



MOVEMENT
LABS

NUTRITION

YOUR GUIDE TO GETTING
STARTED



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WELCOME!

Welcome to Movement Labs Nutrition.

Nutrition is an endlessly debated, contested and conflicted topic that goes way beyond the parameters of this guide.

It's largely manipulated and sensationalised by certain bodies to keep you at arms length; in the dark and on a not-so-merry-go-round of lost time, money and self esteem.

This stops here.

We're not going to tell you what or how to eat.

We are, however, going to provide context to the information around calories, macros, 'good + bad foods' and a lot of other noise and how it applies to your personal goals.

Ultimately, our mission is to help you better your relationship with food, put your energy in the right places and cultivate a balance that makes you happy, for good.

There continues to be a void between prominent health and fitness figures arguing opposites; some say that calories are everything and some say you don't need to count them at all.

This guide is designed to educate and empower you so you can make choices that make sense for your lifestyle.

WHAT ARE CALORIES?

A calorie is a measure of energy; Everything we do requires energy – from sleeping, breathing and thinking, to running a marathon!

We get energy (calories) from the macronutrients in our foods. Macronutrients are protein, fats and carbohydrates.

It's important to keep in mind that there is more to food than just calories. It also provides micronutrients such as vitamins, minerals and fibre. All of these play an important role in our overall health, training and recovery. The amount of each will vary greatly across different foods, which is why it's important to eat a varied diet.



ENERGY BALANCE

When we consume more energy (calories) than we need our bodies store it for later. This is known as a calorie surplus. An excess of calories being stored can lead to weight gain.

When we consume less energy (calories) than we need, we break down stored energy to continue fuelling the body, causing weight loss. This is known as a calorie deficit.

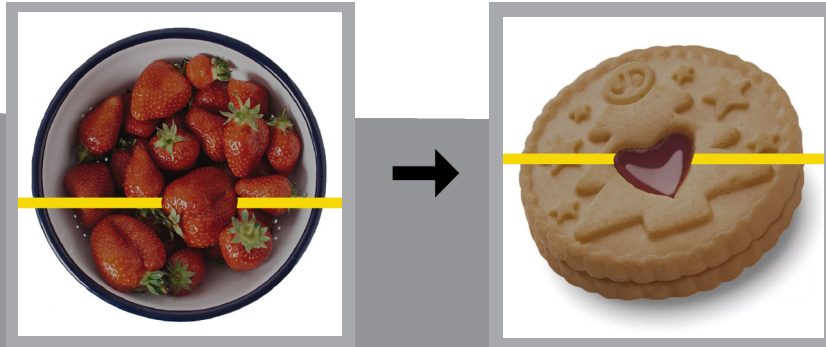
Equilibrium is essentially what we'd call calorie maintenance. This means our energy supply and demand are roughly equal, which leads to no real change in bodyweight.

This balance fluctuates everyday through all our functions and activities. When we are low on energy we get hungry and tend to eat more. Nowadays it is easy to over-consume because we have access to an abundance of very tasty, highly caloric foods. This, coupled with a general decrease in activity, has led to a compound increase in weight gain.

IS A CALORIE A CALORIE?



250g of strawberries contain roughly 75kcal, that's the same amount of calories in one jammie dodger. Neither is more fattening than the other and will count equally towards our calories in vs calories out balance.



What we don't see by just looking at the calorie content of the food is what else the food provides us beyond their caloric value.

The Strawberries will provide fibre, vitamins and mineral and will be considerably more filling than the biscuit.

Adding to this the fact that processed foods, like biscuits, tend to be easy to overeat and not filling, more often than not leads to eating more than one. The same can seldom be said of eating over a kilo of strawberries! So it's easy to see how you can load up on calories without realising.

Yes, calories are the same. But that doesn't mean the foods that provide those calories are the same.

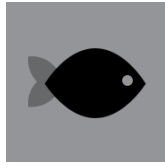
What we choose to eat can have a huge impact on the amount of calories we end up eating, depending on how filling and appetising these foods are.

However, this shouldn't lead us to demonise particular foods. As great as it is to eat nutrient dense food, it's equally important to enjoy the things you like from time to time. Fill your diet with wholesome foods, but don't let that stop you from enjoying a cookie or some pizza with your friends.

YOU GET TO CHOOSE HOW YOU CONSUME YOUR CALORIES.



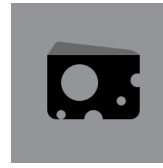
‘Macros’ is short for macronutrients, which refers to protein, carbohydrates and fats.



PROTEINS



CARBOHYDRATES



FATS

Whilst each one has a caloric value, they also have unique roles within the body.

‘Tracking macros’ is monitoring calories consumed and how much is coming from protein, carbs and fat. Your overall calorie intake is still the deciding factor in weight loss or gain.

PROTEIN

Protein is the building blocks that our body uses to build and repair things like cells, skin, hair, hormones, connective tissue and muscle. Because these are constantly being broken down and repaired, we need to replenish protein for our bodies to use. Getting adequate protein in our diets helps us to maintain and build tissues; not getting enough can cause us to slowly lose muscle over time.

Our protein requirements go up if we do things like resistance training, which breaks down the muscle tissue and signals to the body the need for them to be stronger next time. Some good sources of protein are; poultry, meat, eggs, tofu, greek yoghurt, fish and eggs. Protein shakes can be a convenient way of increasing your protein intake; but not necessarily a better source of protein than real food.

How much protein do you need?

Protein recommendations along side resistance training are 1.5-2g of protein per kg of bodyweight. Some guides say less, some a little more, but this middle ground is a good place to start. It’s quite likely that this is more than you’re consuming right now, you can build up to this slowly as you get used to adding it to your diet.

CARBOHYDRATES

Carbs have had a bad rep for too long. It's often implied that eating carbs will lead to fat gain. The truth is that carbs play some key roles in our bodies: they fuel our activities, keep our brains charged and are found in some of the most nutritious foods like fruits, vegetables, whole grains and legumes.

COMPLEX CARBS

Complex carbohydrates, often referred to as starches, are long chains of sugar molecules that break down more slowly providing a gradual release of energy.

SIMPLE CARBS

Simple carbohydrates, often called sugars, are made up of just one or two sugar molecules which means they break down much quicker in digestion, which leads to a quicker elevation in blood sugar, providing a more immediate burst of energy.

This is particularly useful during your training and handy for replenishing stored energy in our muscles (glycogen) after a tough session.

GLYCEMIC INDEX

The fibre content of food will impact how quickly it is digested.

For example, some fruits that are higher in fibre will release energy more slowly despite being classes as 'simple sugars'. On the other hand, foods lacking fibre, like white bread, can be broken down more quickly despite being typically classes as 'complex carbohydrates'.

The glycemic index (GI) ranks foods based on how quickly they raise blood sugar to account for these exceptions.

A steadier release of energy throughout the day is favourable which makes complex, fibrous carbs the more sensible choice. These tend to be foods like vegetables, fruits and whole grains, which are also higher in vitamins and minerals.

DO carbs ACTUALLY CAUSE WEIGHT GAIN?

Despite the barrage of claims about carbohydrates and their effects on blood sugar, insulin levels and fat storage, the actual scientific literature does not support the claim that insulin elevation associated with sugar consumption leads to weight gain outside of a calorie surplus.

So, unless you're eating too many calories overall, sugar or carbohydrate consumption does not lead to weight gain. This includes everything from pizza and cookies to fruit and pasta.

However, as with most processed foods, sugar is easy to over consume as it tastes nice and doesn't make you feel full. A reduction – not eradication – of sugar is a good consideration for most people to make way for more nutritious, filling foods, to aid in keeping overall caloric intake more in line with your actual demands.



HOW MANY CARBS SHOULD I HAVE IN A DAY?

Whilst there isn't a minimum requirement of carbohydrate intake to eat per day, it's a good idea to include some within your diet.

A good variety of complex, fibrous carbs will help to keep you energised and feeling full.

Depending on your individual preferences and goals, most of us will get 35-60% of our total calories from carbohydrates.



FATS

Fats offer a huge number of benefits and play an essential role in our diets.

SATURATED FATS

Benefits; immune function, nerve signalling, cell membrane structure.

Found in; meat, dairy, coconuts.

MONOSATURATED FATS

Benefits; heart health, reduced risk of cardiovascular disease.

Found in; avocados, olives, almonds, cashews, peanuts, sesame seeds.

POLY-UNSATURATED FATS

Omega 3 -

Benefits; heart health, brain function, bone mineral density, mental health, reduce inflammation.

Found in; oily fish, flaxseed, walnuts

Omega 6 -

Benefits; heart health, skin health, hair growth, bone health, the reproductive system.

Found in; vegetable oils, sunflower seeds, nuts, eggs, wholegrain.

Omega 3 and 6 are also known as 'essential fatty acids' as they cannot be made within our bodies, so it's important that we get them from our diets.

DOES FAT MAKE YOU FAT?

No. Eating fat will not make you fat. Whilst it is more calorific per gram than carbohydrates and protein, the only thing that will make you fat is an over consumption of calories as a whole.

General guidelines suggest getting between 20-35% of your overall calories from fats, prioritising the unsaturated sources for their health benefits.

VITAMINS & MINERALS

Unlike macronutrients, micronutrients do not provide us with energy, but they do play fundamental roles in our bodily functions and overall health.

Factoring in micronutrient intake into your day to day nutrition is essential if you want to feel, look and perform your best. Below we'll explore some of the different micronutrients, why they're important and where you can get them through your diet. If you're eating a well balanced diet, chances are you'll be pretty well covered, but individual needs will differ based on age, sex, height and weight.



VITAMIN A is for: Skin health, immune system, sight.

Found in: Cheese, milk, eggs, veg, oily fish.



VITAMIN D is for: Calcium and phosphorus absorption; bones, teeth and muscles.

Found in: Sunlight, eggs, fish.



IRON is for: Oxygen transport, energy levels.

Found in: Meat, leafy green veg and legumes.



VITAMIN B12 is for: Energy production, red blood cells, nervous system.

Found in: Meat, fish, eggs, dairy, fortified cereals.



VITAMIN E is for: Antioxidant, skin, immune system.

Found in: Nuts, seeds, green leafy veg.



MAGNESIUM is for: Energy metabolism, bone health, muscle contractions.

Found in: Seeds, leafy green veg, nuts and legumes.



VITAMIN B (all others) is for: Energy levels, metabolism, brain function.

Found in: Meat, fish, eggs, dairy, legumes, leafy greens.



VITAMIN K is for: Bone health, blood clotting.

Found in: Green leafy veg.



PHOSPHORUS is for: Bones health and energy production.

Found in: Meat, dairy, legumes and grains.



VITAMIN C is for: Anti-oxidant, skin, iron absorption.

Found in: Fruit & veg.



CALCIUM is for: Bone health, heart and muscle function.

Found in: Broccoli, milk, cheese.



ZINC is for: Enzyme activity, immune system, skin health.

Found in: Shellfish, meat, legumes, nuts and seeds.

FIBRE

Although Fibre is a type of carbohydrate, because the body can't digest it it doesn't provide us with energy.

However, fibre is fantastic at helping us feel fuller, making it a great ally for managing hunger when adhering to a sensible calorie deficit. Vegetables and whole grains have ample amounts of fibre, another reason they're a great choice!

Aside from the satiety benefits, we need fibre for a healthy gut and good digestion. Aim for around 25-35g per day.

FIBRE BOOSTING EXAMPLES:



4.4g per medium apple



2.6g per 100g



6.4g per 100g



10.6g per 100g

Knowing all this is great, but what does it mean for you and your goals? This is personal to you, your preference and lifestyle.

It will take practice, patience and an open mind to gradually solidify habits that reinforce your path to your goals. It takes time to get things right and, even then, nothing will be 100% perfect, and that's ok. Getting it right more often than not will get you where you want to be, whilst still being able to enjoy social events, time with friends and family and special occasions.

The most important thing is consistency. That's where we come in.

EXERCISE IS ONE PART OF THE HEALTH EQUATION, BUT **NUTRITION** IS THE KEY TO UNLOCK YOUR TRUE POTENTIAL.

How We Work

We provide coaching to help you achieve your goals. Performance and health need to be supported with a good nutrition strategy, that's simple, straightforward and based on your needs.

INITIAL CONSULTATION – With one of our coaches, you'll discuss your goals and objectives to hone in on what you want to achieve.

STRATEGY – Together, we come up with the plan of action! We'll set targets, habits and progress measures that suit you and your lifestyle.

SUPPORT – We provide ideas and education to help you improve your skills when it comes to nutrition. From learning to cook, recipe ideas and how to track calories and macros, we're here to teach you how.

ASSESSMENT – We stay in regular contact through check ins and video calls to support and keep you on track.

It's all about giving you clear and simple advice that you can use straightaway to start achieving the changes you want, while helping you make these behaviour changes for the long term.

READY TO GET STARTED?

Now we've got your essential knowledge in place, it's time to get you started.

Use the tracking sheets provided to record your food, drink and activity for the next two weeks.

Once complete, email it back to sara@crossfitaldgate.com to arrange your free consultation.

We're looking forward to working with you!

FOOD TRACKER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
WATER							
ACTIVITY							

