

# iKENGAFIT

**D I G I T A L** EDITION 2.1 **M A G A Z I N E**



**DAVID CLARY | FOUNDER & CEO**

This digital magazine provides a healthy element to your weekly routine.



THE LIFESTYLE SERIES

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# THE ACTIVITY LIFESTYLE

## CARDIOVASCULAR HEALTH



One of the primary effects of cardiovascular exercise is the ability to **strengthen the heart**. When you engage in aerobic activities such as jumping rope or anaerobic activities like sprinting, your heart pumps more blood, delivering oxygen and nutrients to the major muscles throughout your body.

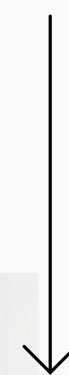
Over time, this leads to **a stronger heart muscle, increased stroke volume, to provide more blood to the body and a lower resting heart rate**. These physiological changes reduce the workload on your heart, *lowering the resting blood pressure, and decreasing the risk of heart disease, stroke, and other cardiovascular conditions.*

Additionally, cardiovascular exercise plays a **significant role in weight management**. For individuals aiming to shed excess fat, engaging in cardiovascular exercise that is 55-65% of your age-adjusted target heart rate, for 30-60 minutes, 3-5 days a week will enhance your bodies metabolism to burn fat at a faster rate!

*Ever wonder why marathon runners are so skinny?* They are constantly working their heart rate at a moderate level, which burns the fat off to produce energy for the race.

Looking for **beginner cardio workouts** to add to your routine?

CLICK THE LINK BELOW



**BODY WEIGHT AEROBIC WORKOUT**

# THE NUTRITION LIFESTYLE

## CARBOHYDRATES



**Carbohydrates** are the body's primary source of energy and are especially important for active individuals.

*According to the National Academy of Sports Medicine:*

**Before** any exercise or athletic event within 2-3 hours it is recommended that a 150 lb person consume 68 grams, or 4 to 5 servings of **complex carbohydrates**, found in foods like whole wheat breads, legumes, brown rice, pasta, and starchy vegetables like potatoes which provide a sustained release of energy that can fuel your workouts and prevent fatigue.

**During** or 30-60 minutes before your exercise or athletic event that same 150 lb person should consume 30-60 grams of **simple carbohydrates** such as a fruit smoothie, bananas or apples, crackers, or glucose gel packs to allow these faster digesting options to be readily absorbed by your blood cells for energy.

**After** your activity, the 150-pound person requires another 68 to 102 grams of carbs to promote recovery. **You typically want a protein and carb combination.** Include 20 to 30 grams of protein with your carbs within 1 hour of finishing your workout to enhance muscle protein synthesis and recovery. If your workout was cardio-intensive, focus more on carbs and less on protein. If your exercise was a strength training session, pay more attention to protein and less on carbs.

Examples of post-workout snacks that deliver carbs and protein include:

- Whole-wheat toast and avocado with salmon,
- Greek yogurt with berries and granola,
- Brown rice with black beans and steamed broccoli,
- A **smoothie bowl** loaded with fruits, greens and veggies along with a scoop of **protein powder** if you so choose.

## LEARN MORE ABOUT CARBOHYDRATES

CLICK THE LINKS BELOW

WHAT A HEALTHY SERVING OF CARBS LOOK LIKE

# THE REJUVENATION LIFESTYLE

## HEALTHY SLEEP PRACTICES



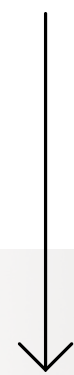
Sleep plays a **pivotal** role in your mental and physical health. Whether you are recovering from injury or illness, to being alert and energized during the day.

Below are recommended ways to get better sleep:

- Avoid blue-ray light one (1) hour before bed. Electronic devices like smartphones & computers emit large amounts of this hour before bed.
- Long daytime naps may impair sleep quality. If you have trouble sleeping at night, stop napping or shorten your naps.
- Test different temperatures to find out which is most comfortable for you. Around 70°F (20°C) is best for most people.
- A melatonin supplement is an easy way to improve sleep quality and fall asleep faster. Take 1–5 milligrams (mg) around 30–60 minutes before heading to bed.

## LEARN MORE ABOUT BREATHING EXERCISES + HEALTHY SLEEP

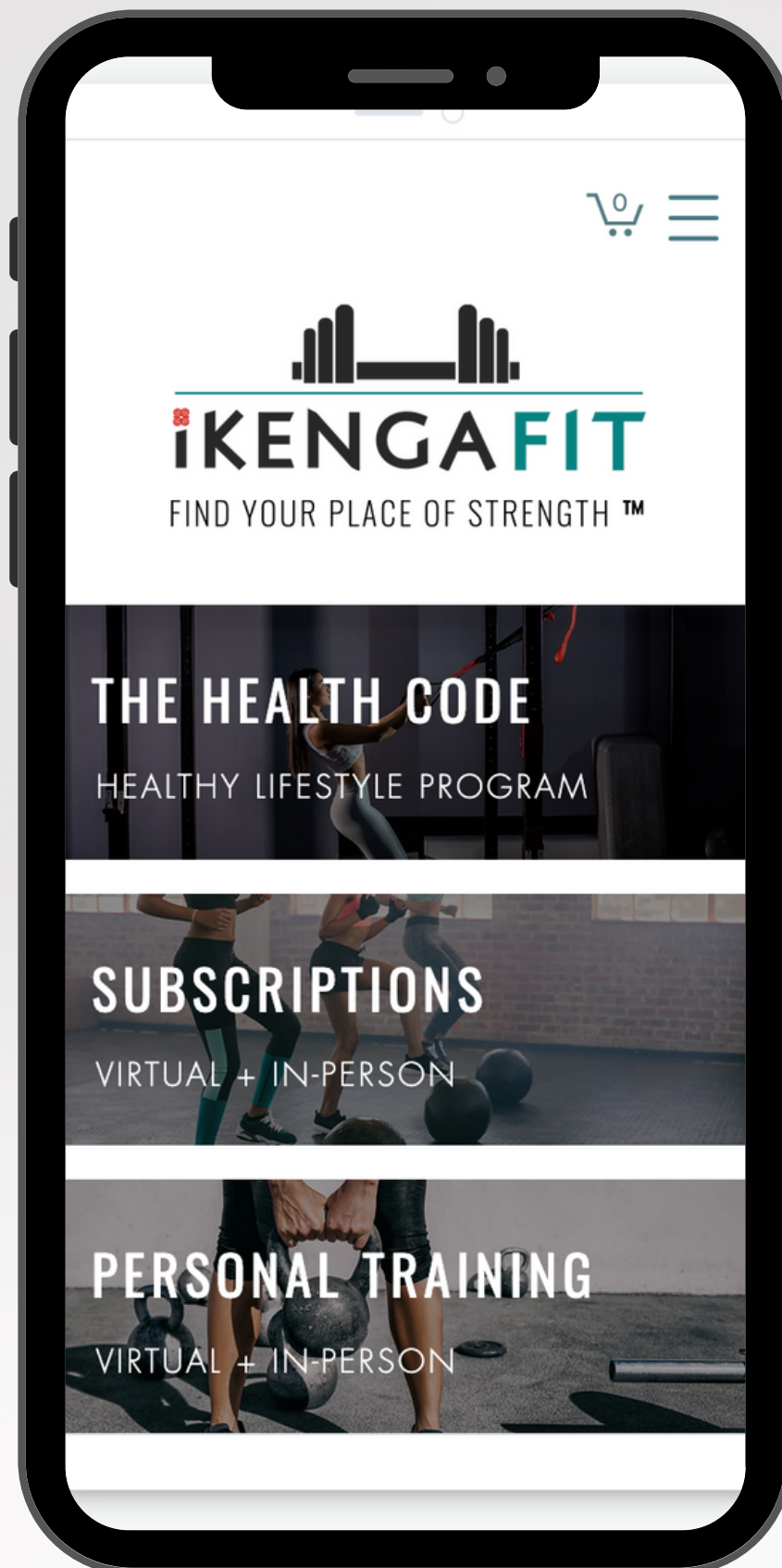
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## PRACTICAL TIPS FOR BETTER SLEEP



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iKengaFit's **DIGITAL** magazine!



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