

LET'S TALK ABOUT PROTEIN...

How much do we need and why is it important in building the body that we want?

How much protein do you need? For the average person you want about 1 gram of protein per lb of goal body weight. You don't need protein for body fat. The amount of calories that you eat controls how much body fat you will lose but protein will determine what you look like when you reach that goal weight. Protein is responsible for the shape of your body. When you lose weight most of us don't want to just be a skinnier version of ourselves sometimes called "skinny fat". We want to lose fat and keep the most amount of muscle that we can so that we have that muscle definition that we want.

Protein isn't just for building muscle though. Protein is made up of chemical building blocks called amino acids. Your body uses amino acids to build and repair muscles and bones and to make hormones and enzymes. Other benefits to consuming protein is that it will keep you full for longer and you burn more calories digesting protein.

So let's talk specifically about protein post workout so that we can build the body that we want. How do we build muscle? I used to think that lifting weights built muscle but that's not quite how it works. When you lift heavy weights you are tearing the muscle. That's it. The body doesn't see it as a good thing. It stresses the body and raises your cortisol. Then your muscles grow back bigger and stronger in the next few days with proper rest, sleep, and enough calories - most specifically protein. So if you are just lifting and not eating enough food and protein then you will see much slower change to your body.

So what do I choose to drink post workout so that I can set myself up for the most possible success in building the body that I want? When I first started lifting I drank the cheap protein from the store not understanding there are different types of protein and most importantly quality of protein. Quality is really important to me because I want it to taste good, help me reach my goals but also not upset my stomach or bloat me. This is why I started drinking **Phormula 1** isolate protein mixed with 1/2 scoop of **Ignition** and water post workout. I've been using these supplements for almost 4 years. They have helped build my body, so I'm excited to share them with you! I can't stand drinking a thick shake after I'm done lifting. I like **Phormula 1** because it's light, similar to a Crystal Light drink. I really like the flavors *Root Beer*, *Orange Dreamsicle*, *Fruit Punch*, *Vanilla*, and *Watermelon*. They are lower calorie and virtually no carbs or fats so this shake is also perfect at the end of the day when you are short on protein but need something with lower calories. This is a better quality protein because it's cooked at a low temperature meaning it's not denatured. Think of cooking chicken on a grill versus a crockpot. You cook chicken on a grill at a high temperature for a short time. When done it is a tough, more dry piece of chicken. You cook chicken in a crockpot at a low temperature for a long time. When done it is tender and juicy and falls apart on your plate. The chicken cooked in a crockpot is not denatured and has retained all of its nutritional value because it was cooked at a low temperature. This is really important when choosing a protein supplement.

How do I drink my post workout protein shake? I choose to mix my **Phormula 1** with 1/2 scoop of **Ignition** for best recovery. **Ignition** will help reduce muscle soreness, will help lower your cortisol so you can start to build muscle faster, and replenish the glycogen that you used from your muscle and liver. This will help you recover faster so you can feel better and kick butt again in the gym the next day. Think of it this way - when you drive your car 5 hours down the freeway you need to check the tires for wear and tear and you need to fill the tank back up with gas. This is similar to your body after lifting. You need protein to repair the wear and tear and you need Ignition to fill your gas tank back up. Both are important for recovery.

Hopefully this helped you better understand the importance of protein in your diet and specifically post workout. This will help you feel, move, and look healthy and strong!

If you prefer a *whey protein made with Stevia* then I would suggest **Phormula 1 Natural**. If you prefer a *Vegan protein* then I would suggest **Vegan Power Pro**.

If you would like a protein powder that you can *bake with or add to coffee* then I would suggest **Level 1**. It is a great snack and meal replacement as it's slower digesting and will help you feel full for longer.

