NO NONSENSE!

Nutrition Seminar

Presented by:

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Disclaimer

The information provided here is not intended to be a substitute for professional medical advice. Cathy Savage Fitness and Jodi Jones are not registered dietitians, do not provide specific nutritional advice for clinical conditions and are not engaged in providing medical services. The advice contained here is for information purposes only. You should consult a physician before engaging in any health, nutrition, or training program.

Additionally, please check with a physician or health professional if you have questions or concerns about your health. For a thorough analysis of your diet and specific nutrient needs, visit a registered dietitian.
Ok! Hit Me With It!

I. It's all fun and games…
   A. Virgins
   B. Flirts
   C. Harlots!
   D. Mirror mirror

II. So now you're a hottie!
   A. Metabolic Madness
   B. Is it me?
   C. Am I at least a woman?

III. They're here!
   A. “Fatso!”
   B. “Signs”
   C. “Sybil”

IV. I don’t feel so good…
   A. Brood mood
   B. Hurts so good!
   C. Get off my back!
   D. Everlasting GobSTOPPER

V. I hate myself!
   A. Pay attention
   B. Something’s brewing
   C. On the road again…

VI. Time for some action!
   A. Day of and Day After
   B. 7 day Sugar Shutdown

VII. Eating for health and beauty

VIII. Supplementing your career
THEORY:
Bridging the gap between knowledge and know-it-all-ism!

**off the mark.com**
This is what the Warbler Commission wants you to believe, that there was a single “magic rock,” but what about the shadowy figure on the grassy knoll?

Challenging the controversial “two birds, one stone” theory

**off the mark.com**
Kinda blows the whole “apple-a-day” theory out of the water, doesn’t it?

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It’s All Fun and Games Until…

Somebody gains a pound!

A. Virgins

C: Everything about this _______ is ___—including _______ _____ --but you are one _______ _______ ______!

D: It does not matter what ______ you choose, you will ______ _______just waking up in the morning.

B. Flirts

It is _______ the _______ _____ around and it _______ comes off the _______ _____ as before!

1. You will get _______ before you get ________.

2. You may not _______ get as lean again naturally. Hence the _______ of ________.

C. Harlot

Your main concern when you have ________ is your ________ “cup”. Keeping it _____ is a challenge if you want to remain competitive.

It is physiologically ________ to _______ off more than _____ _________ in a _______ without doing extreme damage. You have ______ _____ with ___ and then you are _______.

D. Mirror Mirror

You are ________ to _______ in the offseason and to ______ the plan as ________.
So now you’re a hottie!

A. Metabolic Madness

At your __________ ________, you are also the most __________ you will ever be.

__________ is low, __________ is low and ________ ____________ is high. You are one
__________ away from total __________ ____________.

B. Is it me?

Three things contribute to your being a crazed wilder beast:

1. _______________ 
2. _______________ 
3. _______________

C. Am I a woman?

You have _______ ________, ________ ________ and you’re a _____ ____!

When did I _______ my _____________?
They’re here!

A. “Fatso”
   
   If you ______ _________ more than ______ per day, _______ when you eat
   ______ _________ on the ______ or ______ _____ in any way, you have ________ ________.

B. “Signs”

   ____________________________
   ____________________________
   ____________________________
   ____________________________
   ____________________________
   ____________________________
   ____________________________

C. “Sybil”

   You may have _________, _________ and extreme _________ all of which are ___ for ___
   ___________ or _______ dieting.
I don’t feel so good...

A. Brood Mood

_________ is the _____ _____ hormone.

1. ___________ in its levels can make you go from _____ / ___ type symptoms to __________ and __________.

2. ___________ and _____ are necessary for healthy levels. One ______ it, the other _______ it.

3. Your __________ hormone levels are directly related to your __________ levels and therefore your __________ levels. Do not _____ your __________ levels until your _______ are back to normal.

B. Hurts so good!

_____ _________ is a powerful ___________. Your ____________ is your body’s own source of ________.

C. Get off my back!

________ and ____________ will keep you ____________ from your goal than __________ and _______ _________.

D. Everlasting GobSTOPPER

____ _________, including _________, not only keep you from __________ ____________, but they actually make you ________ if you _____ _________ long enough.
I hate myself!

The following ___________ and ___________ can be directly related to either ___________
___________ response or the ________ itself.

________________
________________
________________
________________
________________

A. Listen up sistah!

    Your number one sign something is amiss is ______ _________. Your most obvious sign is __________
____________________ without ________.

B. Something’s brewing

__________, ___________ ___________, ___, ___________ and absence of _________ _____
are also signs that things are awry.

C. On the road again…

__________, ___ and ______ will _______ you to be able to start again. ___ may be
necessary if you are on the ________ side of _________ production.
It's Time to Get'er Done!

"Mr. Osborne, may I be excused? My brain is full."
Time for some action!

A. Day of and Day after an event:

B. 7 Day Sugar Shutdown

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

“I had a diet shake for breakfast and another for lunch. For my workout, I chewed a whole bag of Tootsie Rolls.”
Eating for health and beauty

A. Top foods to avoid surrounding your event if modeling/photo shoots are a goal for you:

________________________________________

________________________________________

B. Top foods you may not be eating:

________________________________________

________________________________________

C. _______ _______ are the only food that can immediately begin to restore your ________ _______.

________________________________________

________________________________________

________________________________________

________________________________________

“T’m going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake.”
Supplementing your career…

A. The following vitamins may be added to your daily regimen:

- Calcium
- B Complex
- Magnesium
- Vitamin C
- Zinc

B. Eliminate all forms of _________ if possible.

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**SPORTS**

**Colon absorbs another pounding**

The Angels' starting pitcher, Jack McDowell, was hit in the leg by a line drive from the Dodgers' Jose Contreras during the second inning. McDowell was able to continue pitching, but not without some discomfort.

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**HORSE OF SPORTS**

**Dodgers take on Angels today**

The Dodgers take on the Angels today in an attempt to win their fourth consecutive game. The Angels, on the other hand, are looking to extend their winning streak. Stay tuned for updates on the game.