



ADVANTAGE SPORTS UAE

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# 6 NUTRITION MYTHS YOU NEED TO KNOW



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Front cover and Eggs: rawpixel@123RF.com; Meal frequency: Vera Kudryashova@123RF.com; Low carb food: Elena Shashkina@123RF.com; Sugary drink: oculusfocus@123RF.com

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# Hello!



Welcome to my monthly educational book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

# Testimonials



I can highly recommend Maria Inglis team, I'm training with one of her PTs and I have lost 2 stone since November! I can honestly say that the professional approach, injected with humour, allows the sessions to be tough but fun. I have not reached my goal yet, but I will reach it months earlier than I had expected! Happy to answer questions if you have them. Thanks Maria! #endorsedwithpleasure

Cathy

I absolutely recommend coaches mentioned by Maria. They worked with me for over two years. He really knows his stuff and is both friendly and very patient! He is also knowledgeable in working with postpartum issues such as diastasis recti (separation of the abdominal muscles) and nutrition issues.

Deirdre

Advantage Sports TRX Class makes a change from the boring gym!! I need to be pushed to limits and found the group great, different people with different levels of fitness but not competitive or intimidating! Loved it!

Chantelle

I really like all my workouts .... Fantastic!! Thank you Maria

Roxana



I am so lucky that I have found Advantage sports website! Leila is an incredible and patient teacher; she make me comfortable and motivated in every class! Her kind-hearted personality makes each session fun and allows me to feel comfortable in her practices, she gives me the chance to take my yoga to another level, she's fantastic!

Ayesha

If you don't try you will never know. Best training trainers I ever met. They are amazing and tailor your workout according to your body requirements.

Susan

Great company, fantastic trainers, can't recommend them highly enough.

Nicola

I would like to thank Maria for organizing a Trainer to come to my home to continue my rehabilitation physiotherapy started by the hospital. So far the exercises using the TRX have been varied and not overly taxing at the time, I do know all about them later and take it really easy for the rest of the day - but my range of movement is improving slowly, and pain levels are slightly down - both of which are a wonderful bonus. If anyone looking for a personal trainer give these guys a chance to prove themselves to you.

Jacqueline



I'd like to thank all the team at Advantage Sports. I use Advantage Sports a lot! I have a personal trainer, and he is fantastic. I had a hip injury which other supposed trainers made worse. My hip is great, I am stronger and much fitter. It is obvious that he really knows what he is talking about and makes workouts enjoyable, but tough enough to keep pushing you to new levels. Thanks to Maria and the whole Advantage Sports team!

Sandi

Advantage Sport has been coaching me in the Masdar classes for over 6 months and I thoroughly enjoyed every single session as they are always fun, tiring and very rewarding physically. My PT is a very nice, respectful and professional trainer. He knows how to push you the limit and always try to make every class different and never boring. I have improved significantly the last months thanks to his hard working classes and I am looking forward to becoming even stronger in the future.

Genevieve

Just wanted to let you know I have completed my 12 sessions with my trainer. She is an amazing trainer; she knows when to push you and when to let go. Thank you so much for sending her. I was on 111kg and now I am 95kg ... just following her guidance.

Urooj

# Get in touch



## Advantage Sports UAE

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# 6 Nutrition Myths You Need To Know



If you've picked up a magazine recently, glanced at your computer between emails, or looked at your phone, the chances are you will have seen some form of advertising for diets and weight loss. Nutrition, losing weight, and getting in shape are big business, but unfortunately, fiction sells better than fact.

Nutrition and fitness can seem complicated because there are so many conflicting theories and ideas out there on the internet or in the media, but if you look closely, the same themes come up time and time again, and often these themes are nothing but myths.

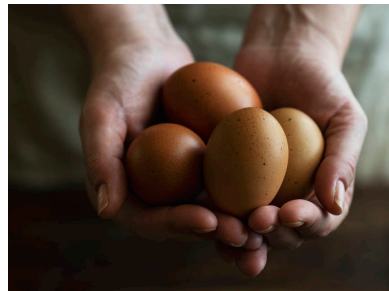
Nutrition myths start either out of a need to sell a special product or program, or by word of mouth and confusion about what the science behind these topics actually says. To navigate the fake nutrition news, hearsay, and marketing ploys, here is a breakdown of the six biggest nutrition myths you need to know.

## **Protein is bad for your kidneys**

Protein makes you feel full, helps you recover from training, build and maintain muscle, and is important for a whole host of bodily functions. But isn't too much of it bad for your kidneys?

This myth stems from the fact that people with existing kidney issues need to be careful with their protein intake. But while this might be true for people unlucky enough to have a kidney issue, it absolutely isn't the case for the rest of us.

Research points to even ridiculously high-protein intakes as having zero negative effect on health for those of us with no kidney problems (1), so don't worry about having that protein shake or adding an extra chicken breast to your meal any time soon.







## Eating little and often boosts your metabolism

It's long been said that eating smaller meals, more regularly, will result in a faster metabolism, better controlled blood sugar, and improved fat loss. However, when these claims are checked against the scientific literature, it turns out that none of them are true.

A review on the science behind meal frequency and metabolism stated that "nibbling" versus "gorging" made no difference to metabolism <sup>(2)</sup>, although for appetite control, eating only one or two meals may leave you feeling hungrier than three or more <sup>(3)</sup>, despite having no effect on how many calories you burn.



Eating one big meal or eight small ones won't make any difference to how many calories you burn, so feel free to eat the number of meals that fits with your lifestyle and goals, with three to six meals being a good amount for most people.



## Low carb diets are the best way to lose weight

Ever been told that you have to eat certain foods to lose weight while ignoring others? Or maybe that you need to keep your blood alkaline, detox, or drink celery juice to shed a couple of pounds? This is because blaming one bad guy on everything is easier than solving a more complex problem. More often than not, the sole wrongdoer getting the blame is carbohydrate.



The truth about weight loss is that to lose fat, you must consume fewer calories than you burn for a period of time (4). But if that's true, and we can do that while eating whatever foods we like, why does dropping carbs seem to work so well for some people?

- What we often think of as "high carb" foods are often, not only high in carbs, but high in carbs, fat, and overall calories.
- Foods like pizza, chips, cake, and pastries all have the heady mix of carbs, fat, sugar, and tastiness that make them our favourites.
- When we go on a low sugar diet, these foods are no longer an option, and we end up not just leaving out carbs, but a whole load of calories too.

Low carb diets do what any other successful diet does, by helping us reduce the number of calories we take in. If you can stick to a low carb diet, and prefer to restrict carbs, then there is no good reason not to do it, just know that you can still eat some of your favourite foods each day and make just as good progress.



## **Breakfast is the most important meal of the day**

Many of us fear skipping the all-important morning meal. Whether it's because our mum told us that we wouldn't be able to concentrate at school if we didn't eat our cereal, or because we think we need energy to keep our blood sugar stable, it's often hard to ignore everything we've heard about the so called "most important meal of the day". The research paints another picture, though.

- Your metabolism doesn't slow if you don't eat first thing. It's the number of calories you consume by the end of the day that matters, not when you consume them (4).
- While people often complain of low blood sugar if they miss a meal, when the same people are made to fast for 24 hours and their blood is drawn at four hourly intervals, their blood sugar stays perfectly stable (5).
- If you think your brain doesn't work unless you eat something, it's worth knowing that there's no difference in peoples' ability to perform cognitive tasks after either having breakfast, or skipping it (6).

If you aren't hungry in the morning, or just feel like leaving your first meal until lunch, you are good to go.

## **Organic food is healthier than non-organic**

We've probably all heard that eating "clean" is the best thing for us, despite the vague notion of a "clean" diet having no clear definition. One thing often said is that organic food, being "cleaner", is healthier than non-organic, but the facts around this don't add up (7).

- Studies looking at the effect of organic foods on clinical health markers showed no difference between organic or non-organic.
- Health markers in blood or breast-milk are no different in people who eat organic foods and those that don't.

If you eat your fruit and vegetables, you are already winning. The choice is yours, but you don't have to eat organic to improve your health.



### **Artificial sweeteners are worse than sugar**

We know where we are with sugar. Sure, we can probably all agree that eating too much of the stuff is not a great idea, but we grow up with it, understand what it is, and get along just fine. Where sweeteners made from chemicals we haven't heard of are added in place of sugar though, we often aren't so sure. We know we have to reduce sugar sometimes, but aren't sweeteners worse?



Aspartame, which is found in most diet drinks, has been in the news for its apparent negative health effects since the 1970s. Despite being studied more than 1,000 times, and being cleared by every food committee or regulation existing, it still gets regularly linked to causing diseases in the media and online.

The problem is that these claims come from some very early animal studies. But it's possible to dose mice up with aspartame to ludicrous levels that could never be consumed by humans, and when tests are done on people, none of the same results are found (8).

In fact, the acceptable daily intake for aspartame, set by the FDA, is 50 mg per kg of body weight. That is roughly 18 to 19 cans of diet soda, but even when 100 mg, 150 mg, and 200 mg per kilogram of bodyweight is consumed, studies still show no ill effect.

If you want to drink diet drinks to keep calorie intake lower, you don't need to worry about the dangers of sweeteners.



Eating healthily can be a confusing business, especially when so much written about nutrition is a myth. Unfortunately, in some circles, selling diet books or programs with iffy advice is a big business. To steer clear of any dodgy claims, keep this article handy, keep thinking critically, and you'll make great progress.

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