

---

---

# Nutrition & Workout

— Nutrition before, during and after —  
physical activities

---

---



**NUTRITION**  
**80%**  

---

**20%**  
**WORKOUT**

# Fitness expert Herbalife in Ukraine

## Sergey Konyushok

- ✓ Ukrainian athlete and TV presenter, owner of the title “The Strongest Man in the World”
- ✓ 2009 Set four world records in four Strongman disciplines
- ✓ 2007—2010 14 times Ukraine’s records holder
- ✓ Powerlifter, in 2012 World Champion in Strongman (weight up to 110 kg)
- ✓ Starting February 2010 is presenter of TV fitness show «Create yourself»



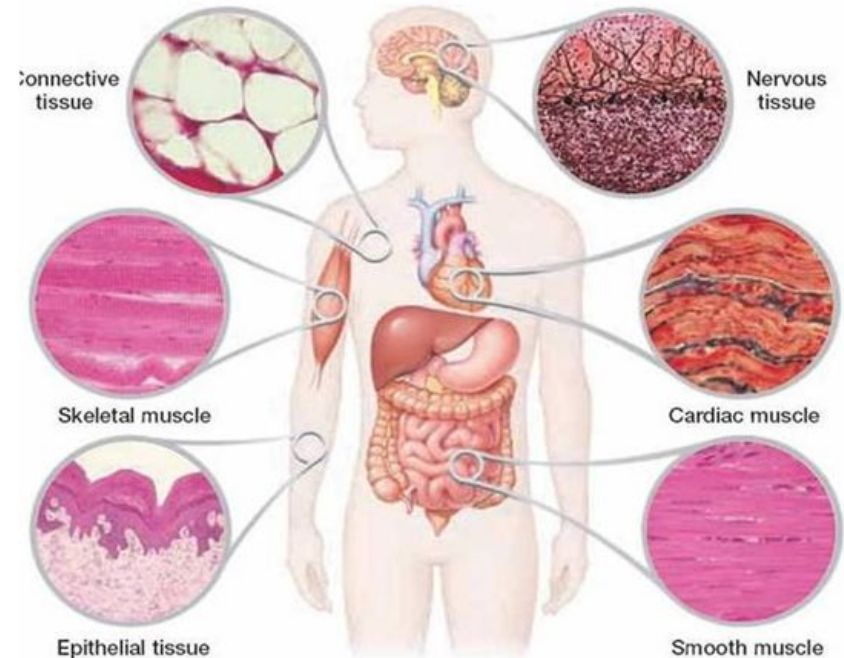
# Fitness expert Herbalife in Ukraine Elena Govorova

- ✓ Bronze medalist of the Olympic Games, Sydney 2000.
- ✓ Winner of World Championships
- ✓ TV journalist
- ✓ The head of Ukraine's athletes commission
- ✓ The head of the commission "Women and Sport"
- ✓ For sports achievements and activities in the field of promotion of sports was awarded with the Order of Princess Olga I, II and III degree



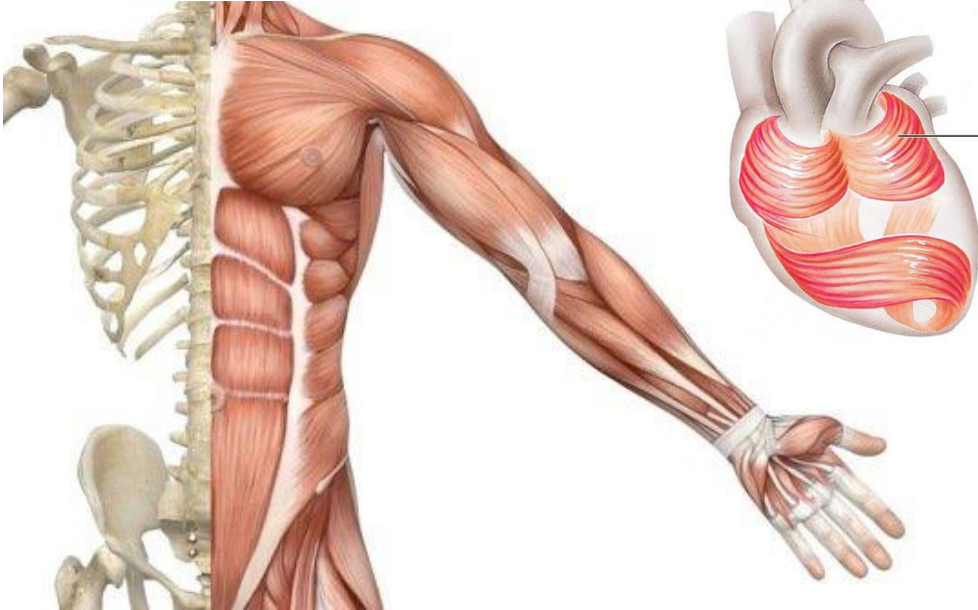
- ❑ Improves lung function, cleans them
- ❑ It strengthens the heart and blood vessels
- ❑ Improves sleep
- ❑ Strengthens the skeletal system
- ❑ It improves brain function
- ❑ It improves mood, provides a charge of vivacity
- ❑ Helps reduce, control or gain weight

## Movement - that's life!

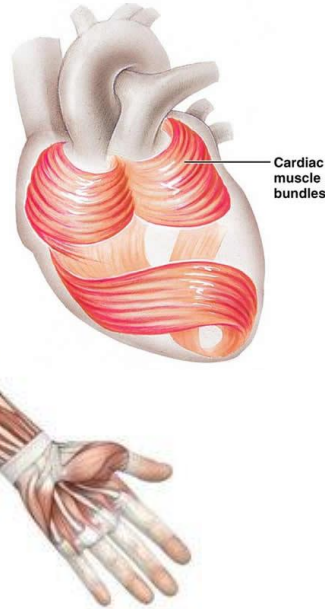


# Types of muscles

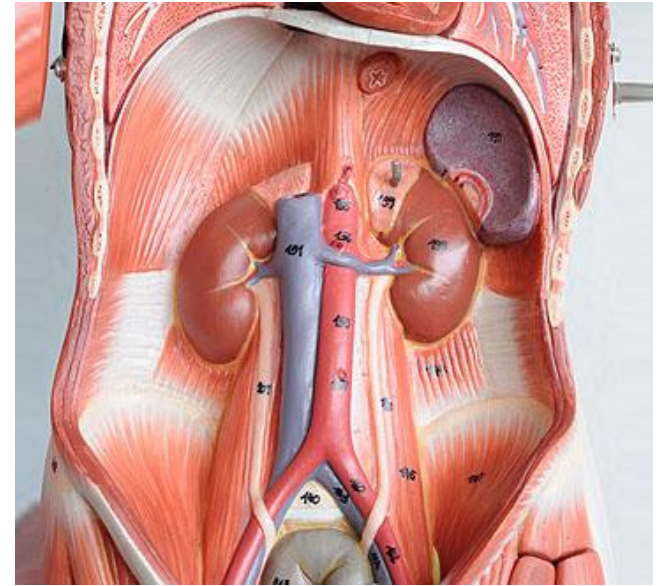
**Skeletal**



**Cardiac**



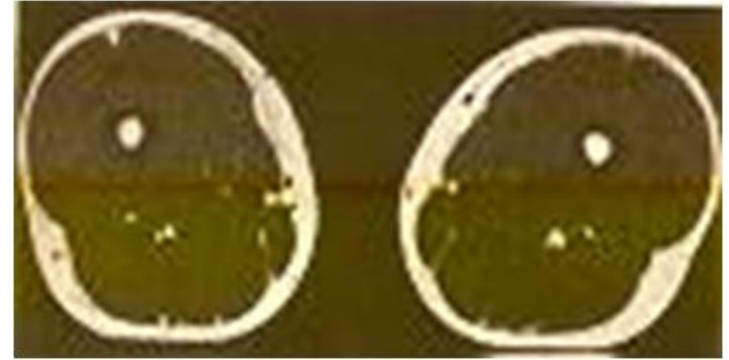
**Smooth**



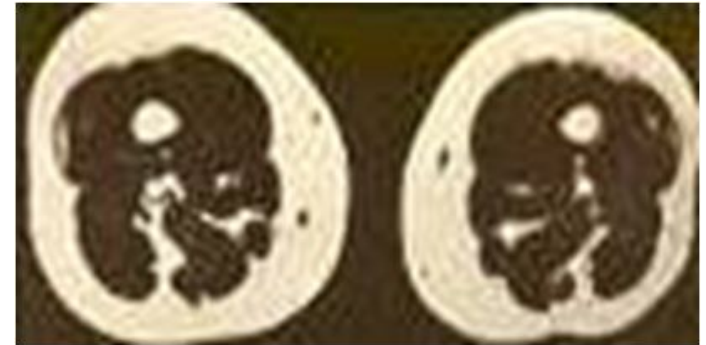
# The degradation of muscle tissue

The main factors of muscle degradation:

- Lack of valuable protein food
- Lack of physical activity
- Restrictive diets



21 years



73 years

# Physical activity for weight loss

- Increased energy consumption
- Metabolic Activation (production of thyroxin, a hormone affects the speed of burning calories)
- Additional production of enzymes involved in the breakdown of fats
- Strengthening the muscles (the main burner of calories)





# Physical activity for weight loss



# Physical activity for weight loss

**Assessing the impact of exercise:**

**For the loss of 1.3 kg per month with daily training**

**it is necessary to spend 400 calories**

**(44 grams of fat per day)**

**=**

**for a 70 kg human**

**more than an hour of aerobics**

**or run 10 km**



## 1. Aerobic



Sports medicine specialists recommend to exercise

**3-5 days a week**  
**45-70 min per day**

# Recipe of success

## 2. Anaerobic



## 3. Stretching



# Aerobic or Cardiovascular Exercise (cardio, cardio training)



Light- and Moderate-Intensity Activities  
(Blood manages to be rich in oxygen)

# Aerobic or Cardiovascular Exercise

- Strengthens the heart and lungs
- Increases endurance
- Improves immunity
- Burns calories
- Different muscle groups are involved
- Exercises are continuous, dynamic and cyclical
- **Glycogen** in muscles. **fat** and **protein reserves** are spent as the source



# Aerobic or Cardiovascular Exercise

Aerobic exercise helps **burn fat** while **maintaining lean muscle mass**.

Fat Burning starts on **31 minute**.

Before carbohydrates and glycogen are actively burnt, and only from 31 minutes the body begins to consume its fat reserves (at a moderate intensity of training: swimming, aerobics)

Fat burning begins with **41 minutes** of walking



# Anaerobic Exercise (Strength or Weight Training)



# Anaerobic Exercise

- Vigorous-intensity activities, the oxidation rate is high and the body is unable to provide enough oxygen
- Exercises are short, periodic
- The muscles are strengthened and become stronger
- **Glycogen** in the muscles and **proteins** are spent as an energy
- The reserves of fat are not used as intensive training lasts a short time
- Unoxidized products in the body lead to slow metabolism

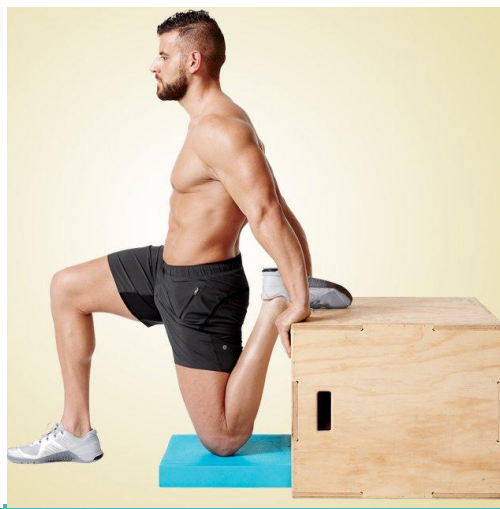




**Caution!** If you have problems with the heart and blood vessels exercises of high intensity are contraindicated!



# Stretching or Flexibility





# Tips for choosing the types of physical activity that are best for you:

- ✓ Choose physical activities that are convenient and fun, and that you will want to do daily for life
- ✓ Avoid any physical activity that causes pain
- ✓ Take advantage of exercise classes like aerobics, ballroom dance, T'ai Chi or organized walks and hikes
- ✓ Consider your goals—do you want to increase strength, flexibility or cardiovascular health

# Whichever types of physical activity you choose:

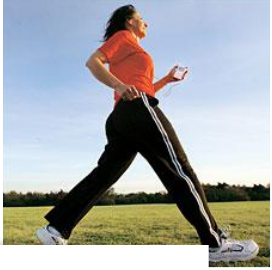
- ✓ Exercise at your own pace, increasing the intensity when you feel comfortable
- ✓ Vary your exercise routine to keep it interesting
- ✓ Be realistic about what you can do



# STEPS TOWARDS HARMONY

UNIVERSAL  
FITNESS PROGRAMM

10000 STEPS



**2500 steps**  
=  
**100 kcal**  
=  
**20 mins walking**



# Assessment of activity level

**< 5000 steps (200 kcal)** – a sedentary lifestyle

**5000 – 7500 steps (300 kcal)** - the minimum recommended activity

**7500 – 9999 steps (400 kcal)** – an average level of physical activity

**10 000 steps (500 kcal)** – a good level of physical activity

**12500 steps (600 kcal)** – a high level of physical activity

# Nutrition before and after trainings





# Water regime

- The total amount of fluid in the training day is increased by **5-10%**
- After training should compensate for the loss of fluids up to **350 ml.**
- Isotonic and hypotonic drinks (contain salt, vitamins, minerals) to maintain a good balance of the blood with increased sweating and increases endurance during prolonged exercise





# Nutrition before workout

## 1. Do not exercise on an empty stomach !!!

First of all, you'll quickly get tired, and secondly, there is a risk to run catabolic processes in which the body begins to break down its own muscle, using muscle protein for fuel.



## 2. The main meal needs to be 2 hours before exercise: protein + complex carbohydrates, such as fish, cereal, salad or shake F1 milk-based with fruits



## 3. If you do not have time to eat properly, the protein bar is perfect to eat 20-15 minutes before a workout

# Nutrition after workout

- Within **30-40 minutes** is required to ensure the protein needed for muscle recovery and carbohydrates to replenish glycogen stores
- If the training is aimed at increasing muscle mass fast carbs are needed. Optimum is specially designed rebuilding shakes
- Quality sleep (at least 8 hours) is necessary because regeneration of tissues happen during sleep



HERBALIFE24



ФОРМУЛА 1 СПОРТ



ГИДРАТАЦИЯ



ПОВЫШЕНИЕ  
ВЫНОСЛИВОСТИ



ВОССТАНОВЛЕНИЕ  
ВЫНОСЛИВОСТИ



ВОССТАНОВЛЕНИЕ  
СИЛЫ

**HERBALIFE24** is a comprehensive performance nutrition line empowering athletes 24-hours a day. It meets industry standards of pre-, during- and post-workout nutrition to help train, recover and perform like never before with all the nutritional support an athlete needs. This five-product line is customized to satisfy day-to-day needs based on activity levels and training demands.

Each product is tested by NSF International on the absence of prohibited doping agents.

# Check Your Protein Quality

NUTRITION  
**80%**  
WORKOUT  
**20%**



Proteins are made up of building blocks called amino acids. The quality of a protein depends on its content of amino acids and the digestibility of the protein source.

These two factors are used to calculate the PDCAAS, and can be used as a guide to check you are getting quality protein.

Use the chart to see the PDCAAS rating for different common foods. The highest score is 1.0.

WHO recommend PDCAAS as the best method to assess protein quality\*.

\* World Health Organisation (WHO), 2007. Protein and Amino Acid Requirements in Human Nutrition. Report of a joint WHO/FAO/UNU Expert Consultation.

# #ExpressYourself24



Михаил Вартапетов



Андрей Веселов



Максим Мордовин



Сергей Чупахин



Артур Глущенко



Юрий Мовсисян



Сердар Таски



Денис Глушаков



Криштиану Роналду



Ляйсан Утяшева



Сергей Конюшок



# Fats - are vital!

Fats help the brain, heart and muscles

A balanced intake of Omega-3, Omega-6 and Omega-9 is very important, especially if you exercise. Many people face the problem of aching joints, hips, as a result of exercise.

*The balance of oils and fats helps restore the joints.*



# Vitamins and minerals

- ✓ An increase in physical activity, the body needs more vitamins and minerals
- ✓ With an increase in metabolic rate the rate of decay of vitamins is also increased
- ✓ Sweating also leads to further loss of vitamins and minerals









- **Have a high physical activity level**
- **Have a balanced diet**
- **Have a good rest!**