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A NEWSLETTER DEDICATED TO  
PROVIDING WOMEN WITH  
INFORMATION ABOUT NUTRITION  
AND FITNESS

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## PUTTING THE PIECES TOGETHER

Earlier this month I was doing a puzzle with my children, and it reminded me of how about how proper nutrition works. When you open a puzzle box, it is a jumbled mess of hundreds of pieces that must be correctly put together to form a picture. If even one piece is missing then you will have an incomplete picture. Ladies, it the same with getting our bodies into the shape we desire, and more importantly deserve. We must incorporate all the necessary elements of a healthy lifestyle in order to achieve our fitness goals. The good news for all of us is that this puzzle only has three pieces: proper nutrition, exercise, and proper supplementation.

The even better news is that at Max Muscle we can help you with two of those pieces; proper nutrition and supplementation. The *best* news is that those pieces will be customized to you as an individual and your specific fitness goals. Any one of our Certified Nutritionists (there are 4 of them at the store) can create a Nutritional Blueprint for you. A Nutritional Blueprint is an interactive meal plan that allows you to change the foods that you eat during the day, providing you with variety, all while helping you lose body fat and gain muscle.

Beyond proper nutrition, proper supplementation has to be incorporated in order to reach your fitness goals quickly and effectively. As I promised, I will give you my top five, *cannot be without*, supplements from Max Muscle. Let's start with what we call the *Core 4*.

These are the four products that every person, regardless of activity, age, or sex, should have in their gym bag. The first supplement I use every morning is, Max Muscle's *Vit-Acell*, a liquid vitamin that is taken once a day. According to John Morin C.S.N., one of our store's Certified Nutritionists, *Vit-Acell's* ability to absorb far surpasses any tablet or capsule multi-vitamin because there are no gums, tars or fillers holding the product together that must be broken down by the body. I follow up my *Vit-Acell* with, with a protein shake.

Max Muscle has a variety of proteins to choose from, however, my current protein of choice is *Iso-Extreme*. It is a low calorie, low carb, low fat protein. I mix 12 oz of water with two scoops of *Iso-Extreme*, and my breakfast is complete.

On my way to the gym and upon leaving there are two supplements who's consumption I consider non-negotiable. They are *Max Glutamine*, and creatine in the form of *Max Kre-Alkalyn*. Glutamine is the most abundant amino acid in our bodies, and it helps greatly with the recovery of our muscles after a hard training session. Another advantage gained from taking glutamine is that it helps to strengthen our immune system.

Let me now discuss my favorite product, the creatine *Max Kre-Alkalyn*. Creatine, which is found naturally in our bodies through the consumption of red meat and dairy products, is depleted from our muscles when we work out, or over exert our muscles. Creatine is fuel for our

muscles, much like gas is fuel for our cars. If you fill your muscles with the creatine before you work out, you will have more, "fuel in your tank", allowing you to perform longer and stronger at the gym. *Max Kre-Alkalyn* will fill "your tank" clear to the top because it is 100% absorbed and has six patents to prove it!

Stay with me here, if you can work out harder and longer, then you will build lean muscle mass, causing your metabolism to kick up a notch, leading to, weight loss. I think of creatine as the "undercover weight loss supplement".

I told you I would tell you about five products, and honestly, I have so many favorites, that it is hard to choose *just* five. However, the supplement that propels me through my workouts each day is *Full-Blown Extreme*. This awesome supplement is a pre-workout drink that gives you sustained energy, without the crash most energy products. The best part of this wonderful energy source is that every serving contains the creatine, *Kre-alkalyn*. Isn't that great?! You get ingredients for energy and your creatine all in one product. *Full-Blown Extreme* is so awesome that it has even gotten me through many 8 to 10 mile runs at 5 o'clock in the morning!

Though I mentioned that I consume protein every morning, I want to address the importance of regular protein consumption. The most common thing John mentioned that he hears at the store, when discussing protein with women, is that they do not want to take it for fear of "bulking up". Ladies, protein is not going to bulk you up, on the contrary, it is one of the best supplements to use for weight loss. Protein protects our lean muscle mass, therefore making our bodies burn fat instead of muscle for fuel.

This is why it is so important to drink a protein shake within 45 minutes of working out. Too many of us leave this piece missing from our "nutrition puzzle" by not protecting our muscles with protein. Basically, you have just undone, all the hard work you have performed. If you do not have all the pieces of the puzzle, you will not have a complete picture!

Are you ready to complete your picture? Here at Max Muscle, we are ready to help, and you are only 3 steps away to getting the body you desire and you deserve. See you soon at Max Muscle.



Yours in Health,  
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