

Power and Balance Fitness programs utilizes
functional nutrition and **functional integrated training**
to achieve sustainable results.



FUNCTIONAL NUTRITION

is simply eating delicious foods that provide the body with a rich supply of nutrients designed for optimal energy, hormonal balance, immune regulation and metabolic health. Functional nutrition is a way of eating that is not only life sustaining, but also sustainable for maintaining life. It is delicious, non-starchy vegetables, proteins, fats, nuts, seeds and low glycemic fruits that empower the body with a wide spectrum of vital macro and micro nutrients. Empower your body to fight disease, ward off illness and recover from injury with functional nutrition guidance from Power and Balance Fitness.

FUNCTIONAL INTEGRATED TRAINING

consist of exercises, movements and training techniques that improve cardiovascular performance, muscular strength, bone density, stability, flexibility and balance. Power and Balance Fitness uses high intensity interval training (HIIT), metabolic resistance training, kettlebells and suspension training methods for maximum fitness results. These proven training methods enhance strength and conditioning for daily task and sports performance.

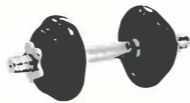
We progress each client according to the three stages of functional fitness: form and technique (for injury prevention); skill (to accelerate total body conditioning); and performance (for optimal fitness as a way of life). Power and Balance Fitness will exceed your personal fitness goals.

POWER & BALANCE
FITNESS

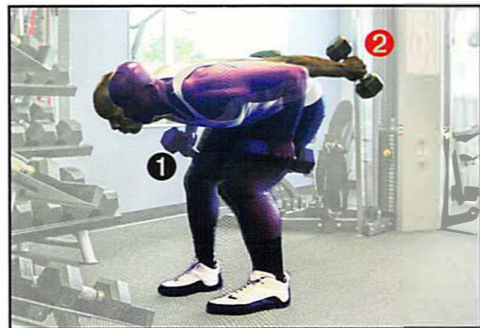
powerandbalancefitness.com

FITNESS

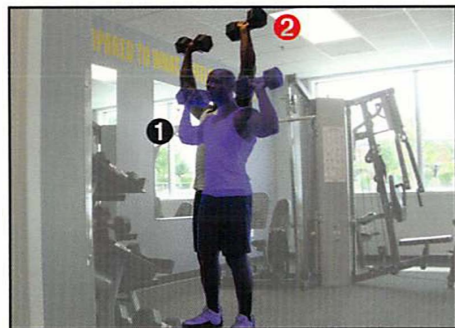
DUMBBELL WORKOUT



Bicep Curls



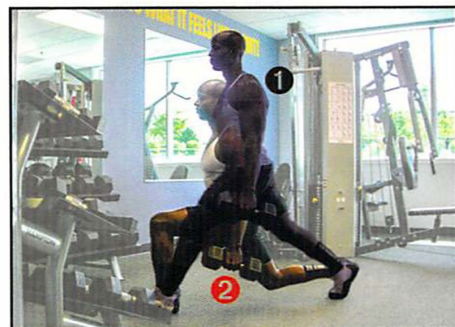
Tricep Kickbacks



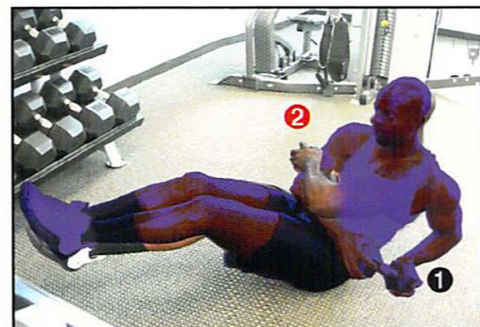
Shoulder Press



Push-ups



Lunge



Russian Twist

NUTRITION 1-2-3

1

Eliminate foods that are hurting you.

- Convenient foods.
- Soda and fruit juice (yes, fruit juice).
- Food items with corn, wheat, grains.
- Read all ingredients, don't buy items with any ingredient that is chemical and/or not found in nature.
- Foods from fast food restaurants.
- Sugar, corn syrup, fructose.
- Soy, corn, vegetable oils, and margarine.

2

Replace with foods that will help you.

- Protein: grass-fed beef, organic pork, turkey, chicken, eggs wild-caught seafood.
- Non-starchy vegetables: broccoli, chard, kale, collards and others rich in color. Organic and fresh is best.
- Fruits: organic, like oranges, grapefruits, berries and green apples have the most nutrients with the least sugar.
- Fats: cook with real, grass-fed butter and ghee, organic animal fats, coconut oil, olive or avocado oil.

3

Eat breakfast, lunch, dinner and snacks, when hungry, with beneficial foods you now have in your fridge and pantry.

BREAKFAST

- Organically-farmed eggs with avocado
- Greek yogurt (2%) with raw honey and nuts
- Smoothies with protein, greens and fruit
- Nut butters (no additives just nuts) and banana

LUNCH

- Tuna salad made with mashed avocado and olives
- Lettuce wrap with pickles, egg, yam and celery salad
- Hard boiled egg, raw veg, cheese, sauté greens
- Sliced baked potato with canned salmon with yogurt

DINNER

- Broiled fresh, wild-caught salmon, trout, shrimp with roasted mix of vegetables and salad
- Shrimp tacos in lettuce taco shells (no corn shells)
- Broiled grass-fed ground beef patty on top of a slice of baked yam with generous leafy green salad