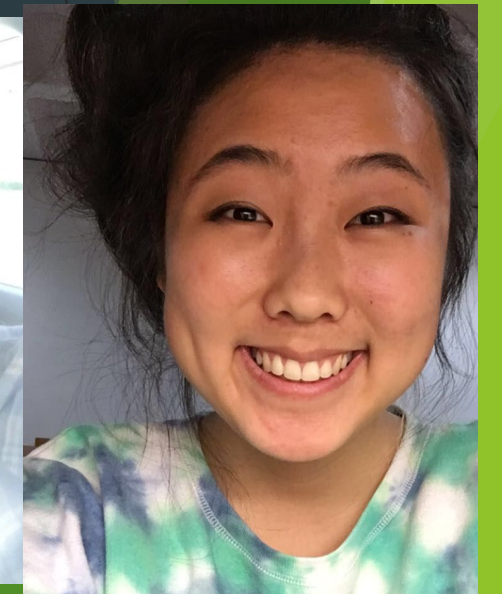
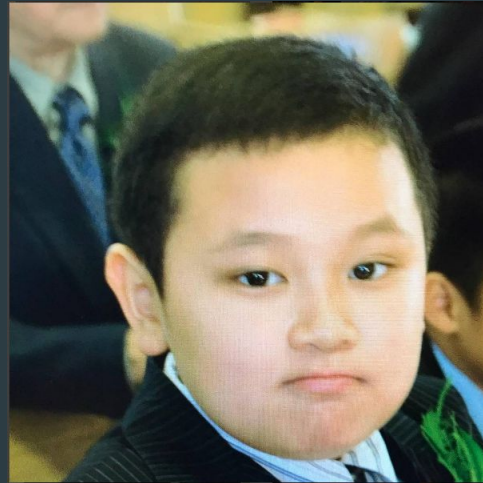


Learn How To Get Ripped in 55 minutes!

An over-encompassing guide to basic nutrition and exercise to help you achieve the body you want.

Introductions!

- ▶ Bao Kim
 - ▶ First-Year, Biology
- ▶ Kyung Song
 - ▶ Sophomore, Biology

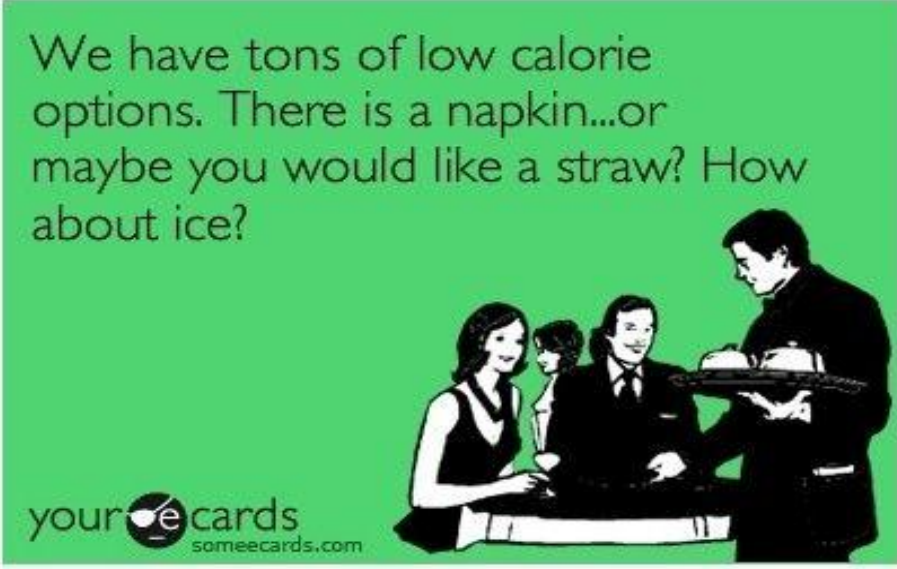


**DIDN'T GO TO THE GYM
TODAY, BUT...**

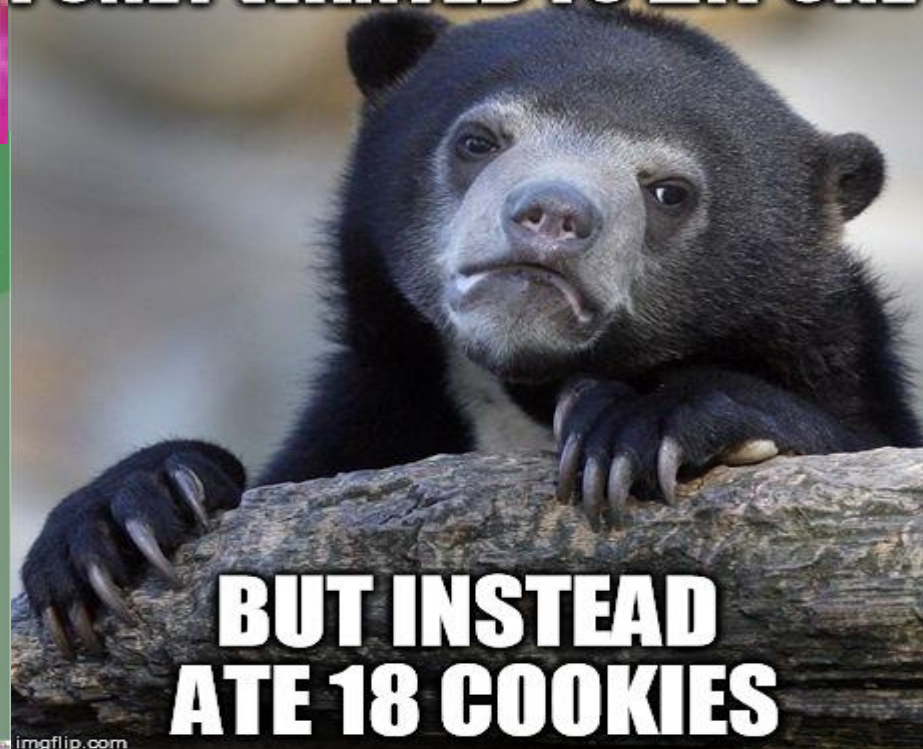


GarciniaCambogia.Fit

**THE CASHIER'S NAME AT
MCDONALDS WAS JIM.
SOOO. SAME THING.**



I ONLY WANTED TO EAT ONE



**BUT INSTEAD
ATE 18 COOKIES**

When you eat a fruit and feel healthy
AF

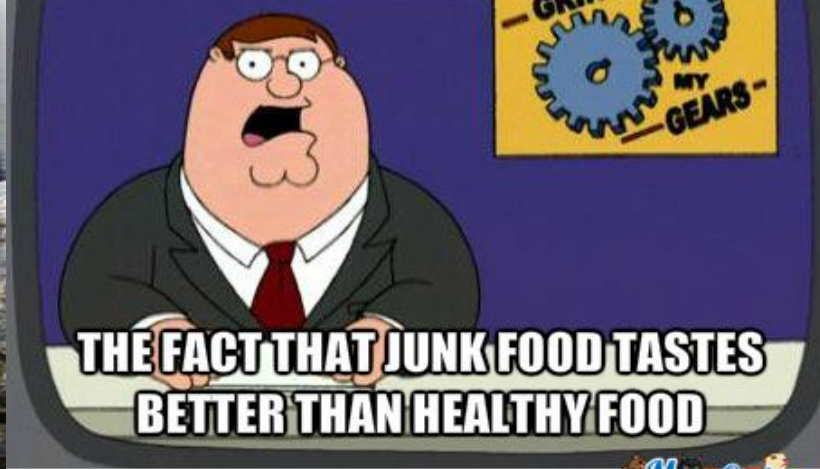


IF SWIMMING IS SO HEALTHY



WHY ARE WHALES SO FAT?

**YOU KNOW WHAT REALLY GRINDS MY
GEARS?**



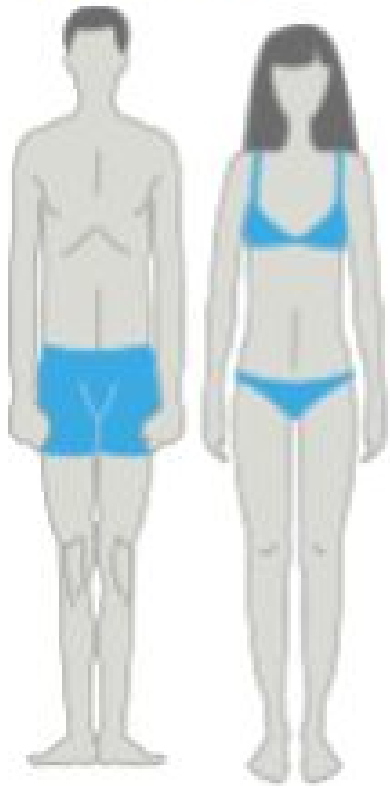
**THE FACT THAT JUNK FOOD TASTES
BETTER THAN HEALTHY FOOD**

Agenda

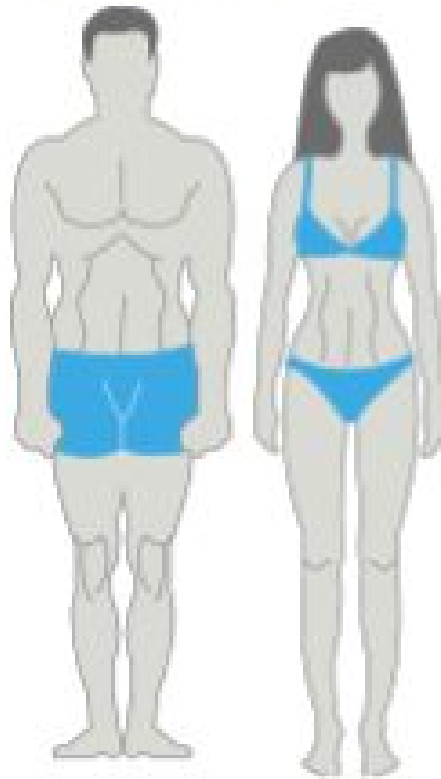
- ▶ Body Type
- ▶ Dieting
- ▶ Exercise
- ▶ Workout Plans
- ▶ Nutrition

Determine Your Body Type!

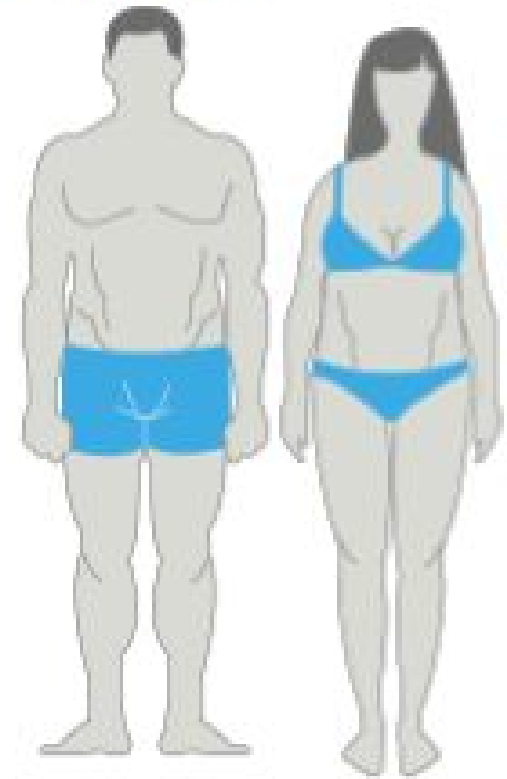
ECTOMORPH



MESOMORPH



ENDOMORPH



What Your Body Type Says About You!

Ectomorph

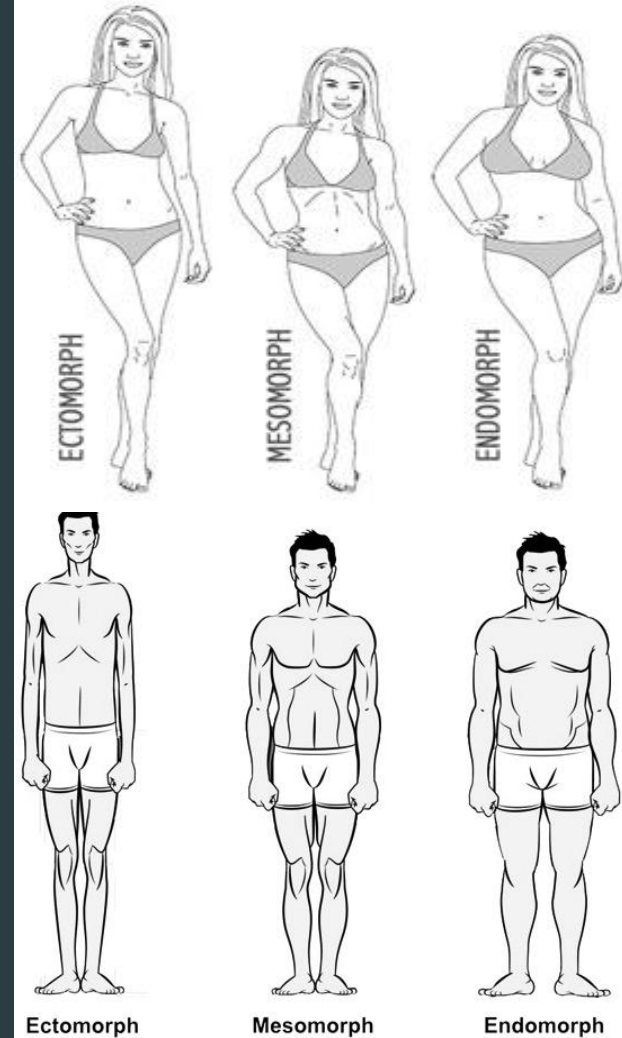
- ❖ Lean Muscle Mass
- ❖ Hard to Gain Weight
- ❖ Fast Metabolism

Mesomorph

- ❖ Naturally Strong
- ❖ Easy to Gain Muscle Mass
- ❖ Gain Fat Easier Than Ectomorphs

Endomorph

- ❖ Easy to Gain Muscle
- ❖ Very Easy to Gain Fat
- ❖ Hard to Lose Fat
- ❖ Slow Metabolism



Understanding Calories!

- ▶ Calorie: A unit that describes the amount of heat that is released during the breakdown of food.
- ▶ Weight Loss: Calories Consumed < Calories Burned
- ▶ Weight Gain: Calories Consumed > Calories Burned

| Nutrition Facts | |
|--------------------------------|-----------------------|
| Serving Size 1/2 cup (115g) | |
| Servings Per Container About 4 | |
| Amount Per Serving | |
| Calories 250 | Calories from Fat 130 |
| % Daily Value* | |
| Total Fat 14g | 22% |
| Saturated Fat 9g | 45% |
| Cholesterol 55mg | 18% |
| Sodium 75mg | 3% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 0g | 0% |
| Sugars 26g | |
| Protein 4g | |
| Vitamin A 10% | Vitamin C 0% |
| Calcium 10% | Iron 0% |

* Percent Daily Values are based on a 2,000 calorie diet.

Understanding Calories! (Continued)

- ▶ Basal Metabolic Rate: The amount of calories that the body needs to function while resting for 24 hours.
 - ▶ Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$
 $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Dieting!

- ▶ Carbs: Main source of energy. First thing the body breaks down after consumption.
- ▶ Fats: Reserve source of energy. Takes longer for the body to break down.
- ▶ Proteins: Plays a role in building and preserving muscle mass.
- ▶ Depending on your interest, the ratio of balancing these out varies!

Fad Diets

- ▶ Military Diet
- ▶ Cotton Ball Diet
- ▶ Grapefruit Diet
- ▶ Tapeworm Diet
- ▶ Five Bite Diet
- ▶ Juice Cleanses



Exercise

- ▶ Cardiovascular
 - ▶ Steady State Cardio
 - ▶ High Intensity Interval Training
- ▶ Weightlifting
 - ▶ Should I lift heavy low reps? Or light w/ high reps?
 - ▶ How often should I work out?

Discussion

- ▶ Ask us any questions you may have regarding this topic and don't be afraid to talk about yourself! We are here to educate and support you all!