

Athletes - Positive Signs to Look For When Taking Juice Plus+

Consistency is Key

The following are the most common positive results experienced by athletes when taking Juice Plus+. With each positive result you experience, place a checkmark below and write down the date you notice the result. Consistency is the key to achieving positive results with Juice Plus+.

- | | |
|-------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <input type="checkbox"/> increased intake of Antioxidants | <input type="checkbox"/> fewer colds and infections |
| <input type="checkbox"/> reduced impact of Free Radicals | <input type="checkbox"/> diabetes better (Juice Plus+ has no sugar, starch, salt) |
| <input type="checkbox"/> improved stamina / endurance | <input type="checkbox"/> improved blood sugar balance |
| <input type="checkbox"/> energy level increased / sustained | <input type="checkbox"/> reduced allergy and sinus problems |
| <input type="checkbox"/> better oxygen uptake | <input type="checkbox"/> sleep better / wake up easier |
| <input type="checkbox"/> faster recovery / fewer injuries | <input type="checkbox"/> feel calmer / handle stress better |
| <input type="checkbox"/> faster recovery from illness | <input type="checkbox"/> crave fruits, vegetables & salads |
| <input type="checkbox"/> increase lean muscle mass | <input type="checkbox"/> more regular / better digestion |
| <input type="checkbox"/> reduce body fat | <input type="checkbox"/> more alert / clearer eyes |
| <input type="checkbox"/> better athletic performance | <input type="checkbox"/> reduced headaches / migraines |
| <input type="checkbox"/> stronger immune system | <input type="checkbox"/> menstrual cramps & aching relieved |
| <input type="checkbox"/> lower cholesterol / blood pressure | |

What Athletes Need

Proper nutrition can enhance your physical performance and ensure you are getting the maximum healthful benefits from your physical activity.

Exercise is beneficial to the body for a multitude of reasons. Yet exercise puts nutritional demands on the body as we burn more fuel and push our physical limits.

Fruits and vegetables provide antioxidants that help minimize oxidative stress. Plants produce antioxidants to protect them from free radical damage due to radiation from the sun. Since we do not similarly produce antioxidants in our bodies, we have to eat fruits and vegetables to get them.

Increase Lean Muscle Mass & Reduce Fat

Juice Plus+ products help increase lean muscle mass and reduce fat. Another key nutritional objective is to build strong organ and muscle tissue while minimizing body fat. Muscles and organs such as your heart and lungs are the lean mass of your body and the essence of your body's machinery. Conversely, too much body fat puts a strain on your body's machinery. To improve your physical capabilities as well as your overall health and wellness, you need to maintain or increase your lean muscle mass, while reducing your overall body fat to a reasonable level.

Whether you are a world class athlete or a weekend warrior, whether you work out regularly or are just thinking about starting a fitness program, you need to consider whether your body is getting the nutrition it needs to support the demands you are placing on it.

Juice Plus+ is good, whole food based nutrition made simple for athletes of all levels who want to enjoy the benefits of health and wellness to enhance their physical activity.

Mike Thompson

TommyFit Hockey-Specific Strength Training & Conditioning

For more information on how proper nutrition affects an athlete's body, go to www.tommyfit.ca or phone 604.607.1231.