

## **Good Apple Fitness**

[www.goodapplefitness.co.uk](http://www.goodapplefitness.co.uk)

**Fitness•Health•Energy•Weightloss**

**HELLO STRATHCLYDE  
UNIVERSITY!**

## About Me ...

- 🍏 Gordon Anderson – Lifestyle Coach, Good Apple Fitness
- 🍏 Personal trainer (Dip. PT)
- 🍏 Nutritional consultant
- 🍏 Swedish massage and sports massage therapist
- 🍏 Coach & mentor for health & fitness professionals
- 🍏 Seminars, workshops & 1:1 consultations & support
- 🍏 Member of the Register of Exercise Professionals (REP's)



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**A FEW QUOTES  
TO  
WHET YOUR APPETITE ...**



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**FROM “THE FATHER OF MEDICINE”...**

**Let food be your medicine and medicine be your food**

- Hippocrates (physician, 460-370 BC)



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## FOOD FOR THOUGHT ...

**If the doctors of today don't become the nutritionists of tomorrow, the nutritionists of today will become the doctors of tomorrow.**

- Dr. Paavo Airola



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# MORE FOOD FOR THOUGHT ...

**Healthcare today is the fastest-growing failing business**

- Dr. Emanuel Cheraskin



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**IS IT JUST TERMINOLOGY? ...**

**What's another name for a health centre?**



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**ANSWER ...**

**... a SICK centre?**



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**ANOTHER ONE FOR YOU ...**

**What's another name for LIFE insurance?**



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**ANSWER ...**

**... DEATH insurance?**



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**QUESTION ...**

**... Do you eat to live, or live to eat?**



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## HOW ABOUT THIS ONE? ...

**The definition of insanity is to keep doing the same things and expect different results.**

Rita May Brown



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**Plan for the future, because that is where you are going to spend the rest of your life.**

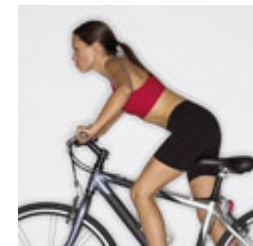
- Mark Twain



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# SOME QUESTIONS FOR YOU BEFORE WE GET STARTED



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## What is...

1. OPTIMUM?
2. ESSENTIAL?
3. 'MACRO' nutrients
4. 'MICRO' nutrients
5. 'RDA' & 'ODA'
6. Complete this sentence – “Knowledge is ...”
7. Last one ... “You are what you ...”

... Don't worry it's not a test!



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## TOPICS FOR TODAY



Boost your energy and health with optimum nutrition & exercise



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## TOPICS FOR TODAY



Boost your energy and health with optimum nutrition & exercise



'GI' and 'GL' explained - and the importance of knowing the difference



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## TOPICS FOR TODAY



Boost your energy and health with optimum nutrition & exercise



'GI' and 'GL' explained - and the importance of knowing the difference



The best lifestyle prescription – BIG BENEFITS from simple changes



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## TOPICS FOR TODAY

- 🍏 Boost your energy and health with optimum nutrition & exercise
- 🍏 'GI' and 'GL' explained - and the importance of knowing the difference
- 🍏 The best lifestyle prescription – BIG BENEFITS from simple changes
- 🍏 De-stress your body and mind with exercise, stretching and breathing



## TOPICS FOR TODAY

- 🍏 Boost your energy and health with optimum nutrition & exercise
- 🍏 'GI' and 'GL' explained - and the importance of knowing the difference
- 🍏 The best lifestyle prescription – BIG BENEFITS from simple changes
- 🍏 Benefits of regular exercise, breathing and stretching – your routine
- 🍏 Some facts and myths



## TOPICS FOR TODAY

- 🍏 Boost your energy and health with optimum nutrition
- 🍏 'GI' and 'GL' explained - and the importance of knowing the difference
- 🍏 The best lifestyle prescription – BIG BENEFITS from simple changes
- 🍏 De-stress your body and mind with exercise, stretching and breathing
- 🍏 Nutritional supplements – facts and myths
- 🍏 Action plan and resources to maintain and improve your health



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**BOOST YOUR ENERGY AND HEALTH WITH OPTIMUM NUTRITION**

# Think 40/30/30

- 🍏 'Fuel' for performance
- 🍏 Food groups explained
- 🍏 What to eat and when
- 🍏 The most important meal of the day
- 🍏 What is the most important nutrient and where is it?



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# THE MOST IMPORTANT NUTRIENT - WATER!



... Think grapes and raisins!



**Did you know ...** If you feel thirsty you're already 1% dehydrated. Muscles performance is 15% less efficient at 1% level. Your body is about two-thirds water.

## Signs of dehydration

- Dry cotton mouth
- Sticky oral mucous
- Dry flushed skin
- Decreased urine output (normal is every 2-4 hours)
- Dark coloured urine
- Loss of performance
- Slurred speech

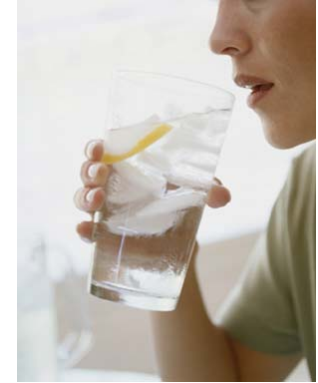


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## THE MOST IMPORTANT NUTRIENT



### H<sub>2</sub>O - Benefits, Benefits, Benefits

- Transports vitamins & minerals
- Plays important role in energy production
- Lubricates around joints
- Serves as “shock absorber” inside spinal cord
- Healthy skin - plumps up cells so wrinkles are less apparent
- Regulates body temperature - cooling your body with moisture (perspiration) that evaporates on your skin

**TIP ...** If you hit a mid-afternoon low, instead of having a cup of coffee, tea or fizzy drink, which are all diuretics and increase dehydration, drink a large drink of cool refreshing water. This is a great remedy for fatigue and will bring true refreshment.

**Consume 2 litres of water each day.**



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**GI and GL EXPLAINED ...  
... & THE IMPORTANCE OF KNOWING THE DIFFERENCE**

**GI = GLYCAEMIC INDEX**

GI = speed



**GL = GLYCAEMIC LOAD**

GL = speed AND load



**The best way to achieve optimal blood sugar balance is to control the GL in your diet**



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## GI (Glycaemic Index 1-100) of some common foods

<u>Sugars</u>		<u>Fruit</u>		<u>Grains/Bread</u>		<u>Cereals</u>		<u>Pulses</u>		<u>Dairy</u>		<u>Vegetables</u>	
<b>Glucose</b>	<b>100</b>	<b>Watermelon</b>	<b>72</b>	<b>French baguette</b>	<b>95</b>	<b>Cornflakes</b>	<b>80</b>	Baked beans	48	Ice cream	50	<b>Parsnip(cooked)</b>	<b>97</b>
Honey	87	Melon	65	White rice	72	Puffed rice	73	Butter beans	36	Yoghurt	36	<b>Potato(baked)</b>	<b>85</b>
Sucrose (sugar)	59	Raisins	64	Wholemeal bread	69	Weetabix	69	Chick peas	36	Whole milk	34	<b>French fries</b>	<b>75</b>
Fructose (fr sug)	20	Banana	62	White spaghetti	50	Shredded wh.	67	Kidney beans	29	Skimmed	32	New potato	70
		Grapes	46	Wholemeal spag.	42	Special K	54	Lentils	29			Sweetcorn	59
		Orange	40	Barley	26	Porridge oats	49	Soya beans	15			Peas	51
		Apple	39									Carrot	49
		Plum	39									Peanuts	14
		Grapefruit	25										
		Cherries	25										

Below 50 – good

50-70 – Eat infrequently or mix with low scoring food

Above 70 – minimize / avoid / or mix with low scoring food



# BREAK

DE- STRESS YOUR BODY & MIND – BREATH AND **STRETCH**



There's an old Chinese saying – partial breathing is partial living



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# APPLY THE 'K.I.S.S.' APPROACH ...



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## GL DAILY ALLOWANCES

### For weight-loss

Breakfast	10 GL
mid-am snack	5 GL
Lunch	10 GL
mid-pm snack	5 GL
Dinner	10 GL
TOTAL	40 GL

Note: You can allow an additional 5 points for drinks and dessert totalling 45 GL if you wish.



## GL DAILY ALLOWANCES

### For maintaining your ideal weight

Breakfast	15 GL
mid-am snack	5 GL
Lunch	15 GL
mid-pm snack	5 GL
Dinner	15 GL
TOTAL	55 GL

Note: You can allow an additional 10 points for drinks and dessert totalling 65 GL if you wish.



## GL DAILY ALLOWANCES

### For weight-loss

Breakfast	10 GL
mid-am snack	5 GL
Lunch	10 GL
mid-pm snack	5 GL
Dinner	10 GL

TOTAL 40 GL

**Note:** You can allow an additional 5 points for drinks and dessert totalling 45 GL if you wish.

### For maintaining your ideal weight

Breakfast	15 GL
mid-am snack	5 GL
Lunch	15 GL
mid-pm snack	5 GL
Dinner	15 GL

TOTAL 55 GL

**Note:** You can allow an additional 10 points for drinks and dessert totalling 65 GL if you wish.

NB - notice you can eat **more** at your ideal weight!



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## THE MOST IMPORTANT MEAL OF THE DAY

...Breakfast is breakfast ... isn't it?

### Low GL Breakfast

Bowl of porridge	2 GL
½ grated apple	3 GL
Small tub of yoghurt	2 GL
Milk for porridge	2 GL
<b>TOTAL</b>	<b>9 GL</b>

**This represents slow release and highly  
available energy**



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## THE MOST IMPORTANT MEAL OF THE DAY

...Breakfast is breakfast ... isn't it?

### High GL Breakfast

Bowl of cornflakes	21 GL
1 banana	12 GL
Milk	2 GL
<b>TOTAL</b>	<b>35 GL</b>

**This represents 'fast-release' and high carbohydrate (sugar) intake and results in a blood sugar 'spike'**

**Note – This I amplified if taken with a stimulant like coffee or tea**



## THE MOST IMPORTANT MEAL OF THE DAY

...Breakfast is breakfast ... isn't it?

### Low GL Breakfast

Bowl of porridge	2 GL
½ grated apple	3 GL
Small tub of yoghurt	2 GL
Milk for porridge	2 GL

**TOTAL 9 GL**

### High GL Breakfast

Bowl of cornflakes	21 GL
1 banana	12 GL
Milk	2 GL

**TOTAL 35 GL**

**This represents slow release and highly available energy**

**This represents fast release and high carbohydrate (sugar) intake an results In a blood sugar 'spike'**

**Note – This I amplified if taken with a stimulant like coffee or tea**



## SOME EXAMPLES & SOME SURPRISES!

### 10 GL or less

1 rough (Nairn's) oatcake	2 GL
Large bowl of porridge	2 GL
4 Apricots	5 GL
1 large orange	5 GL
4 plums	5 GL
Lge. punnet of strawberries	5 GL
1 slice mango	5 GL
10 grapes	5 GL
<b>5 raisins</b>	<b>5 GL</b>
½ baked potato	7 GL
½ sweet potato	7 GL
<b>2 scoops ice cream</b>	<b>10 GL</b>

### 10 GL or more

1 slice wholemeal bread	10 GL
1 banana	12 GL
3 tbsp mashed potato	15 GL
1 croissant	17 GL
3 water crackers	17 GL
Bowl of cornflakes	21 GL
1 can cola/soda/pop	21 GL
20 French fries	22 GL
1 bagel	25 GL
Mars bar	26 GL
<b>1 slice thick base pizza</b>	<b>36 GL</b>
<b>8 dates</b>	<b>42 GL</b>
<b>2 slices white baguette</b>	<b>45 GL</b>
<b>1 can lucozade</b>	<b>53 GL</b>



## TRUE OR FALSE?

1. Fat makes people fat
2. Your body is designed to live in good health for about 120 years
3. Not eating and skipping meals is a good way to lose weight
4. If I get 100% RDA's (Recommended Daily Allowances) that's all I need
5. I can get all my daily vitamin C from an orange
6. Every cell in your body is replaced every 7 years
7. Sit-ups will give me a flat stomach & a six pack!



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## SMALL STEPS CAN MAKE A **BIG** DIFFERENCE ...

1. Drink minimum 2 litres of water every day
2. 'Graze' not 'gorge'
3. Exercise minimum 3 x 30 minutes a week
4. Stretch and breath! (Like brushing your teeth)



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## ONGOING SUPPORT & INFORMATION

- 🍏 1:1 consultations
- 🍏 Small group workshops
- 🍏 Email & phone support – weekly exercise & nutrition diary & monitoring
- 🍏 Interactive website support [www.goodapplefitness.co.uk](http://www.goodapplefitness.co.uk)  
(Special University promo code)
- 🍏 Optimum nutrition products – weightloss / optimum performance  
(David Beckham, Raphael Nadal, Inter Milan)



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## A closing quote for you ...



Each morning

we are born again.

What we do today

is what matters most.

*-Buddha*

Thank you very much for your attention today

... Get in touch if I can support you in any way



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