



Breaking Through Nutritional Boundaries

FITNESS SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food

HEALTH CARE PROFESSIONAL NOTES:

* 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.



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WHY HEALTHCARE PROFESSIONALS RECOMMEND THE FITNESS SOLUTIONS

A training program requires a desired goal, plan, discipline, and quality nutraceuticals to work effectively. Everyone should consult with their doctor for a full physical and then begin with a personal trainer to at least get started. Exercise not only keeps your body in top shape, but also improves your health, reduces stress, relieves tense muscles, sparks creative thinking, and helps you to sleep. The human body was made to move and function on an every day basis to keep it working at an optimal level. With the change in our culture to a more sedentary lifestyle a consistent fitness program is imperative to staying in shape. Supplementing your workout with quality nutraceuticals can increase work output, repair muscle, and allow the body to get important nutrients needed for muscle building. The Workout Solution is the perfect way to push your workout to the next level. Whether you are a beginner or a pro the workout program can allow your body the proper nutrients for energy, stamina, and recovery.

FITNESS PROGRAM

BEGINNER

Pre-Workout

- Pro Oranges - Energy and Endurance

Post-Workout

- Super Shake or Best Whey - Repair and Growth



INTERMEDIATE

Pre-Workout

- Pro Oranges - Energy and Endurance

Post-Workout

- Power Fuel - Power, Energy, Repair
- Super Shake or Best Whey - Repair and Growth



ADVANCED

Pre-Workout

- Pro Oranges - Energy and Endurance
- Super Kreatine - Strength, Power and Endurance

Post-Workout

- Frontier BCAA's - Muscle Repair
- Power Fuel - Power, Energy, Repair
- Super Shake or Best Whey - Repair and Growth



FITNESS PROGRAM

Phase I beginner

• Cardio:

0-15 minutes
(Cardio- walk, run, swim, aerobic class, hiking, biking, boxing, cardio equipment)

• Stretching:

5-10 minutes after

• Resistance Training:

Full body workout 2-3 times per week.

Phase II Intermediate

• Cardio:

15-30 minutes
(Cardio- walk, run, swim, aerobic class, hiking, biking, boxing, cardio equipment)

• Stretching:

10 before and after

• Resistance Training:

Divide body into 2 parts, upper body/ lower body or torso/limbs 3-4 days per week rotating the workouts.

Phase III Advanced

• Cardio:

30-60 minutes plus, depending on training cycle.

• Stretching:

10+ minutes after, massage, chiropractic and muscle therapy weekly.

• Resistance Training:

4-6 days per week. Divide body parts into 4 or more workouts and workout each 1 time per week.

FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw fruits • Raw vegetables • Lightly steamed, stir-fried, or roasted veggies • 100% whole grains (wheat less frequently) • Oatmeal • Legumes • Olive oil • 6-8 glasses of pure water • Unroasted nuts and seeds 	<ul style="list-style-type: none"> • Clean meats (organic, wild game- no hormones or antibiotics) • Wild fish, shellfish • Unprocessed fruit and veggie juices • Organic & free range eggs • Coconut oil, high oleic unrefined safflower oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized dairy • Pizza • Alcohol • Coffee • Canned foods • Sweets, cane sugar 	<ul style="list-style-type: none"> • Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White bread • Fast food • High fructose corn syrup and seeds

