

November 2016



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Fitness Corner
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Exclusive Hiring Briefing



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Essential Supplements



Last month I emphasized how supplements should be used when significant deficiencies exist in your diet plus how they are meant to support, not replace good eating. This month I will help you further understand how to utilize supplementation for your daily life on the road. In the table below are 4 essential supplements for regular or occasional use. It highlights the food equivalent, how often to use and when to use each supplement. As mentioned last month, the number one guideline is to consult with your physician before starting a supplement regimen.

Essential Supplements for Regular or Occasional Use*			
Supplement	Food Equivalent	How often to use	When to use
Protein supplement Preferably a milk protein blend although egg, rice, or soy protein supplements will work.	Any complete protein source including lean meat, lean dairy, egg whites, etc.	Depends on whole food protein intake: if protein needs are met with whole food protein, supplement use will be infrequent. If protein needs are not met, supplement use will be more frequent.	Use when a whole-food protein choice is recommended but inaccessible.
Fish oil supplement High omega-3 content should contain at least 30% EPA and DHA.	Fatty fish such as salmon, anchovy, or sardine.	Much of the available whole-food fish supply contain environmental pollutants. As a result, fish oil supplements should likely be taken every day while you reduce your fish intake to "occasional".	With meals, daily recommended dose is 2-3g of total omega 3-rich fish oil per day.
Greens supplement Green food blended high in antioxidants, strongly alkaline, and vitamin/mineral rich.	Vegetables, fruits.	Depends on fruit and vegetable intake: if veggie & fruit intake is high (up to 10 servings/day), supplement use will be infrequent. If veggie & fruit intake is low, supplement use will be more frequent.	Use when a veggie or fruit choice is recommended but inaccessible.
Multi-vitamin/Multimineral	Varied diet.	Many people are marginally deficient in several micronutrients. Unless you are very conscientious about your diet, multivitamins/multiminerals should be taken everyday.	Use with meals, daily, when dietary intake is poor.

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Candice McField is an ACE Certified Health Coach, WNBF Pro Figure competitor, and avid global traveler. She serves a client base of on-the-go professionals; providing personalized tools to train anytime, anywhere. Questions or comments? Send them directly to me at crewfit@candicemcfield.com or visit CandiceMcField.com. I would love to hear from you. *Arise!*®



Back Tuck Jump



Exercise of the Month

Back Tuck Jump

Primary Muscle Targeted:
Cardiovascular

Secondary Muscles: Quadriceps, Hamstrings, Abdominals

- Stand upright with your arms by your sides.

1 - Dip at the hips and knees into a semi-squat.

2 - Jump high into the air, driving up with your arms and bringing your feet to your glutes.

- Land with both feet and dip at the hips and knees to absorb.

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