



BENEFITS OF NUTRITION COACHING

HPT Fast Food Facts

Here are some fast facts on how optimal nutrition can maximize your fitness benefits:

1. **MUSCLE GAIN:** Did you know?

- Under-eating protein by just 30 grams or 4 oz a day (muscle is 20% protein) could make the difference of not gaining 1-2 pounds of muscle a week.
- At HPT we have discovered a strong correlation between the bench press and overall protein intake. If your bench press is not going up (and other exercises are improving), often you are under-eating protein.
- Consuming a recovery shake immediately after training will decrease your recovery time, and increase your strength, often independently of other dietary factors.
- One of our high school wrestling athletes gained 9 pounds of lean mass in just 1 month. Prior to nutrition coaching, he had gained 10.5 pounds of lean mass in 10 months.
- Adding muscle significantly increases your metabolism ultimately leading to faster fat loss as well as leading to sustained fat loss. If you are a female (or a male) worried about bulking up from gaining too much muscle, don't worry. One pound of muscle takes up six times less space than a pound of fat. Also, keeping your overall calories in check will prevent you from bulking up as well.
- HPT can get you stronger and leaner and faster with our HPT Nutrition coaching options.

2. **INJURIES and CHRONIC INFLAMMATION:** Did you know?

- Deficiencies in protein, essential fatty acids, and vitamins and minerals delay healing. According to the NIH, 64% of the population is deficient in zinc—a nutrient necessary for healing.
- One of our clients overcame chronic plantar fasciitis in just 6 weeks by supplementing curcumin along with her personal training.
- HPT has seen many clients come in with chronic pain or tendonitis that just won't go away, despite their exercise. Once we introduce good nutrition, focusing on healthy fats, no sugar, lots of greens and optimal doses of lean proteins (and sometimes the right supplements), their injuries start to get better in just weeks, sometimes days.
- HPT can help you overcome your injuries by getting your protein, essential fatty acids, vitamin, and minerals at optimal levels combined with correcting your muscle imbalances.

3. **BODY FAT LOSS:** Did you know?

- You can't out exercise a junk diet. Just one extra snack or an extra bagel may offset the calorie burning benefits of a workout. When it comes to changing your appearance, nutrition is easily 60%.
- If you think exercise isn't easy without a coach, then try sticking to a diet without a coach—it's even harder.
- You could exercise forever, and still not lose a pound. One of our female clients who swore she would never do nutrition coaching had some amazing results after 3 weeks of detox and 3 weeks of nutrition coaching—she lost 16 pounds!
- We have seen many clients try to lose weight with just exercise; then once they detox or change their nutrition, they see instant progress. One of our professional athletes got the leanest ever, in just 3 short weeks on our detox program. He went from 10.9% to 6.3% of body fat in just 3 weeks of detox and 1 week of following a nutrition plan.



4. **CLEAR, HEALTHY SKIN:** Did you know?
 - Being deficient in nutrients such as zinc, vitamin c, omega 3's, vitamin A and other nutrients may be one of the primary causes of your skin ailments.
 - Heavy metals, gluten, refined sugar, hydrogenated oils, and elevated insulin and estrogen levels can contribute to your skin ailments
 - Some of our detox clients have had psoriasis and eczema clear up in weeks on a detox. One of our clients had her chronic skin condition clear up in just 3 weeks of our 21 day metabolic detox program.
 - HPT may be able to help your skin in 2 easy steps: first with a detox, and second with assessing your zinc levels.
5. **ENERGY:** Did you know?
 - What you eat will either slow you down or speed you up. You wouldn't put dirty gas in your car would you? But yet do you put junky foods into your body? What you eat fuels your body.
 - We will teach you how to eat the right foods, in the right amounts, and at the right times to give you high energy that lasts.
6. **CHOLESTEROL and BLOOD PRESSURE:** Did you know?
 - Eating cholesterol only impacts your total cholesterol by 2%. High cholesterol is more likely from high saturated fats and a high carbohydrate diet.
 - HPT clients usually see significant reductions in their bad cholesterol (as much as 30-40% drops) and drops in their cholesterol (one client by 62%) with detox and/or nutrition coaching.
 - Increasing your potassium and lowering your sodium may be all you need to do to lower your blood pressure.
7. **BETTER BRAIN POWER:** Did you know?
 - A deficiency in Omega 3's can affect your brain power causing poor memory and slow thought processing.
 - Higher levels of vitamin D3 protect the brain from Alzheimer's, Parkinson's and other neurodegenerative diseases. HPT also can tell you of another nutrient that cuts your risk for Parkinson's and Alzheimer's by 50%.
 - Personalized nutrition coaching from HPT will help you think better and faster for longer time periods due to stabilized blood sugar and balanced neurotransmitters.
8. **LONGER, DEEPER SLEEP:** Did you know?
 - Just about everyone has a sleeping problem these days: Sleep apnea, trouble falling asleep, trouble staying asleep, etc. The bottom line is all of these sleep problems can be related to poor nutrition and lifestyle choices.
 - Eating in a way to drop body fat, cutting out food sensitivities, and eating foods to lower inflammation will help diminish the effects of sleep apnea.
 - By eating in a way to boost the right neurotransmitters and nutrients at the right time (stimulating nutrients earlier in the day and calming nutrients in the evening) and eating to control blood sugar, you can get back to longer, deeper sleep.
 - If you become one of our clients, we have an 80% chance of fixing your sleep with just one nutrient. (64-70% of the population is deficient in this nutrient.)



9. **MOVE FASTER, JUMP HIGHER, BE A BETTER ATHLETE:** Did you know?

- Getting leaner and maintaining muscle mass automatically makes you a better jumper, allows you to move faster, and improves agility since your ratio of muscle to fat improves!
- You can get off the starting blocks faster just by eating the right foods that increase key neurotransmitters involved in reaction time.
- Eating enough fruits and vegetables will not only help you get lean faster, but they will dramatically cut down on your inflammation and help you heal faster from injuries.
- Fish oil increases reaction time, drops body fat, increases lean mass, and increases strength and overall athletic performance.
- You can recover from a sports injury faster with the right nutrition!

With HPT nutrition coaching and/or a detox, we will teach you what, when, and how much to eat, and help you understand the why of nutrition. ([Get started now!](#))

If you are still not convinced that you need nutrition coaching, check this page out. ([TOP 5 REASONS YOU NEED NUTRITION COACHING link](#))