

WHATCOM COUNTY EMERGENCY RESPONDERS  
**fitness challenge**  
HELPFUL INFORMATION & RESOURCES



## NUTRITION

*Nutrition is at least 60% of the battle.* You can work out 2 hours a day, but if you do not have proper nutrition, you will not achieve your goals. Here are a few simple tips:

1. Eat breakfast. Your body has been fasting all night, and your metabolism slows down. You need to get nutrients on board to speed things up and provide energy.
2. Eat 5-6 smaller meals per day. You will never feel hungry, and you will never feel too full. You will have energy throughout the day. Your body will not need to store extra calories as fat.
3. Eat protein and carbs at every meal. Protein portions should be about the size of the palm of your hand. Carb portions should be the size of your loosely clenched fist. Eat vegetables 3-4 times per day. Eat healthy fats such as olive oil, fish oils, and flaxseed oil.
4. Aim to avoid processed foods as much as possible. Processed foods are essentially those products that contain processed (white) flour and refined (white) sugar which have zero nutritional value. Replace refined foods with whole grain products such as brown rice, oatmeal, whole wheat bread, etc.
5. Drink lots of water. It is important to stay hydrated. Drink 8-10 glasses per day.

## EXERCISE

1. Incorporate weight training and cardio into your routine. Weight training adds lean body mass. You will burn more calories while you sleep. Interval cardio training is highly recommended to get the most benefit in the least amount of time.
2. Follow the FITT principle. Create variety by changing the frequency, intensity, time, and type of workouts that you are doing. This will prevent boredom and plateaus.
3. It is important to set goals, and develop a nutrition and exercise plan to reach those goals.

## RESOURCES

The following resources are highly recommended for improving body composition and overall fitness:

1. [Core Performance](#) by Mark Verstegen. This book focuses on core strength and functional fitness. Perfect for civil servants like us! *Amazon.com*
2. [CrossFit.com](#) – a free website with a wealth of information (including daily workouts) aimed at improving functional fitness. Very popular with police, fire, and military personnel worldwide.
3. [Body for Life](#) by Bill Phillips. Solid and proven information for designing a good bodybuilding program and nutrition plan. *Amazon.com*
4. [Eating for Life](#) by Bill Phillips. Contains hundreds of excellent recipes that follow guidelines for nutrition outlined in the previous two books. Highly recommended by those who have used it during previous fitness challenges. *Amazon.com*
5. [Get into the Zone](#). A free and comprehensive collection of Zone information compiled by Jon Knutsen. This book (which includes 61 recipes) breaks down the Zone diet into simple and easy to understand terms. For a free electronic copy, email Jon Knutsen ([jknutsen@cob.org](mailto:jknutsen@cob.org)).
6. [The Abs Diet](#) by David Zinczenko. More solid nutrition advice. *Menshealth.com*
7. [Macrobolic Nutrition](#) by Gerard Dente. More advance nutrition advice for those willing to spend more time meal planning. *Maxperformance.com*

If you have any questions or would like more information, feel free to contact Ryan Provencher or Jon Knutsen.

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