



BODYSYSTEMS[®]
NUTRITION

Hi I am Sarah McFaul - Belleville Store Manager



I am **Certified Supplement Expert.**

I enjoy being active outdoors on an adventure or you can find me in a gym as well keeping active.

I competed this past year on the body building stage for the first time, and as well enjoy boxing classes.

I have experienced my own health complications over the years, and have learned how fitness and nutrition was able to help my me physically and mentally.

I love being able to help others better themselves and meet those goals.

The importance of **healthy lifestyle, balanced diet, sleep and water**

Body Systems Nutrition

Proudly Local Canadian Company!

Since 2002 Body Systems Nutrition has been on a mission to transform millions of Canadians by providing the tools needed and the knowledge to use them.

We have been around for 20 years as a business and in the community. All our employees have to be certified in supplements.

We are more than just a store we are out connecting with our clients in the community from events to just surprise drop offs of our famous shakes



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Balanced Nutritional Diet Split of Carbs Protein and Fats

- **Carbohydrates (carbs):** This is your main source of energy. About half of your calories should come from carbs. You should choose healthy carbs like whole grains, fruits, veggies, and milk.
- **Protein:** You need protein to grow and build muscle. About a quarter of your calories should come from protein. Good sources are poultry, lean meat, seafood, eggs, nuts, soy, legumes, and low-fat and nonfat dairy products.
- **Fat:** Teens need about a quarter of their calories as fat. It helps with growth. Fat also helps the body take in vitamins and keep the skin healthy. You should eat healthy fats, such as those found in vegetable oils, nuts, avocados, olives, and fatty fish.

Staying Hydrated

BODY WATER

— Health & Medical —

INFOGRAPHICS



HOW MUCH
DO YOU
REALLY
NEED?



$$\div 8 =$$



DRINK
MORE
WATER



BODY
WEIGHT
(lbs)

1 = 8
QUINCES

WATER
NEEDED
PER DAY



BRAIN
75%
WATER



LUNGS
90%
WATER



BONES
24%
WATER



HELPS
CONVERT
FOOD
INTO ENERGY



BLOOD
85%
WATER



SKIN
80%
WATER



MUSCLE
75%
WATER



HELPS
BODY
ABSORB
NUTRIENTS



- Drink two to four cups of water one to two hours before physical activity.
- Drink another two to four cups of water 10 to 15 minutes before physical activity.
- Drink about a half cup of water every 15 minutes during physical activity.
- Drink one to two cups of water after physical activity.
- Remember to keep drinking water even if you don't feel thirsty.
- Sports drinks and energy drinks are not usually necessary. For casual athletes, water is all you need.



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Protein

Speeding recovery after exercise and/or injury, reducing muscle loss, building lean muscle, helping maintain a healthy weight.

Protein can also help in curbing hunger.

Our muscles are made of Protein and water



Protein

In terms of muscle growth, scientific research has clearly identified that whey protein is superior to soy, casein, egg, and vegan protein when measuring absorption, delivery, and stimulation. Simply put, whey protein is the single most effective muscle-building protein.



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Creatine

Creatine is by far the most researched and effective muscle building supplements, and although it is found naturally in the body, muscle has a higher capacity to store creatine than what naturally occurs.

Increasing muscle creatine levels elicits muscle building and energizing effects. Supplementing with creatine increases the body's creatine stores. As a result, more phosphocreatine is available for use by the muscles, which means more phosphate is available to adenosine diphosphate or ADP to help regenerate adenosine triphosphate or ATP, the muscle energy source.

The effect of supplementing with creatine contributes to not only longer sets and more reps but also gains in lean muscle and strength.

Loading Phase: 5 g taken 4 times per day for 5 days; Maintenance Phase: 5 g per day for maintenance before or after workouts

BRANCHED CHAIN AMINO ACIDS (BCAAS)

Branched Chain Amino Acids (BCAAs) consist of three essential amino acids: leucine, isoleucine and valine. BCAAs make up approximately 35% of the body's muscle protein, and play an exceptionally important role in muscle building.

5-10 g 3x a day before, during and after workouts OR upon rising and prior to bedtime





BCAA's

BCAAs play a vital role in muscle building.

Firstly, BCAAs help preserve muscle glycogen stores, which fuel muscles and minimize protein breakdown during physical activity. BCAAs are the most likely amino acids to be oxidized during exercise, thus supplementing with BCAAs during exercise can help preserve muscle mass.

Secondly, BCAAs enhance muscle protein recovery, leading to decreased muscle soreness and faster recovery between workouts.

Thirdly, BCAAs, especially leucine, are potent stimulators of muscle protein synthesis (MPS); as long as you have all the other essential amino acids in the body, supplementing with BCAAs can trigger the stimulation of MPS.



Glutamine

Glutamine is a non-essential amino acid that has been shown to aid in recovery, reduce protein catabolism and increase protein synthesis. Its presence is found in the blood, gut and the skeletal muscles. After training, injury to the muscle cells occurs, causing our immune systems to induce the recovery process to help repair tissue damage to muscles.

Supplementing with glutamine essentially reduces the amount of glutamine that is robbed from the muscles cells to fuel immune function.

Carbohydrates

Carbohydrate foods are digested at different speeds depending on how much fiber, protein and fat they have. Refined and processed carbs release glucose (sugar) into the bloodstream more quickly, leading to symptoms like low energy levels, cravings, overeating, weight gain and brain fog. Eating lots of processed/fast carbs can also increase risk for insulin resistance and diabetes.

Low GI carbs like veggies, whole pieces of fruit, ancient grains and legumes provide a slower release of glucose and better supply of energy for our cells that lasts for longer.

Carbohydrates spare protein from being burned so it can be used to build and repair muscle tissue. Carbohydrates also contribute fibre to the diet, which helps promote bowel regularity.

Finally, carbohydrates contribute to connective tissue, hormones, and enzymes.





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Come See Me In Store and I would Love To Help You

Sky Hawk Football Athletes are also hooked up with their own discount when you create a profile in store!

Store Hours

Monday to Friday 11am - 6pm

Saturday 10 am - 5pm