

Are *YOU* Fit for Show?

By NADINE, *Certified Nutrition Specialist*, Creating RESULTS

MAJESTIC! That one word sums up the breath taking feeling I get when in the presence of a champion show horse. There is an inner beauty, a power and grace surrounding this magnificent animal. Upon seeing that horse I knew that every detail of their training program had been dissected, every portion of feed, every ounce of fluid, every training session had been examined in detail to ensure success in the arena. I'll even lay odds that countless hours were spent talking to the horse, telling him how magnificent, how powerful, how graceful and how deserving he is of showing his beauty to the world and standing in the Winners Circle. This shows a dedication to excellence.

While attending a recent show, I experienced a synchronicity in the partnership between horse and rider that rode as one. It was exhilarating to me when this partnership entered the Winners Circle. A mismatch was very apparent when a magnificent mount entered the ring not so magnificently mounted. In a few cases it broke my heart to see the physical condition of the rider. How much care and dedication to excellence was woven into the individual training program of the rider? It does not matter how magnificent the animal if the condition of the rider undermines its beauty. Not only was the extra weight a detriment to the health of the rider, it took away from the teams' aesthetically pleasing showmanship. While the judges were primarily looking at the horse, the common eye picked up everything, condition of the rider and all. It was difficult for me to keep my eye on the majesty of the horse with so heavy of a rider.

Are you the rider, fit for show? Does the word Majestic describe *you*? Or is something missing? Does your physique carry extra fat? Does your mental game contain more negative or positive self-talk? Have you examined every aspect of your training program? Have you examined every aspect of *your* nutrition program so that you know the quality and quantity of the proteins, carbohydrates, fats and water going in? Recall for the horse every aspect of his program has been examined to ensure success. Do you the rider, not also have a physical responsibility to the success of the team?

Horses and people are alike in the fact that each has a food mix that works 'just right' for them. Have you looked at yours? Food is FUEL! As fuel burns, it provides the necessary energy to turn the metabolism on. By eating the right *kinds* of food and the right *quantity* of food, the body turns into a fat burning rather than a fat storing machine. The daily food intake, or diet, is comprised of proteins, carbohydrates, fats and water. Protein feeds muscle tissue, allowing the body to heal itself, and form new cells, new tissue etc. Every cell from the top of your head to the bottom of your feet requires protein. Yet this is one of the most under eaten forms of food. Bad Fats, trans-fats, on the other hand remain one of the most over eaten forms.

Carbohydrates are the most direct source of glucose, the most important fuel source in the body. Yet, due to a lack of knowledge, carbs are treated as "the bad guy". Of the three types of carbs: *simple* (donuts, pop, candy, sugar, bars etc), *complex* (rice, potatoes, pasta, yams, legumes, etc) and *fibrous* (broccoli, green beans, lettuce, cauliflower etc), your best bet in turning on your metabolism is consuming the complex and fibrous ones. Simple carbs, in my opinion, are to be avoided like the plague.

Most adults need about 15 percent of their daily food intake in the form of fat. Fats in the diet usually take care of themselves so you do not need to go looking for them. Omega-3 and Omega-6 fats are two polyunsaturated fatty acids needed by the body for basic functionality. Since the body cannot create these two essential fatty acids from scratch they must therefore be supplied by foods.

Water is the most indispensable nutrient in the body. Not only is it the major transport system bringing each cell the exact nutrients needed, it is also the cleansing agent for the entire body. Each adult would greatly assist their body by drinking a minimum of 64 ounces of water per day. More water is needed if the body is dehydrated from lack of intake, exercise, sunburn, excessive heat etc. If the body is dehydrated... drink more water... if the body is retaining fluid that means the cells are holding onto whatever water supply they could find. By drinking more water, not soft drinks or coffee, the cells will open up and start transporting nutrients throughout the body.

How do I determine the food mix that works ‘just right’ for me? We are not so different from the horse in that careful study will provide the answers. Some people metabolize proteins quickly, some carbohydrates quickly, while others require a mixed blend for optimal performance. The key is to find out what your body needs and then duplicate it on a daily basis. A good way to find out what your body needs is via a comprehensive Diet Analysis, which should provide key information on the macronutrients you are currently giving your body, and what is needed to reach your goals.

The 2005 Show Season is just around the corner. NOW is the time to take an objective look at how you “show” up. Have a friend take a few pictures of you in your show outfit. Make sure to capture a front, side and back shot of you while standing on the ground. Now, take the same round of shots while seated on the horse. It would be advantageous to take a butt shot while posting. Develop these pictures and look at them objectively. Is your outfit visibly too small for your body? Do you have excess fat (rolls or lumps) showing through on the arms, sides of the lower back and abdominal region? Are there more things moving on your butt and thighs than on the horse while posting? You might also consider whether you feel comfortable in your outfit or are you fighting to breathe? While looking at these pictures do the words Majestic or Winners Circle come to mind? If they do... Awesome you are on track. If they do not... Adjustments may be needed in your daily nutritional regime. Do you know that five pounds of fat looks like a loaf of bread? Imagine a whole loaf of fat being released from your physique. Wow!!! Now *that* would be a step towards being Majestic. Find out what your body needs for optimal performance and practice it. A good first step is to cut out sugar and sugar products. A second step is to drink more water. Dropping fat takes time and patience. It is important to find a program that works for you *and* with you. If changes are needed, NOW is the time for Action. Now is the time to be accountable for your success and entry into the Winners Circle.

Ultimately, the choice is yours. Which choice did you make? Within minutes you will hear the words “You may enter the ring at a trot”. Are you Majestic? Are you exuding inner beauty, power and grace? One question remains... *Are YOU Fit for Show?*



Coach Nadine

Creating LIFESTYLE Changes to LAST Your Lifetime

NADINE is a *Certified Nutrition Specialist* with over 24 years experience in the Health and Fitness Industry and teaches her clients the *Art* of building and maintaining lean muscle tissue as they drop body fat in a unique program designed for *them*. For *Nation-wide service* contact NADINE at 970-443-2541, Nadine@CoachNadine.com or www.coachnadine.com.