



I LOST IT AT THE CLUB TIP #10

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Trainer Tip of the Week from Jamie Arion

Do you need to supplement?

A supplement is just that. It adds to something. Nutritional supplements add to and complements, meaning makes something better. So, nutritional supplements complement an already healthy and balanced eating plan and a proper fitness plan based on your goals. Supplements help fill in the nutritional gaps, meaning do you always eat the 'right' kinds of foods? Do you lack energy? Do you eat breakfast? Are you stressed? Have you hit a plateau in your fitness goals? Supplements can assist in addressing these challenges.

Also, taking the right supplements at the right time is critical for change. Research has stated you can not get all the nutrients you need from a regular diet – you have to supplement. If you travel, if you are too busy to cook, if the food thing is too confusing – supplementation is a great choice.

We also have a small window of opportunity to make huge gains from our workouts – again supplementation makes sense. And if you do supplement, you want the best. The best science behind the products, the best formulations, etc – this is why I recommend Advocare.

Contact me and I can assist you personally on supplement questions. Let's make sure your wellness plan is complete and supports your goals and changes.

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