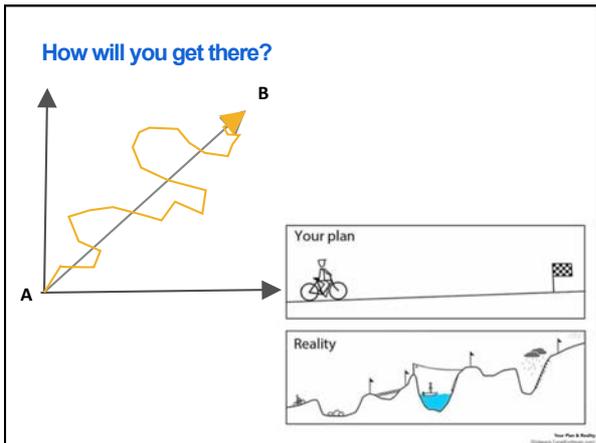
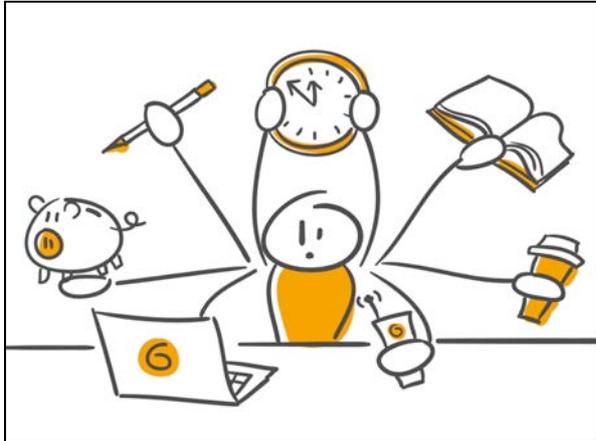




Outcomes

- 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





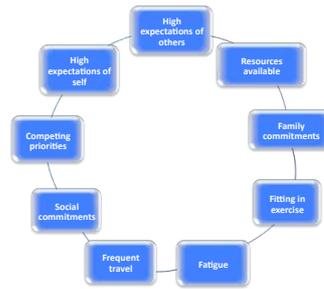
How do you define performance ?

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

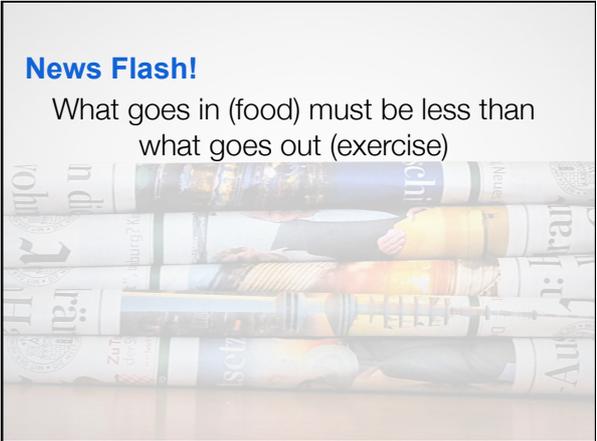


CalorieKing AUSTRALIA



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

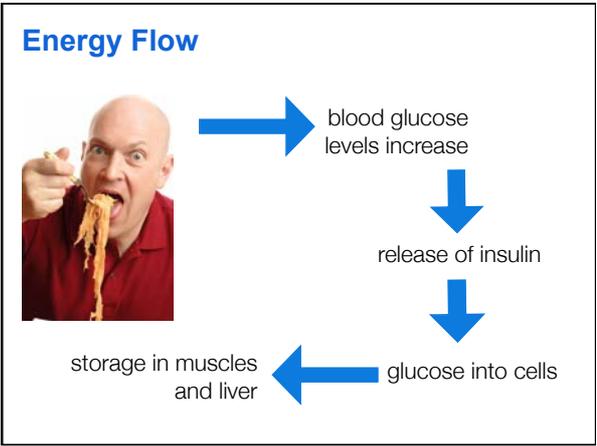
Kid
 Monsters
 Spiders
 The dark



Scary Stuff

Kid
 Monsters
 Spiders
 The dark

Adult
 Carbs
 Fat
 Getting older



Carbohydrates

8 jelly beans or 4 strawberry creams or 2 snakes

1 slice of wholemeal bread or 1 banana

GI of common foods

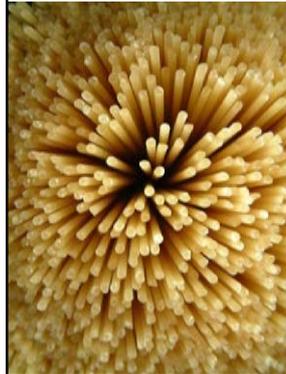
Food	GI
glucose, 50g	100
potato, baked, 1 medium	85
jelly beans, average 30g	78
cornflakes, 30g	77
bread, white, 1 slice	70
rice, Doongara, 1 cup	56
coca-cola, 250ml	53
peach, fresh, 1 large	42
m & m's, peanut, 30g	33
yoghurt, low fat, 200g	14

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



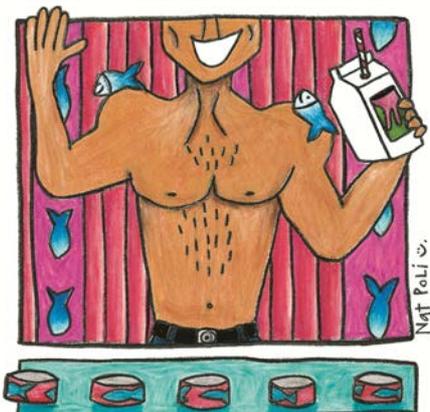
General sport (60 min) 5-6g/kg

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

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

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

Protein

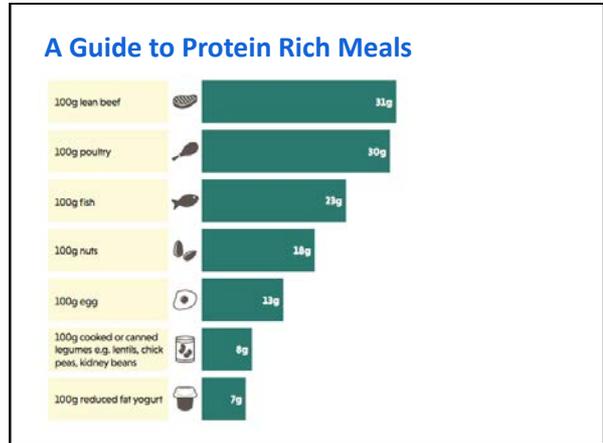


Protein - daily needs (per kg)



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: 1/2 cup baked beans
- 19g Carbohydrate: 1 large potato
- 150kCal Energy: 2 slices wholegrain bread
- 4ug (160 IU) Vitamin D3: 80g salmon
- 292mg Calcium: 200g tub yoghurt





Your Member Site

Julie Meek

Fuelling Peak Performance Member's Site

Welcome to Fuelling Peak Performance, your four week online program designed to optimize your nutrition and maximize your results.

Member content will appear below following the delivery of each webinar. You will have access to each member's workbook, webinar recording and clips of the sites plus any handouts relevant to each module.

Look forward to providing you with the best and strongest to achieve your PR!

Webinar Registration

Please register for the webinar before we commence the program on Tuesday 20 May at 7:00pm AEST.

[Go to my site](#)

You will receive an email confirming your registration for the webinar from me and this will include your individual sign link. Please log into the first webinar 5 minutes before it commences to ensure you are ready. Webinar recordings, our workbook and accompanying Google Classroom material will be available for you to access on the platform under the member page below. Click the YouTube logo to view in full screen in YouTube on any web browser!

Program Online

"The most effective way to do it...is to do it"
- Amelia Earhart, Aviation Pioneer