



## **Brockes Body Works Lifestyle Performance Tips**

[WWW.BrockesBodyWorks.com](http://WWW.BrockesBodyWorks.com)

### **Nutrition Tip of the Month-Probiotics**

Probiotics have been used for many, many years. They have been found in fermented foods and in raw milk products forever. That is part of the reason that these foods are also known as “super foods.”

The western diet has all but done away with these super healthy foods. So the use of a high quality probiotic is recommended for a variety of reasons including:

- Kills bacteria such as E coli
- Helps to prevent dysbiosis
- Helps to convert and absorb B vitamins for the body
- Helps to absorb the nutrition that we eat

The list goes on and on. If you are interested in these great bugs, ask Jeff for his recommendations for high quality probiotics.

### **Exercise Topic of the Month-Is Your Cardio Program Making You Fat?**

#### **Do you do cardio? Do you know if your program is working optimally?**

Most of us do cardio to burn calories and get lean. Did you know if you do traditional cardio, your body is actually working against you? Steady state cardio and/or doing cardio for too long will help your body to become efficient at storing **fat**.

So, what type of cardio is right for you? That depends on your goals, training age and stress level. If your physiological stress load is medium or high, then there are some definite contraindications to look for. If you don't take these into account, you will have to work harder, and you run the risk of a weight-loss rebound and/or injury. Even worse, you will be breaking down metabolic muscle and burning out your adrenal glands.

**Ask Jeff how to figure out your stress load so you don't spin your wheels.**