

FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+



Nutritional Supplementation

If there was ever a controversy in nutritional health care it is over the issue nutritional supplementation. Is it needed? Who needs it? What should you take? How much should you take? Is it safe? Is it effective? These are just some of the questions asked by patients, clients and consumers to doctors, physical trainers and pharmacists. The problem is that the current research is inconclusive with respect to the effectiveness of nutritional supplementation in healthy adults who eat a balanced healthy diet based on the Canadian Food Guide. However, the issue, is how many diets of Canadians meet the standards of the Food Guide. It has been estimated that less than 50% of Canadians do. As an adult do you have 7 to 10 servings of fruit and vegetables, 6 to 8 grain products, 2 to 3 milk and alternatives and meat and alternatives per day. If

you do not, then you are not meeting the standards set in the Canadian Food Guide and, as a result, you may not be getting all the nutrients necessary to maintain a healthy, active life style. If this is the case, and you add the stresses of work, family, exercise or lack of exercise, and environmental pollution, it is not surprising that you break down physically, mentally, emotionally and your immune system weakens to the point that infection and disease develop.

What is established in the literature (Journal of Nutrition for the Elderly, 2009 Jan-March; 28(1):5-29 and 2010 jan-march;29(1):42-71) is this: there is little evidence that supplementation of a healthy diet with vitamins A, C, E, the B vitamins Folate, B12, and B6 helps in the prevention of a number of major age related chronic diseases such as cardio-

vascular disease, stroke, cognitive decline, macular degeneration and cancer. However, significant reduction in the risk of sudden cardiac death have been shown with increased consumption of fatty fish or fish oil supplementation (omega-3 fatty acids). As well, there is strong evidence for the health benefits of supplements for Vitamin D (bowel cancer) and calcium(osteoporosis).

What does all this mean to you? It means, eat a healthy balanced diet based on the Canadian Food Guide (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>). It is simple, well illustrated and easy to use. It also means that if you are under stress physically (exercising or pregnant) or emotionally, (difficulties at work or home) nutritional supplementation can help support your immune system to help you optimize health.

DID YOU KNOW

Manchester Metropolitan University Study

"A combination of moderate exercise and nutritional supplements help older adults maintain an active lifestyle longer"

The study found that taking carbohydrates (CHO) and protein supplements just before and just after low-resistance exercise could boost muscle performance and slow muscle wastage in the older adult. Significantly, the combination of CHO and protein appears to deliver greater fitness benefits than undertaking heavy resistance training with or without changing one's nutritional habits.

Who Should Take Nutritional Supplements

1. Women of Childbearing Age—several studies have shown that taking Folic-Acid supplements for a period of time before and after conception can greatly reduce the risk of birth defects . (recommendation -0.4 mg / day)
2. People with poor dietary habits (teenagers, adults and elderly). A Canadian study suggest that an ordinary multi-vitamin and mineral supplementation can help individuals with a poor diet become healthier. In the study those who took supplements experienced about half as many infections and days on antibiotics. The supplementation lowered the number of people with deficiencies in vitamin A, B6 and C, as well as beta-carotene, iron and zinc. It is important to note that correcting these deficiencies through a proper balanced diet might have produced the same results.
3. People with food allergies or those who restrict one or more food groups from the Canadian Food Guide.
4. Those with hectic stressful lifestyles that restrict them from eating, sleeping and exercising properly.
5. Those on low-calorie weight-loss programs.
6. Smokers
7. People on medication
8. Strict vegetarians or vegans
9. Those who exercise very rigorously.



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Nutritional Tool Box

Understanding Nutrition so you Can make Better Nutritional Supplement Choices



What is Nutrition?

Nutrition is the process by which the body uses food to sustain life, grow, and be active.

No one food can supply all the nutrients necessary to meet all the body's needs. Healthy eating is based on eating a variety of foods in the appropriate portions. Nutrients are classified into 2 major categories; macronutrients (protein, carbohydrates and fat) and micronutrients (vitamins, minerals and water)

Macronutrients

Protein

- 2nd to water as the largest percentage of material in the body (45%).
- 15-25% of dietary intake
- Composed of 21 amino acids, 9 of which must come from your diet.

High quality protein sources: meat, fish, poultry, milk, cheese and yogurt.

Primary function;

- growth and repair of body tissues
- formation of antibodies, hormones and enzymes.

Carbohydrates

- Best energy source for moderate to high intensity exercise.
- 55% of dietary intake

Two types;

1. Simple
 - digest rapidly
 - Sources— fruits, table sugar, honey, candy
2. Complex
 - Provide fibre
 - Sources— grain products, vegetables

Primary function

- energy
- fibre

Fat

- Energy source in low intensity exercise (walking).
- < 30% of dietary intake

Two types;

1. Unsaturated (liquid at room temp.)
 - -decrease blood Cholesterol
 - Sources—fish oil, omega-3, flax seed
2. Saturated (solid at room temp.)
 - Increase blood Cholesterol
 - Sources— animal products.

Primary function

- energy
- tissue structure of cells
- myelin for nerve transmission

Micronutrients

Vitamins (13)

- Must get from diet

Two Types;

1. Water Soluble (9)
 - B vitamins and C
 - Not stored in body
2. Fat Soluble (4)
 - A,D,E,K
 - Stored in body so with supplementation threat of toxicity.

Minerals

- Must get from diet but are plentiful in a wide variety of foods therefore deficiencies are rare.
- Total amt. of minerals in body is small but each mineral is critical to cell function
- Primary minerals— calcium (bones), Iron (haemoglobin in blood), Magnesium (body metabolism), Sodium (fluid balance), Selenium

(antioxidant that neutralizes free radicals), Zinc (cell growth and immunity).

Water

- 60% of body weight
- Body loses 10 cups of water per day through urine, perspiration, breathing
- Alcohol, caffeine and a high fibre diet requires an increase in water consumption.

- Normal daily requirement;

- male— 12 cups

- female— 9 cups

Primary function

- temp. regulation
- lubricant for joints
- transportation of nutrients and waste products.

Summary

The need for nutritional supplementation is very individualized and for most people is not necessary if they have a proper balanced diet (Canadian Food Guide). However, for those individuals who are sick, elderly, under physical or emotional stress then nutritional supplementation should be considered to ensure that daily requirements for macro and micronutrients are being met.

“Small Steps Leads to Big Differences”

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