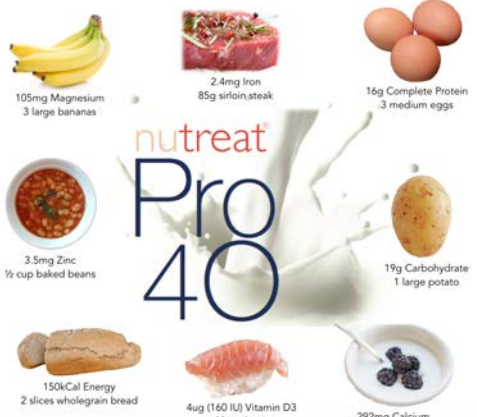


## Protein - daily needs (per kg)



### Protein - daily needs (per kg)

General sport	1g
Heavy training	1.2-1.7g
Strength training	1.6-1.7g
Endurance training	1.2-1.4g
Extreme training & teen	2g

**nutreat Pro 40**

105mg Magnesium 3 large bananas	2.4mg Iron 85g sirloin steak	16g Complete Protein 3 medium eggs
3.5mg Zinc ½ cup baked beans	19g Carbohydrate 1 large potato	292mg Calcium 200g tub yoghurt
150kCal Energy 2 slices wholegrain bread	4µg (160 IU) Vitamin D3 80g salmon	



