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Let Thy Food Be Thy Medicine and Thy Medicine Be Thy Food – Hippocrates

FITNESS AND NUTRITION

Your fitness and nutrition program should be based on your personal goals. If your goal is to lower body fat and improve your health then you don't need to train like an athlete. If you are an athlete that wants to improve strength and endurance, your training program and nutrition program must complement each other.

Our bodies are much like a car, if you have a race car and a family car would you use the same maintenance program? A race car requires more maintenance and consumes more quality fuel just like an athlete. If you want your car to perform well you will put the best fuel and stay on top of your maintenance plan. If this is not done you will not get the best performance and longevity for your car, the theory is the same for an athlete. If you are an office worker looking to be leaner and healthier you don't need the same as an athlete since athletes do significantly more damage to their muscle cells and consume a lot more fuel to function. However we all need nutrients how much is based on our goals and lifestyle.

Fuelling your body with the proper nutrients is vital to your overall health. Consuming empty or dead calories is very harmful to our cells and will lead to long term health problems. Our bodies CANNOT protect itself from foods with little or no digestive properties called enzymes. Without enzymes, nutrients will not enter our cells. Hence why food can be consumed and one can still feel hungry, because our cell is still lacking nutrients and will send a signal to the brain to remind you that's it is still starving for nutrients and the cycle of overeating begins.

Your fitness program should be based on your body. Your exercise program should include exercises to strengthen weaker areas i.e. hockey players tend to have strong outer thighs, their thigh program should have exercise to strength inner thigh for proper alignment. If your alignment is off, this will lead to muscle and joint pain. The same goes for all different muscle groups in the body.

Your fitness program should also include Visualization, Range of Motion, Negatives, Mind Muscle Connection, Breathing Techniques, Proper Rest Time, which includes the time between sets and between each exercise. This has to be further complemented with nutrients to prevent break down of muscle cells during exercise, replenish electrolytes as well as which nutrients your body will need immediately after exercise to protect the immune system and enhance the repair process. Proper sleep is needed, which includes the most vital being REM sleep, as well as your body requires nutrient dense meal in the morning to ensure maximum impact of your workout as well as fully utilizing your body's own repair mechanisms.

Using an average fitness program and an average diet will lead to years of frustration; blaming genetics, stress and wasting money on magical products or equipment that promise to cure all, but most invariably only work for a short period of time.

We cannot change how the body functions. The way our cells, muscle and digestion system function will never change, simply follow the rules of the body and by following the rules you will dramatically reduce your risk of heart disease, diabetes, obesity and cancer. With great health every and anything is possible, without our health what do we really have?

Over the next period of time, I will be explaining fitness, nutrition, supplementation, cardio and all other areas of general health and well being.

If you want to be healthy you must change the way you fuel your body and mind.

A handwritten signature in black ink, appearing to read 'Haman Dowlatram', written in a cursive style.

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