



**NUTRITION.  
BUILT.  
STRENGTH.**  
BY BE STRONG STAY FIT, INC.



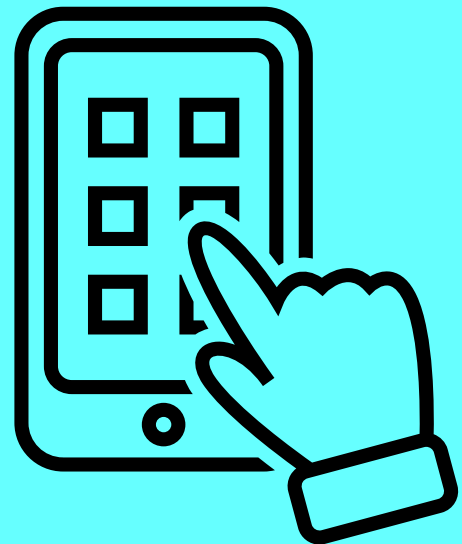
# **NBS101** **6-week Bootcamp**

An Intro to Macros & Building a Healthier  
Relationship with Food

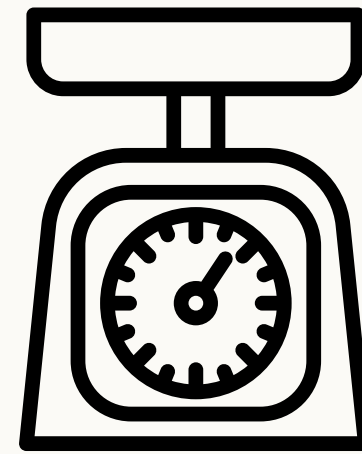
[www.nutritionbuiltstrength.com](http://www.nutritionbuiltstrength.com)



# NBS 101 WEEK 2



**MFP Tips  
& Tricks**



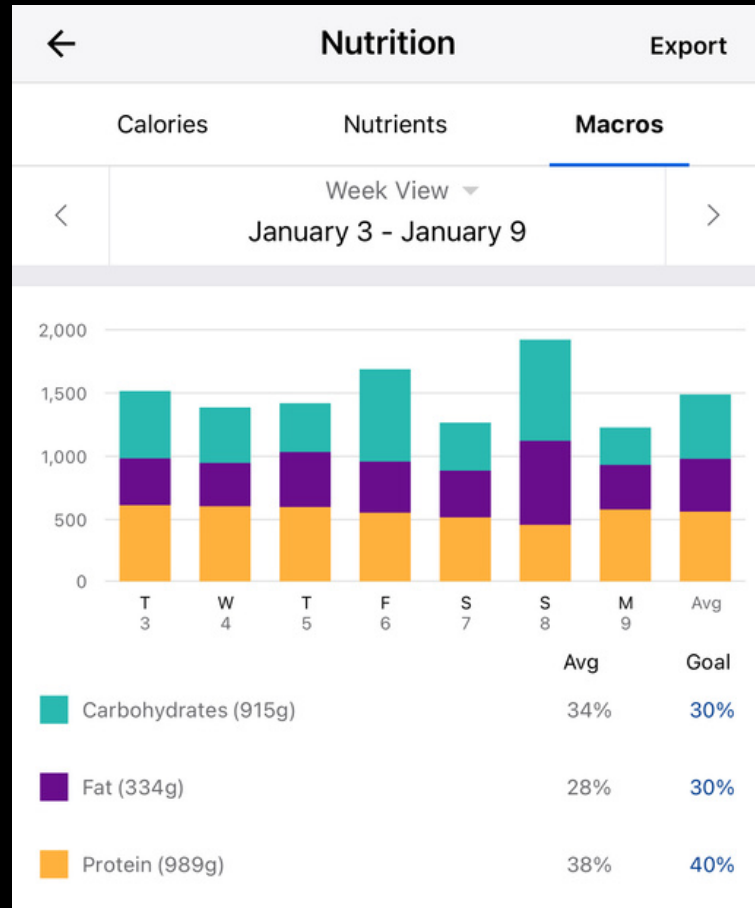
Weighing,  
Measuring &  
Estimating



**Exercise &  
Nutrition**

# My FitnessPal Refresh

NUTRITION.  
BUILT.  
STRENGTH.  
BY BE STRONG STAY FIT, INC.



Nutrients Remaining			
60	15	5	420
Carbs (g)	Fat (g)	Protein (g)	Calories

Meal	Total
Breakfast	330
Chocolate Core Power Elite High Protein Milkshake Fairlife, 1 bottle	230
Almond Milk Latte Starbucks, 16 oz	100
Lunch	250
Honey Maple turkey Boars head, 4 oz.	140
Carb Balance Sundried Tomato Basil Mission, 1 tortilla	80
Creamy Swiss, Light The Laughing Cow, 1 wedge	30

- Log first, eat later!
- Weights in grams are going to be the most accurate
- Track from eyes open to eyes closed



# To Weigh, Measure or Guess?





NUTRITION.  
BUILT.  
STRENGTH.  
BY BE STRONG STAY FIT, INC.

# Steps to Weighing your Food



Turn scale on and push "TARE" to zero it out. If measuring in a container, place on scale before pressing "TARE".



Change unit to ounces or grams by pressing "oz/g" or "unit" button depending on your scale.

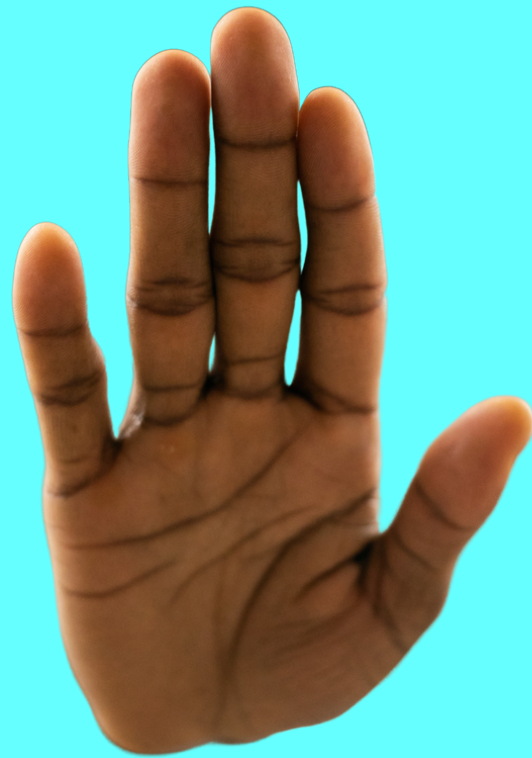


Deciding between ounces and grams will be based upon your MFP entry but weighing in grams is going to be the most accurate and flexible.



Enter serving into MFP: serving size should match your unit of measurement, # of servings should match the number of the scale.

# How to track on the go?



**Palm:** 3-4 oz

Best to use when  
guesstimating protein  
sources

**Front fist:** 1/2 cup

Best to use when  
guesstimating carbs  
like rice and potatoes.

**Clenched fist:** 1 cup

Best to use when  
guesstimating carbs  
like rice and potatoes.

**Entire thumb:** 2 tbsp  
(From knuckle = 1 tbsp)

Best to use when  
guesstimating fats.

**Finger tip:** 1 tsp

Best to use when  
guesstimating fats or  
small quantity items.

# HOW TO ADD A RECIPE TO MFP

1. Go into your diary and Add Food.
2. Select the My Recipes tab, then click on the + (top right)
3. Select Create a Recipe, then Enter Ingredients Manually or Import a Recipe. If you choose to use Import a Recipe, you'll need the URL for the recipe (ex., <https://www.myfitnesspal.com>)
4. Enter the recipe Name and number of servings\*\*  
If you choose Import, check the list of ingredients and adjust as needed. You will be able to check/update these later
5. Select Add Ingredients (type in the search field).  
You cannot use items from your recent/frequent/my foods list.
6. Review your recipe, calculate for proper serving size, and click Save or Save and Log.



# Afton Roach

## NBS Lead Dietician

- Bachelor's degrees in Food, Nutrition, Dietetics, and Exercise Science from Illinois State University. Graduated with a 3.9 GPA while playing D1 Soccer.
- Master's in Nutrition from Southern Illinois University with a 4.0 after completing her dietetic internship.
- Registered Dietitian since October 2014, working with adult and pediatric lifestyle management.
- Lead Dietitian at NBS since 2021.





# Why do we exercise?



# Five componets of fitness



# Cardiovascular Endurance

Cardiovascular endurance is your body's ability to keep up with exercises like running, jogging, swimming, cycling, and anything that forces your cardiovascular system (lungs, heart, blood vessels) to work for extended periods. Together, the heart and lungs fuel your body with the oxygen your muscles need, ensuring that they have the oxygen necessary to function.



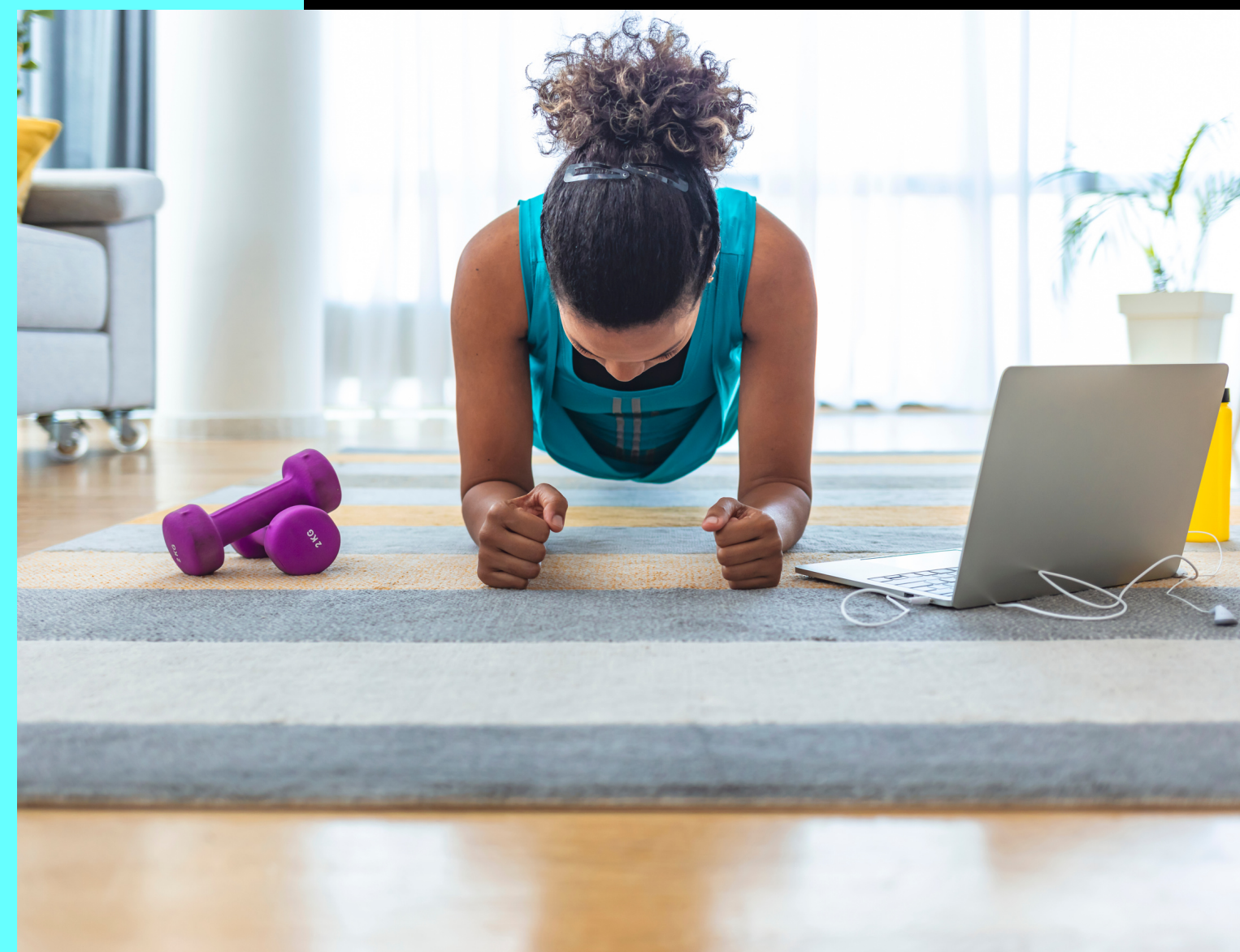
# Muscular Strength

Muscular strength is the “power” that helps you to lift and carry heavy objects. Without muscular strength, your body would be weak and unable to keep up with its demands. The way to increase strength is to train with heavy weights, working in the 4 – 6 or 12 – 15 rep ranges. The heavier the weight, the fewer reps you should perform



# Muscular Endurance

Muscular endurance is the ability of your muscles to perform contractions for extended periods of time. Rather than just lifting or carrying something for a few seconds, the muscles are used for minutes to increase strength is to train with light weights, working in the 20 – 25 rep range. Working with lighter weight will train the muscle fibers needed for muscular endurance, and the higher rep range leads to a longer period of exercise.

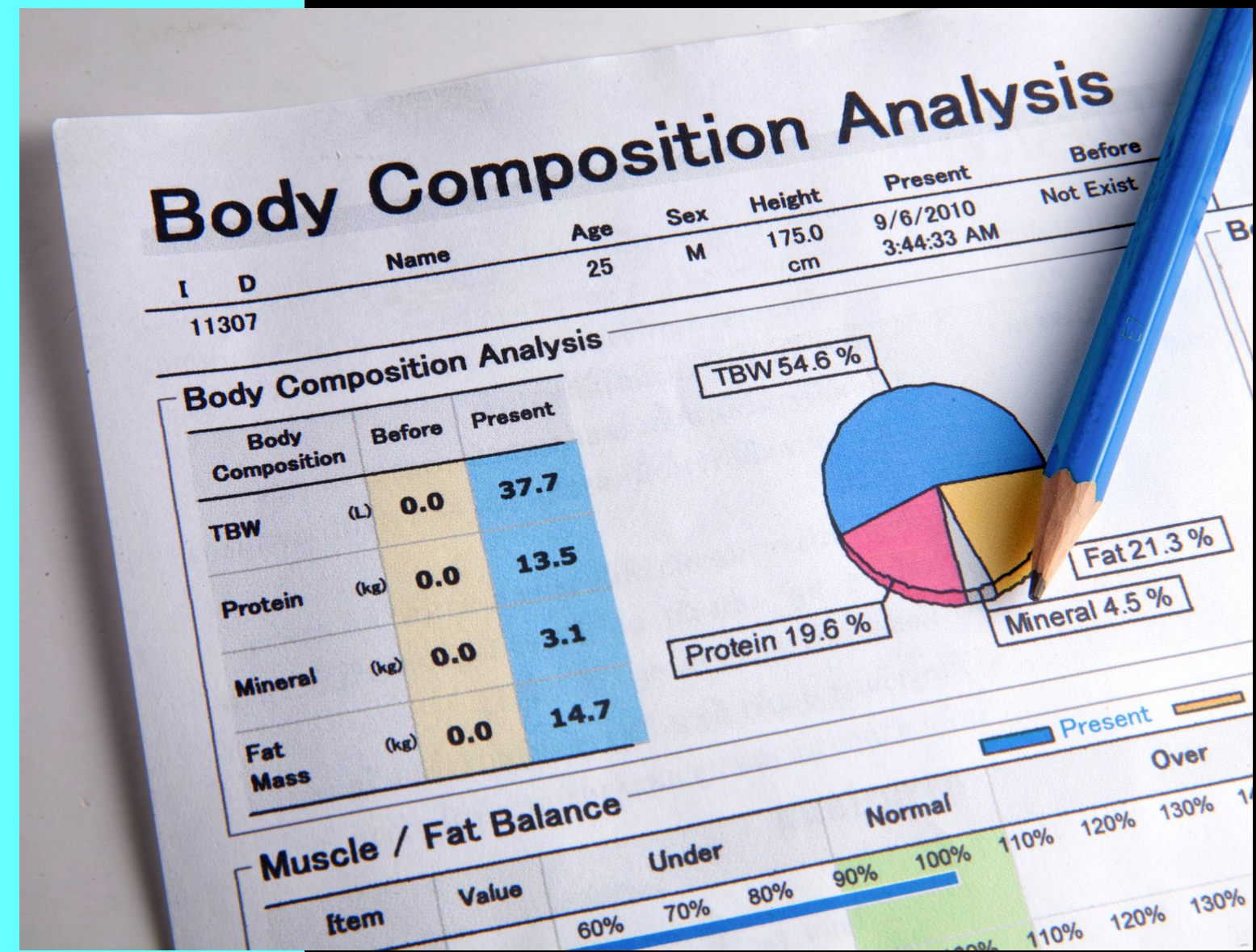


# Body Composition



Body composition is determined in part by the amount of fat someone has or their body fat percentage.

To qualify as fit: Men must have a body fat composition lower than 17 percent; Women must have a body fat composition lower than 24 percent.



# Flexibility

Flexibility is one of physical fitness's most critical yet often overlooked components. Without flexibility, the muscles and joints would grow stiff, and movement would be limited. It ensures your body can move through its entire range of motion without pain or stiffness.





# Exercise Recommendations?

---



# Activity Recommendations

## Aerobic Activity

Moderate Intensity (less than 10mph on your Peloton)

**OR**

150 mins/week

Vigorous Intensity (more than 10mph on your Peloton)

75 mins/week

## Strength Training

2+ days/week for all muscle groups

## Flexibility

Added to each aerobic or strength training for 10 mins for the major muscle group worked

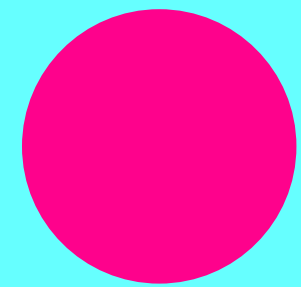


# Why we don't eat our exercise calories?

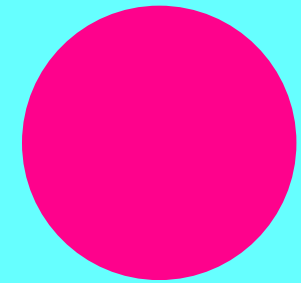
- Fitness trackers are not accurate
- Formulas used to estimate caloric needs already factor in exercise and lifestyle
- Eating back your calories from exercise defeats the purpose of a deficit when trying to lose weight



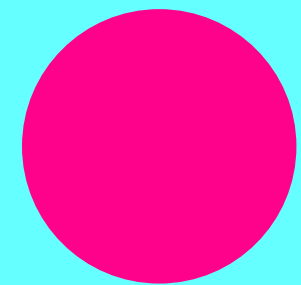
# N.E.A.T.



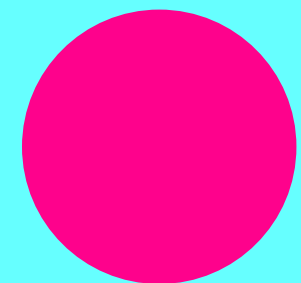
**Non**



**Exercise**



**Activity**



**Thermogenesis**





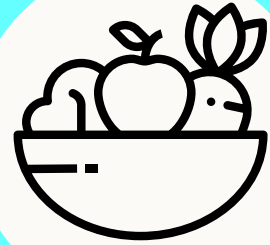
# Strength Training

Theory of Progressive Overload

---



# Pre-Exercise Nutrition



What: Carb rich snacks re: applesauce, fruit juice, fruit, PB&J + 16oz water



When: 30-60 mins before said exercise



Where: At home, on the go, in your office, in the saddle, just about anywhere!



Why: Provides energy, allows you to train longer at higher intensities, helps prevent blood sugar from dropping, reduces rate of perceived fatigue.

- Add 4oz of water every 15-20 mins
- Slightly more carbs only when exercising for 75+ mins
- After 75+ min workout, start with a big glass of water, wait 10 mins before eating.



## Homework

Track 3-5 full days in  
My FitnessPal AND import 1  
new recipe this week

**THANK YOU!**



**NUTRITION.  
BUILT.  
STRENGTH.**  
BY BE STRONG STAY FIT, INC.