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BETTER CHOICES FOR A BETTER BODY

The #1 Nutrition Secret To Help You Look & Feel Great



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I love sugar. What kid doesn't, but the TRUTH about sugar may shock you. If you listen closely I'll explain to you the **#1 Nutrition Secret that most girls don't know** (but all of them need to know) to help YOU look and feel great!

Well the FIRST thing you need to know about building a great body is that – “How much muscle or fat you have on your body, depends much more on what you eat and drink, than on what activity or exercise you do.” In fact **what you put in your mouth** has 4 TIMES THE EFFECT on how your body looks than exercise does!

For example, research has shown that it would take **10 HOURS** of intense mountain biking to use the energy (burn the calories) in one Big Mac hamburger! Now what is easier, to eat the Big

Mac (bad choice) and then have to mountain bike for 10 hours (ouch!) to burn it off, or make a better food choice, like chicken and a salad, and then do a 20 minute Power Girl workout? Exactly, and the second choice will give you a MUCH better result!

So before I can help you to get in the best shape of your life using my specialized "Power Girl Fitness Revolution" exercise system, we need to make sure that your body is being fed properly.

The SECOND thing you need to know about how your body looks, is that **you look the way you do right now more because of your CHOICES** than because of your genetics, or who your parents are. Girls often think that "I'm skinny" or "I'm heavy", "because my mom is, or because my dad

is” and “that is just how God made us.....(your last name here- Lipkes)”. But the TRUTH is - your activity level and what you have eaten, how much you eat and when you eat it, have made you look the way you do.

That’s GOOD NEWS if you want to change how your body looks, get strong muscles, and a tight tummy. Today I’m going to give you the nutrition secrets, based on the latest scientific research on nutrition, that will allow you to make changes to give you the body of your dreams and FAST! Sounds good? Great! Let’s get started.

First let’s start with the LIE. Most people around the world are making their food choices everyday based on a big fat hairy LIE.

So what is the LIE? Here it is, I hope you're sitting down. 😊

LIE: "Eating Low-Fat food is healthy and makes you thin"

How many of you have been told that "low-fat foods are healthy"? Well if that were true, North America should have the healthiest bodies on the planet. Unfortunately, the **United States is the fattest country in the World** with one out of three people classified as obese. The funny thing is that countries like France and Italy where they regularly eat high-fat diets, have some of the **LOWEST** rates of obesity.

Americans have MORE “low-fat foods” than anywhere on the planet and yet we have the HIGHEST number of overweight and obese people!



Why are people eating less fat but getting fatter? Well, guess what they put into the food to make it still taste good after they take out the fat? That's right, our friend – Sugar!

Everybody LOVES sugar. It makes everything taste good, it's cheap and addictive, and the food

companies know that, so they add it to EVERYTHING; bread, yogurt, soups, fruit drinks, crackers, ketchup, lunch meats and *even salt* has sugar in it!



By adding sugar to EVERYTHING the food companies get you to keep craving and then buying their food products. That's good business for them, but bad news for YOU, because the TRUTH is "low-fat foods don't make you skinny" because....

TRUTH #1: Sugar makes you Fat!



How does sugar make you fat?

Well your body actually needs some sugar all of the time for energy and normal function, but most of this can come out of a healthy meal without any added sugar. If no sugar is available, your body is smart and will start burning fat for energy, that's a good way to get into better shape and I'll show you how to do that later on too.

The problem is, if we constantly feed our body lots of sugar – two bad things happen. Number one our body forgets how to burn fat for energy, since sugar is always available, and we start burning sugar for energy instead. This means that instead of being “fat burners” as we were designed to be, we become “sugar burners” and “fat storers”. This keeps us fat and gives us major sugar cravings!

TRUTH #2: “Your body’s inability to burn fat makes you fat”

When we burn sugar for energy our brain has two choices; we can burn our own muscles for energy (always the last resort) or we get UNCONTROLLABLE CRAVINGS for sugar. These

cravings make us moody and emotional which ends up affecting our happiness, and our family too 😊.

Now for another shocker. GOOD Fats (yes, there actually IS such a thing) are needed by your body to work properly and help your body to burn fat.

TRUTH #3: Good Fats Help You Burn Fat

I will explain this in more detail along with other KEY nutrition secrets in my book “The Power Girl Nutrition Revolution - Cookbook and ‘Done For You’ Meal Plan Guide” available soon at PowerGirlFitness.com. It was designed by my Mom who was a Registered Dietitian for 15 years. It’s packed with healthy and yummy recipes to support your workouts and get you in great shape.

The second problem is that **your body can only handle 1-2 teaspoons of sugar in the blood at any one time.** Any more sugar in the blood can shut our body down or even kill us! So guess what our body does with the extra sugar we take in? It stores it as FAT! So **the more sugar we eat, the more fat we store,** to protect our bodies from dangerously high levels of sugar in our blood.

How much sugar do we typically eat?

The average American takes in **53 teaspoons of sugar every day!** That is the same as each person eating a **five-pound bag of sugar every 10 days!** Most of our sugar comes from drinking soda (or pop if you're Canadian Eh!). 😊



The average American teenage girl drinks 55 gallons of soda a year and 19 gallons of juice. Now juice seems like a better choice than soda because it is made from fruit and has some vitamins in it, but it actually contains MORE sugar than soda.

So sugar is added to and hidden in most of the foods that we eat everyday. Many times we can't even tell because the food companies use different names for sugar to disguise it.

But I've got you covered, below I've listed many of the names to look for on the ingredient labels to see if there is sugar hidden in your food (many are made from corn). Just because something is made from a fruit or a vegetable does not mean it is healthy.



SUGAR NAMES:

(Anything that ends in "ose")

Glucose

Fructose

Sucrose

Lactose

OTHER NATURAL SUGARS:

Although these are more natural, they will still raise your blood sugar and be stored as fat when you eat them.

Maple syrup

Maple sugar

Honey

Sugar cane

Cane juice

Agave nectar

White and brown sugar

Molasses

HIDDEN SUGAR NAMES:

Corn syrup

High Fructose Corn Syrup

-stronger than white sugar and very toxic.

-in most products including all sodas

-the #1 source of sugar and calories in America

Corn oil

Dextrose

Corn starch

Xanthan gum (not the gum you chew)

Maltodextrin

What about sugar substitutes and diet foods and drinks?

If sugar is not good to have, what about artificial sweeteners? Well the truth is, just because something is on the market, that doesn't mean it is healthy or even safe for you. A great example is a chemical called Aspartame, which is the most commonly used artificial sweetener.

DANGEROUS SUGAR SUBSTITUTES:



The NutraSweet Company



Aspartame

Aspartame is a chemical used as a sugar substitute in diet soda, most chewing gum and over

5,000 other “diet” products worldwide since the 1980s. It is called Nutrisweet or Equal and has more than 92 different dangerous side effects including; brain tumors, birth defects, diabetes, emotional disorders and seizures. Aspartame is responsible for 75% of all reports of food additive reactions reported to the Food and Drug Administration. So read the label before you eat or drink something to be sure it doesn't contain Aspartame.



Splenda

Splenda is often considered a more natural artificial sweetener because it comes from sugar. However, it hasn't been researched thoroughly for long-term use and contains a chemical called

Chlorine which is a know contaminant. So it should be used only occasionally until it's effects on the body are better known.

SAFE SUGAR SUBSTITUTES:

Stevia and **Xylitol** (pronounced "Zy-li-tol") are safe substitutes that will not raise your blood sugar but will naturally add sweetness to foods and beverages. I will discuss how to use these healthy substitutes in more detail along with other KEY nutrition secrets in my book "The Power Girl Nutrition Revolution - Cookbook and 'Done For You' Meal Plan Guide" available soon at PowerGirlFitness.com.

A "Power Girl" SUGAR TRICK

Making sure you limit your sugar intake to help build a strong and beautiful body, can be easy when you are at home where you can control your own food choices and ingredients. However, when you go out with friends it can get a little tough, but I've got a trick for you.

When you are having something that has a lot of sugar in it, like ice cream or a muffin, try adding some protein or fiber to it. That is a trick my Mom taught me, so that you won't absorb the sugar all at once and store it as fat. The protein (like meat, eggs, cheese, or yogurt) and the fiber (like a salad or veggies) will keep the sugar in your stomach longer and slow down how quick it gets absorbed. This gives your body time to use

the sugar for energy and decreases the chance that you will end up storing the sugar as fat.

Having a strategy for eating out can help protect all the great results you get from your Power Girl Fitness workouts from being wasted by bad food choices. I've got a saying when it comes to planning my life.

“If you fail to plan, then you're planning to fail”

Now I don't want you to freak out and think that I am recommending some extreme diet, all I am doing is getting you to eat in a balanced way that works with how your body is designed.

This will support your efforts when you workout regularly using the Power Girl Fitness Revolution system and will absolutely help you to get fit, feel great and build the body of your dreams!

Your Friend and Coach,

Jessy Lipke



“To get what you’ve never had, you’ve got to do what you’ve never done”