

# The A-Z of TRAINING & NUTRITION equating to MAXIMUM RESULTS

## This Feature Article is also titled. . . **ARE THERE REALLY “HARDGAINERS”? OR IS IT A MYTH?**

Written by the Healthy ‘N Fit Research and Development Team



Do you consider yourself a “hardgainer”? You’re not alone, many athletes and bodybuilders in particular do. While they truly believe they are “hardgainers”, we ask. . . Do you really need to label yourself a “hardgainer”, or will increased knowledge, as it is with many challenges or self-imposed challenges, enable you to free yourself from the “hardgainers” stigma. To be successful at anything, the #1 ingredient by far is to have a burning desire, better described as passion. If you have the passion, we’ll give you the knowledge to be successful, and if your desire is not yet passionate, read our feature article “The Happy Pill”—it’ll give you the sparks to light your fire.

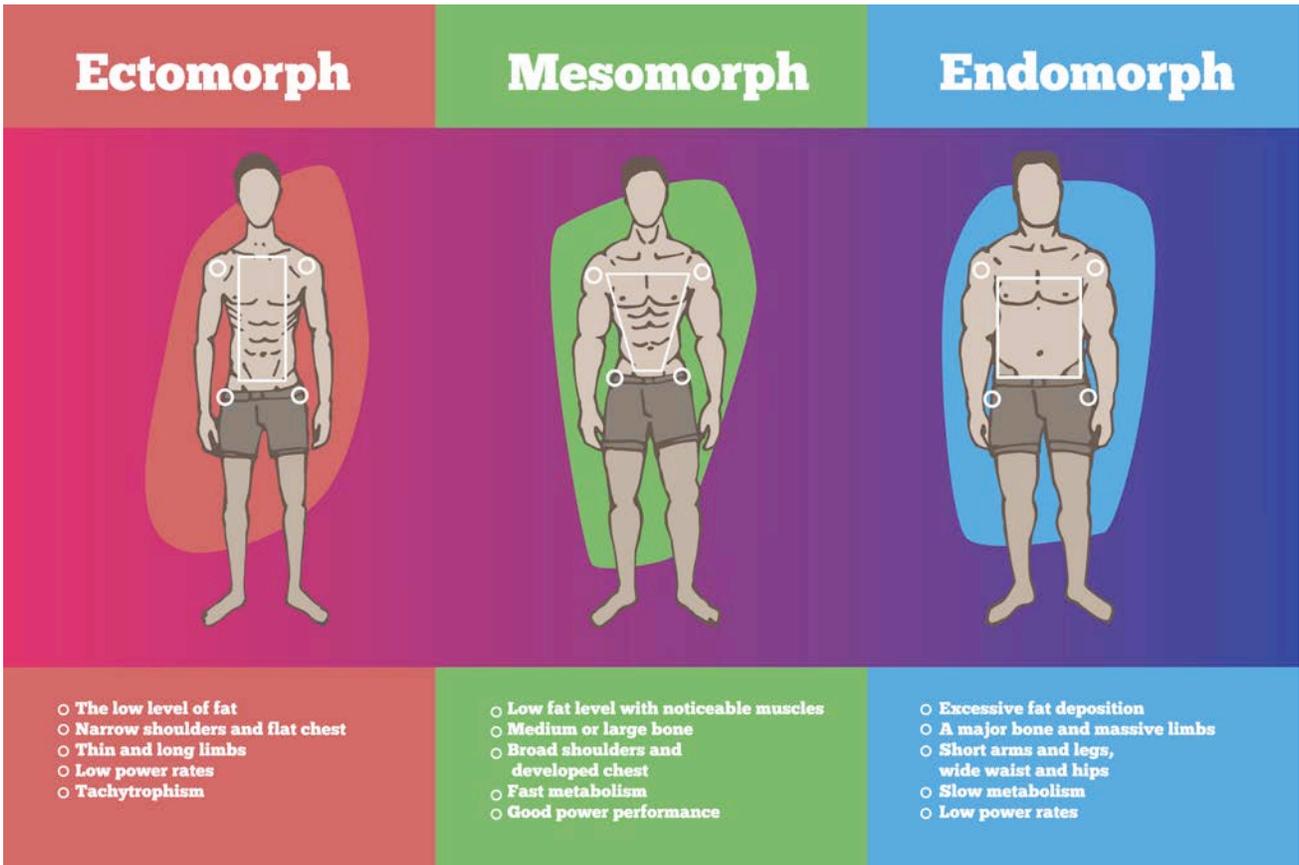
One of the missions of The HEALTHY ‘N FIT® Research and Development Team is to help you attain knowledge by educating and informing, thus enabling you to discover how to be product savvy, so that you are empowered to make the best choices. While we truly care about and appreciate you, the HEALTHY ‘N FIT® *Feel Great, Look Great™* health and fitness enthusiast, and fully realize that you are responsible for our success, it is also in our best interest to educate and inform you. Many brands are not able to practice this business philosophy because it would uncover their marketing hype, and in many cases, under-potent, overpriced products, which their sometimes very profitable brand is built on.

HEALTHY ‘N FIT® develops and produces over 50 product formulations, with 21 being the GUARANTEED MOST EFFECTIVE product formulations in their product categories. HEALTHY ‘N FIT® is the most successful brand in the sports nutrition industry, having developed and implemented more truly successful effective advanced nutritional technologies than any other brand in over a dozen product categories.



Let's examine the typical definition of a "hardgainer"... They train hard and try to eat well and use supplements; however results don't come easily and sometimes not at all. Our experience with "hardgainers" is that they generally know how to train, however many times they are overtraining but not training progressively. Regarding nutrition and supplements, many rely on magazine articles, some of which are peppered with propaganda, and unfortunately many believe the marketing hype of some brands, who are also counting on them believing that the paid endorsements of the drugged-up bodybuilders in their ads, look the way they do from the brand's supplements—product savvy athletes and bodybuilders fully realize that they look the way they do from steroids and drugs.

The HEALTHY 'N FIT® Research and Development Team can tell you that everyone is a "hardgainer" if they compare themselves to the one in ten thousands genetically gifted bodybuilders that you see in magazines, most of which use steroids and drugs and are only a façade or illusion of health and fitness. One such top bodybuilder that you see in the magazines who is in the 5½ foot stature range and weighs 240 lbs, relayed to us that he is tired of steroids and drugs, and fully realizes that he is not healthy or fit, and gets out of breath running up a flight of stairs, and that he is not destined for longevity unless he changes his lifestyle. If you compare yourself to the other 99% of the population, we can help you, once and for all get rid of the "hardgainers" label. Be leery of brands that market products for "hardgainers" and perpetuate the "hardgainers" myth.



Out of the three body types: ectomorph (slim build), mesomorph (muscular build) and endomorph (husky build), the ectomorphs typically, but unnecessarily label themselves as “hardgainers”. In reality, these “hardgainers” can be viewed as genetically gifted. They typically have a bone structure that is a foundation more suitable for an impressive physique than the endomorph—the football lineman and heavyweight powerlifter are typically good examples of endomorphs. Our first Mr. Olympia, the legendary Larry Scott had a smaller bone structure and sported 20” inch plus arms, among the best bodybuilding has ever seen.

## DISCOVER THE SOLUTIONS TO THE “HARDGAINERS” MYTH



## 1. TRAINING TOO MUCH:

In the early 70's, many top bodybuilders trained each body part three times per week for a total of six days training each week. A typical regimen would be chest, back, shoulders and abs on Monday, Wednesday and Friday and legs and arms on Tuesday, Thursday and Saturday. Cardio typically was not practiced, with some respected experts indicating that it was counterproductive. We respectfully note that this comment was perhaps short-sighted; as we now know, cardio enhances health, fitness and physique. It may also have been shortsighted to endorse training each body part three times weekly, with as many as 60 sets per body part each week. How could anyone, except the rare genetically gifted with extraordinary recovery ability, and those using steroids which synthetically speed recovery but will impair your health and shorten your life, recover from such a training frenzy. Later on in the 70's that approach began to wane, while many still trained six days each week, now they were training each body part twice per week. A typical training regimen might be chest, back, shoulders and abs on Monday and Thursday, legs on Tuesday and Friday and arms and abs on Wednesday and Saturday. Some utilized "push-pull" workouts, training all of the push muscles together (chest, shoulders, triceps) twice weekly, and all of the pull muscles (back, biceps and forearms) also twice weekly and legs and abs also twice each week. Others trained each body part twice weekly on a four day schedule. A popular bodybuilder circa 1970's and 80's was Frank Catta, he used a "rest for recuperation" workout and trained (as an example) chest, back, shoulders and abs twice on week #1 and legs and arms once on week #1. On week #2 he would train chest, back, shoulders and abs once and legs and arms twice, and on week #3 the same cycle would begin again. The trend was moving in the right direction. Now bodybuilders and athletes were able to train more intensely with greatly reduced training sessions, and more rest days for enhanced recovery and growth, and results were impressive. There were also training proponents who advocated as little as two sets per body part, with extreme intensity and some using an inordinate amount of weight. While this may have worked well for some, we believed this type of training was too stressful on the tendons, ligaments, joints and muscles, with greater chance of injury and extended layoff periods healing, and perhaps not conducive to longevity in our sport.

The HEALTHY 'N FIT® Research and Development Team (ages ranging from the 20's to the 50's), as far back as the 70's, advocated training progressively with the least amount of sets, that equates to the most muscle growth and strength increases possible, and training each body part once per week. Today, many of the real bodybuilders and athletes, our natural champions, are training each body part once each week. You, our natural champion are synonymous with health and fitness, a healthy lifestyle and destined for longevity. Always check with your physician to be sure you are in good health before starting or changing your training regimen or diet.

### Progressive Training

Rule #1—Always train smart and safely- always remember your mission is to develop a fantastic physique or to be a superstar athlete with optimum health.

Let us describe what Progressive Training equates to... The key to Progressive Training and maximum results is to train briefly and bring each set to failure. Each workout should in some way be more progressive than the previous. This may sound difficult, however in reality for many it's not. For example, let's take the biceps, virtually everyone's favorite body part; the amount of weight illustrated is arbitrary, the weight you utilize is contingent on your current strength level. You'll need to keep a workout diary so you can track your progress, and it will also enhance your passion to view how you are progressing.

#### BICEPS & BRACHIALIS:

Exercise	Set	Example Reps	Example Weight*
Warm up	1	20 (not to failure)	30 lbs

\*Use just over half the poundage of your work set weight, in this example 30 lbs.

Exercise	Set	Example Reps	Example Weight
Incline Dumbbell Curls	1	19, 14, 9*	50 lbs
Incline Hammer Curls	1	19, 14, 9*	40 lbs

\*Rest just over 1 minute in between sets, and 1½ minutes between exercises. The number of reps is only an example, each set should be to failure and with good form, let the muscle work.

If you can perform more than 20 reps for your first set, then the weight you've selected is too light; and if you cannot perform 15 reps for your first set, then the weight is too heavy. For your next training session you should add at least one rep to any of the three sets for each exercise, and if you can add more than one rep, do so—each set should be to failure. Once you can perform 22 reps on your first set, increase the weight by 5 lbs, in this example to 55 lbs. And remember, don't let the weight drop down after you curl to the top position, the negative rep should be controlled. By rendering each workout more progressive as illustrated, your muscles, when given the proper amount of protein/amino acids and quality calories from protein, will inherently adapt to the progressive load being placed upon them by becoming bigger and stronger, and you will also be performing adequate repetitions to stimulate growth. A good night's sleep is also essential. It should be quite a while before you come to a sticking point where you aren't able to progress. As an example, let us say that after many months go by, your starting weights are 65 and 55 lbs., and you cannot progress at least one strict rep, then at that time if you have a training partner, you can have them give you two forced reps at the end of one of your sets, and it is key to have them apply the slightest amount of help to make you work to get those two reps up—your very short term goal is to get those reps, first one and then the other, up by yourself in good form. If you don't have a training partner, utilize slight cheat reps with the same methodology. Again, the key is to make each workout more progressive than the last. You can also cut your rest times to be progressive. Everyone has an off day now and then, if you actually do less than your previous workout on one day, that's okay, and on your next workout just progress from the best you've done thus far. Always train smart and safely. Stay with the same exercises as long as you can be progressive. If you've exhausted every progressive possibility, you should keep one set of each of your original exercise and keep trying to progress, and add two new power exercises such as those noted below (don't add easy movements like concentration curls). For example (poundage amounts are just an example):

- EZ Curl Bar Standing Barbell Curls 120 lbs.
- EZ Curl Bar Standing Reverse Curls 100 lbs.

Use the same methodologies with your new exercises and this will change the progressive nature of your workouts in a different way. Also note that we do not recommend doing preacher curls.

The human body inherently always tries to adapt (homeostasis), to maintain equilibrium. Progressive training does not allow your body to adapt per se, however your body does adapt by your muscles becoming bigger and stronger to adapt to the progressive load being placed upon them. No product plugs here, just the FACTS—you will need to fuel your body with precise nutrition—sufficient protein/amino acids and sufficient calories from protein—details to follow (and if you desire to lose weight—fat, and build muscle, details also to follow). Virtually anything is attainable when we have or attain the two ingredients for success—passion and knowledge. As an aside, dieters wonder why when they eat fewer meals or practically starve themselves; why don't they lose weight, or why do they come to a sticking point in their diet? The answer quite simply is that their body is again trying to adapt, in this case, to less food, so what does it do? It slows down your body's metabolism which is the rate at which you utilize or burn food ingested, hence actually making it harder, not easier, to lose weight. In another article we will give you the knowledge of weight loss, more preferably, fat loss, so you will be privy to what the experts and some companies charge a small fortune for. It's all FREE for

you, the greatly appreciated HEALTHY ‘N FIT® Feel Great, Look Great™ health and fitness enthusiast—it’s just another way we can say THANK YOU! You’ll also be a big hit with all of the “insider’s info” at your next get-together or dinner party. Some brands prey on those who are not product savvy and promote products and services which those “in the know” don’t need. Again, one of our missions is for you to attain knowledge, as this will empower you to make the best choices for your fitness and health, and with all humility, many, if not most times, you’ll discover that many HEALTHY ‘N FIT® product formulations are the most effective in the industry, so as you can see it benefits us as well. This “WIN-WIN” philosophy of helping each other is a great part of our success, and when you think about it, it’s all part of “The Master Plan”.

## Progressive Training Sample Workout Regimen

- Rest between sets/exercises as indicated and 5 minutes between body parts.
- Remember, always train sensibly, your safety and health are paramount and always the priority.
- While we start this regimen on Monday, you can select any day to start to best suit your schedule.
- For weights utilized, use the same methodology as described for biceps.
- Before training, many find stretching the body, especially the body part being trained beneficial.

### MONDAY: CHEST, BACK, SHOULDERS, AND ABS

Warm up: Approximately half the weight of your first work set x 20 reps. WARM UPS ARE NEVER DONE TO FAILURE. The number of reps below is only a guide for the particular exercise—use the same methodology used for biceps—all sets should be to failure. Rest 1½ minutes between sets and exercises.

Chest Exercise*	Set	Example Reps
Warm up	1	
1. Smith machine low incline bench press**	4	16, 11, 8, 6
2. Dumbbell Bench Press	4	16, 11, 8, 6

\*Entire chest is worked with emphasis on upper and mid chest.

\*\*If you don’t have access to the safety of a Smith machine, you’ll need a training partner. If you don’t have a training partner, substitute low incline dumbbell bench press.

Back Exercise*	Set	Example Reps
Warm up	1	
1. Triangle bar (palms facing each other) close grip power pulldowns	4	18, 12, 10, 8
2. Wide grip pulldowns	4	18, 12, 10, 8

\*Entire back is worked with emphasis on width and thickness.

Shoulder Exercise*	Set	Example Reps
Warm up	1	
1. Smith machine seated front press**	4	17, 12, 9, 7
2. Standing Lateral Raises***	3	18, 15, 12

\*Emphasis on all three heads of the deltoids.

\*\*If a smith machine is not available substitute standing front press.

\*\*\*Knees bent and body bent forward slightly at the waist and thumbs down. Only in this case the shoulders (deltoids) will be warmed-up from the first exercise. **Rest for only 1 minute between sets on this exercise.**

After you finish your standing lateral raises, rest 1 minute then move right into abs.

<b>Ab Exercise*</b>	<b>Set**</b>	<b>Example Reps</b>
1. Leg raises	1	100
2. Crunches	1	50

\* Emphasis on upper and lower abs

\*\* No rest between sets

NOTE—NO progressive training for abs. Once you've gained all of the muscular size you desire, you can go on a short "any excess fat" loss cycle to shed any subcutaneous fat (as outlined herein). At that time you can specialize training abs with more sets and greater intensity—be cautious of working the obliques directly, the indirect work from crunches and leg raises may suffice.

## **THURSDAY: BICEPS & BRACHIALS, TRICEPS, FOREARMS, THIGHS, CALVES, AND ABS**

Warm up: Approximately half the weight of your first work set x 20 reps. WARM UPS ARE NEVER DONE TO FAILURE. The number of reps below is only a guide for the particular exercise—use the same methodology used for biceps—all sets should be to failure.

<b>Biceps &amp; Brachials Exercise*</b>	<b>Set</b>	<b>Example Reps</b>
Warm up	1	
1. Incline dumbbell curls	3	19, 14, 10
2. Incline hammer curls	3	19, 14, 10

\*Emphasis on the entire biceps area. Rest just over 1 minute between sets, 1½ between exercises

<b>Tricep Exercise*</b>	<b>Set</b>	<b>Example Reps</b>
Warm up	1	
1. Seated two arm dumbbell extension	4	19, 14, 11, 9
2. EZ Curl bar standing triceps extensions	3	17, 13, 9

\*Emphasis on the entire triceps area. Rest 1½ minute between sets, 1½ between exercises.

<b>Forearm Exercise*</b>	<b>Set</b>	<b>Example Reps</b>
2. Dumbbell standing wrist rolls**	2	19, 16

\*Emphasis on the flexors of the forearms. The extensors are worked during brachialis work so your forearms will already be warmed-up. Rest one minute between sets.

\*\*Palms facing thighs, slower movement

<b>Thigh Exercise*</b>	<b>Set</b>	<b>Example Reps</b>
Warm up	1	
1. Smith machine parallel squats	5	18, 15, 12, 9, 7
2. Leg Curls	3	26, 19, 12**

\*Emphasis on the quadriceps and biceps femoris—hamstrings. Rest 2 minutes between sets and exercises.

\*\*32 reps and not 22 is the target before increasing weight.

NOTE—if no leg curl machine is available, do an extra set of squats (if possible, below parallel). For squats, if no Smith machine is available you’ll need a training partner or a power rack for safety—if not available do an extra set of squats ALL SETS NOT TO FAILURE and try to progress in an easier, very safe manner.

Calve Exercise*	Set	Example Reps
Warm up	1	
1. 3 Point Standing Calve Raises	3	37, 29, 20**
2. 3 Point Seated Calve Raises	3	36, 28, 19

\*Emphasis on the gastrocnemius and soleus muscles—the entire calf. Rest 1 minute between sets and 1½ between exercises. Slower Movements.

\*\*42 reps and not 22 is the target, use the same methodology explained for biceps.

NOTE—Utilize calve machines, if no machines are available, work one calve at a time with a dumbbell and use a board under your toes for a more effective movement.

After you finish your 3 point seated calve raises, rest 1 minute then move right into abs.

Ab Exercise*	Set**	Example Reps
1. Leg raises	1	100
2. Crunches	1	50

\* Emphasis on upper and lower abs

\*\* No rest between sets

NOTE—NO progressive training for abs. Once you’ve gained all of the muscular size you desire, you can go on a short “any excess fat” loss cycle to shed any subcutaneous fat (as outlined herein). At that time you can specialize training abs with more sets and greater intensity—be cautious of working the obliques directly, the indirect work from crunches and leg raises may suffice.

## MONDAY-FRIDAY: CARDIO

- Do cardio 20 minutes Monday through Friday or any five days weekly. Aim for just 70% of your maximum heart rate (MHR)\*.
- Powerwalking is excellent, however any type of non-impact cardio you enjoy is fine.
- Saturday and Sunday or any other two days, no training or cardio—rest, recuperate and grow.

\*Maximum Heart Rate—Your MHR at birth is 220. Each year after that 220 declines by 1, hence at age 25 your MHR is 195, and training cardio at 70% MHR at age 25 = 137 BPM (beats per minute), and at 50, 70% MHR = 119. If you currently are not doing cardio and are on a gain cycle, you’ll need to add 200 calories to your daily calorie intake on cardio days. If you weren’t training, you’ll need to add 600 calories more on training days only. For more details and for a fat loss cycle, read on.

*Always check with your physician to be sure you are in good health before starting or changing your training regimen or your diet. Always train sensibly and safely—your health is #1 and paramount!*



## 2. NOT GETTING ENOUGH QUALITY PROTEIN/AMINO ACIDS:

You don't need supplements to consume quality protein which can be obtained from fish, chicken, turkey and fat-free dairy; although it can be difficult at times to obtain all of the quality protein/amino acids you'll need solely from food sources, and at times it can be more expensive. The highest quality protein and amino acids are derived from egg protein, whey and (casein—an extended release protein). As you read on we will discuss these proteins are the highest quality proteins, higher quality than fish, chicken, turkey, fat-free dairy, beef, etc. The highest quality proteins and amino acids are the most efficacious for building muscle and strength because they inherently have the highest NPU (Net Protein Utilization), Chemical Score (indicates the effectiveness of protein/amino acids and is based on the amino acid profile and how it most closely matches that needed by the human body), PER (Protein Efficiency Ratio), and BV(Biological Value). Protein from legumes, nuts and whole grains can be used as part of a healthy diet, however they are on the lower end of the protein quality scale and not recommended as a major part of your protein intake. While whole grains are very healthy, an excessive amount can trigger fat storage, as can carbs from simple sugars and sweets. Veggies especially, and many fruits are fabulous sources of carbs providing a cornucopia of nutrients. Let us not forget our brother and sister vegans who are lacto-ovo vegetarians and who also have quality protein foods to choose from, and can also reap the benefits of egg protein, whey and casein. Our 100% vegan friends can utilize soy protein, however since soy is at the lower end of the protein quality scale, it is recommended that you mix other vegan proteins with it to improve soy's amino acid profile; while the quality will still not be on par with egg, whey and casein, soy does provide an alternative for the 100% vegans lifestyle. There is a concern for males using soy protein in larger quantities, as it may have estrogenic effects, which males would want to avoid. As noted, legumes (beans) are healthy foods to include in your diet, however to complete their incomplete amino acid profile you should consume your beans, such as kidney beans, garbanzo beans, etc. with a small portion of brown rice to complete their amino acid profile.

A general guideline regarding protein consumption for healthy athletes is approximately 2 grams of protein for each kilo of bodyweight—e.g. a 200 lb. man would require approximately 180 grams of quality protein each day to increase muscle and strength. Some bodybuilders and athletes live by 1 gram of protein per pound of bodyweight, while others consume more. Our government sets guideline recommendations, however they are typically established more for minimum standards, rather than a healthy lifestyle. For example, they've noted that a diet should consist of 60% carbohydrate, 30% fat and 10% protein. They don't necessarily say what type of carbohydrates, fats and protein to consume. Trans and saturated fats can promote cardiovascular disease, and low or incomplete protein consumption can result in premature aging and other undesirable ailments. A consensus of The HEALTHY 'N FIT® Research and Development Team equates to a diet of approximately 50% healthy carbs of veggies, fruits, some legumes and whole grains—staying away from processed carbs, 20-25% healthy fats such as monounsaturated and polyunsaturated and minimizing saturated fats and staying away from trans fats—it is not advisable to bring healthy fats lower than 20% as they are needed for a healthy

lifestyle and testosterone production. Some cholesterol (by no means excessive amounts) is also needed for neurotransmitter production such as serotonin which is essential for mental health. Protein is at approximately 25% to maintain, repair and increase muscle and strength, and also for facilitating many bodily functions. If one is sedentary, they should reduce their protein intake to perhaps 20% and increase quality carbs to 60%. Always check with your physician before starting or changing your training regimen or diet and be sure you are in good health.



It is important to consume protein every 3 hours or so to maintain a positive nitrogen balance (PNB). If your body goes too long without protein you can enter into a negative nitrogen balance. This is when your body requires protein and none is available, and your body can obtain it from your hard-earned muscle, a process you really want to avoid. Instead of the typical three meals per day, eating six smaller meals and/or protein shakes or very high protein Muscle Gainers throughout the day, maintains PNB and also enables your metabolism to be more efficient. At times it can be hard to consume six meals each day, that's another reason why supplements can be quite beneficial. What about while you sleep and you aren't consuming protein? Yes, your body can enter into a negative nitrogen balance. There are several solutions... Before bedtime you can enjoy low fat or fat free plain Greek yogurt or cottage cheese mixed with berries or other fruit. You can also enjoy a glass of low fat or fat free milk with a slice of our High Protein Italian Strawberry Cheesecake which is only approximately 150 calories, and you can find the recipe for it on our website. You can also enjoy a ½ serving of our ANABOLIC MUSCLE™ at this time or MUSCULAR WEIGHT GAIN™. Greek yogurt, cottage cheese, low fat or fat free milk, ANABOLIC MUSCLE™ and MUSCULAR WEIGHT GAIN™ are all high in casein which is an extended release protein which can last up to 8 hours. HEALTHY 'N FIT® Anabolic Amino 10,000™, approaching 200 million sold, is the bodybuilder's and athlete's choice for the ultimate in amino acids technology, convenient and perfect between meals; and Nighttime Anabolic Amino 10,000™ can also be utilized before bedtime. We try not to insert product recommendations into feature articles, however in this paragraph it is so essential that it would be irresponsible not to; moreover, HEALTHY 'N FIT® product formulations are Guaranteed to be more effective than any other brand and Guaranteed to produce Maximum Results. HEALTHY 'N FIT® develops and produces over 50 product formulations with 21 being the Guaranteed Most Effective in their product categories.



### 3. NOT GETTING ENOUGH QUALITY CALORIES FROM PROTEIN:

Proper nutrition is the foundation of your training program and unequivocally responsible for a great deal of your progress and success, with experts indicating that nutrition is up to 80% of the equation for gaining muscle and strength. Your diet should be as pure and clean as possible, staying away from processed and junk foods will ensure better results. As noted, try to keep saturated fats low and trans fats should be avoided like the plague. Carbohydrates from veggies are excellent and should be a major source of your carbohydrate intake, and many whole fruits are also good. 100% pure fruit juice is good and contains natural sugars; however stay away from excessive amounts. Naturally, protein is paramount, only protein builds muscle and strength, not carbohydrates and fats. Protein and extra quality calories from protein are a large part of the equation for building muscle and strength.

#### Let's review the keys to your muscle building and strength building success:

1. Train briefly but progressively. Right after training consume approximately 60 grams of carbohydrates and at least 40 grams of protein/amino acids to maximize the time right after your workout known as the "Anabolic Window" of growth.
2. Consume adequate quality protein/amino acids. Remember—only protein/amino acids build muscle and strength, not carbs and fats.
3. Consume additional quality calories from protein as follows. . . (Those who desire to lose weight-fat, and build muscle read on). The most efficient and very beneficial way to obtain additional quality calories from protein in an easy concentrated form, are very high protein Muscle Gainers. HEALTHY 'N FIT® Muscular Weight Gain™ and ANABOLIC MUSCLE™ have the highest protein content of any Muscle Gainer, Mass Gainer or Weight Gainer in the industry. Most Muscle Gainers contains only 15-25% protein and contain inexpensive, excessive carbs which don't build muscle. The highest protein Muscle Gainers are in the 35% protein range, Muscular Weight Gain™ and ANABOLIC MUSCLE™ are nearly 50% protein. You will find this product category superiority by HEALTHY 'N FIT® in virtually every product category.

Since everyone has different genes and different daily activity levels, charts indicating how many calories you require each day to maintain your current bodyweight are useful as a rough guide, however you should custom tailor your needs with a little effort for the best gains by simply doing the following:

1. For two weeks, keep a diary of everything you eat each day and list the calories and protein contained, and at the end of the day add up all of the calories and protein (there is easy access to calories and protein on the packaging of the foods you consume and many online charts and "Apps" indicating

same). As the weeks go by you will know the calories and proteins in foods by heart. After 14 days add up all of the calories and divide the number by 14, this will be indicative of how many calories you personally require to maintain your weight. It is also essential to track how many grams of protein you are consuming to be certain you are on target for success.

2. Add 500 extra calories to your diet each day over and above what you require to maintain your weight. Remember if you are currently not training, you'll need to add an additional 600 calories only on the days you train for a total of 1100 extra calories, and if you are not doing cardio, you'll need to add 200 more calories for each 20 minute session. If it sounds troublesome or difficult—trust us, it becomes quite easy, and is programming your gains and success. (You're training hard, it's essential that your diet be productive for maximum results).
3. With the proper quality supplements, at the end of each month you should gain approximately 5-6 lbs. If you have gained a little less, simply adjust your daily calorie intake to equate to gaining 5-6 lbs. monthly. Every 3500 calories= 1 lb. of bodyweight—so if you've gained only 3 lb. for the month, that means you will need to add 3500 calories for the next month or just over 100 calories more each day. IMPORTANT—As you gain muscle/mass, you will require more calories just to maintain your new weight (and build more muscular bodyweight), hence you will need to up your calories every month or two by adding approximately 100 calories more each day to your diet to achieve your goal of 5-6lbs monthly. In all of the aforementioned noted herein above as 3 and IMPORTANT, the proper quality supplements are up to 50% of the equation of your 5-6lbs solid mass gain each month.
4. If you want to lose weight (fat), simply reverse the process, however you should consume 1000 calories less each day for a total of approximately 8 lbs. weight (fat) loss each month. (Don't try to lose more quickly). Remember to follow the protein intake recommendations, those who lose weight on a low protein diet, can lose a lot of muscle. The key here is to maintain and build muscle and lose fat. The same guidelines apply if you are currently not training; on training days you'll need to cut only 400 calories since your weight training session will burn approximately 600 calories, and on your cardio days—cut 200 less calories (if you are currently not training cardio). Again, it is not recommended to lose more than 8 lbs. each month. Follow all guidelines in 1 and 4, and in 3, simply reverse the process.

Now you have the knowledge and are empowered to gain muscle and strength and/or lose fat as well. You are now privy to the facts which will help you avoid training with little or no gains; and up to 90% of those trying to lose weight are not successful or gain the weight back, and that's what is keeping all of the weight loss companies in business—now you have the knowledge so that you can custom tailor your diet to be part of the 10% who are successful. If the weight loss companies educate their customers, they'd lose residual business and that is why some companies like to keep their customers in the dark. Our philosophy is to educate and inform so that you are empowered to make the best choices.

SPANNING FIVE DECADES. . . HEALTHY 'N FIT® is the proven leader in truly effective advanced nutritional technologies. Some of the largest companies in the supplement industry, doctors, chemists, and ministries of health have consulted with and utilized HEALTHY 'N FIT's services. At HEALTHY 'N FIT® you won't find any marketing hype, pseudo or quasi science, nor the facade of paid drugged-up bodybuilders endorsements found in other brands. What you will find is The HEALTHY 'N FIT® Research and Development Team collectively bringing nearly 100 years of knowledge and expertise in Nutritional Sciences, Physiology Pharmacokinetics, Exercise Physiology, The Physiological and Psychological Synergistic Duality for Permanent Weight Loss™ and Enhanced Mind/Body published authors, developing groundbreaking innovations and truly effective advanced nutritional technologies, equating to creating product formulations GUARANTEED MORE EFFECTIVE THAN ANY OTHER BRAND that produce GUARANTEED MAXIMUM RESULTS. Our customer satisfaction rate is over 99%. HEALTHY 'N FIT® product formulations reflect this history of achievements and success. HEALTHY 'N FIT® is the most successful brand in the sports nutrition industry having developed and implemented more effective advanced nutritional technologies than any other brand in over a dozen product categories. As you examine our history of achievements and success, and witness the GUARANTEED MAXIMUM RESULTS of our product

formulations you will discover how HEALTHY 'N FIT® has changed the course of the sports nutrition industry. We THANK YOU for our success.

A proper diet and exercise program are essential for reaching your goals.

\*These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.

All HEALTHY 'N FIT® product formulations are guaranteed to provide Advanced Maximum Nutritional Support Technologies

COPYRIGHT © 2014 HEALTHY 'N FIT INTERNATIONAL, INC.