

BeFitLifestyle's "Better You" Fitness and Nutrition Tips to Live By...



Throw Away your Scale!

When you're trying to manage your weight, don't be mis-guided by an obsession with your **weight**. The original "ideal weight" standards were designed for insurance purposes – not guides for nutrition and fitness.

It's Body-Composition that Matters...

The key to any type of weight management program is lean body mass. Lean body mass is directly related to **metabolism**; the energy required to support all that you do in a day!



BeFit's Metabolic Metaphor

Your metabolism is your body's "internal fire". Therefore, in order to keep your fire **burning hot** you need to toss bits of kindling (i.e. frequent small meals) on it throughout the day.

If you neglect your "internal fire" and let it grow cold, and then toss in a big log (one big meal a day), the log will take days to burn. You get the point!



Nutrition is Essential to Body Composition

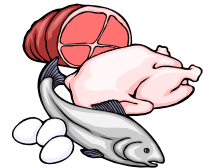
Appropriate body-composition changes can only be achieved if you consistently provide your body with a proper balance of nutrients.

Proteins, carbohydrates and fats are all essential for promoting a healthy metabolism necessary for burning fat **and** building muscle!

Fitness is Essential to Metabolism

Strength training workouts build muscle! Muscle is the energy source of the body which promotes the breakdown of bodyfat during cardiovascular workouts and throughout your regular daily activities.

Want to increase your metabolism? Build more muscle!



**BeFitLifestyle Professionals are ready to help you meet your goals...
Call us during the month of March for your FREE 30min consultation!!**