



Brockes Body Works
Lifestyle Performance Tips
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Exercise Tip of the Month: Stretching. There are three types of stretching that we use:

1. Dynamic Stretching
2. Static Stretching
3. Contract/Relax Stretching

Dynamic stretching is good for pre-workout warm-ups. Static stretching is a good stretching method for your off days. And, contract/relax stretching is good both before and after workouts. Here are a couple of stretching tips:

- Stretching the wrong muscles before your workout can result in injuries.
- Not stretching the correct muscles can result in postural disintegration.
- Static stretching before working out can lead to injuries.
- For optimal results, you should use a corrective stretching protocol.

Contact Jeff if you are interested in finding out which muscles you need to be stretching, and how to do this correctly.

Nutrition Tip of the Month: Red Meat

Did you know cows are designed to eat grass? Why is this important? Well, when you buy conventional meat they feed the cows grains (along with a lot of other interesting items such as plastic, newspapers and cement dust). The problem with this is that it makes the animals sick, so in turn, they pump them full of antibiotics, which we then ingest. As you can see, this is a problem.

Red meat is a great source of protein and healthy fats. So, here are a few types of organic, grass fed, red meats that I like:

- Cow
- Lamb
- Bison

Did You Know?

- Diet-related diseases account for nearly 70% of all deaths in the US.

- A study was conducted with rats in which they were fed puffed rice cereal or cardboard. The rats fed cardboard lived longer.