



Rise and Shine!

Hellooooo [SweatCommunity!](#)

Coach Chris here with yet another important message to keep us as the fittest, healthiest community around:

Mama was right. Breakfast is the most important meal of the day. Not only does it give you the much needed energy you need to get your day going, but studies also have shown the those that eat breakfast weigh less than those that don't. So think twice about skipping breakfast before you go rushing out the door every morning.

For all you parents and coaches of young athletes, it's doubly important that your kids eat a hearty breakfast before those morning/early-afternoon games. As much as it seems that kids have never-ending energy, they're muscular endurance and mental-focus depend heavily on what they had to eat pre-game.

So what's the key to making sure you get breakfast in your tummy before leaving the house? **Allow yourself time!**

99% of the time you skip breakfast during the workweek is because you're rushing and out of time. So if you ever find yourself missing breakfast, you need to find a quick, easy, healthy breakfast option. Or you can just stop hitting the snooze button, you bum.

Breakfast Eaters Weigh Less

It might seem like skipping breakfast is a good way to skip putting calories in your body. The truth of the matter is that those that consistently eat breakfast are healthier and weigh less than those that don't.

Why is that? There's no clear-cut answer, but most scientists believe that eating a healthy breakfast will reduce hunger throughout the rest of the day. Eating breakfast also jump-starts your metabolism and gets your body's digestive system revving. Most importantly, the breakfast you eat gives you more energy through the day and your body has a way of using this energy to burn off the calories you consumed, and more.

What Should I Eat?

All the above advice about eating breakfast is pointless if you are eating doughnuts and Reese's Pieces cereal for breakfast. Breakfast needs to be a healthy meal comprised of some lean protein, whole-grain carbs, and fruit.

Lean Protein

Studies found that those who eat lean protein at breakfast feel more satisfied and consumed fewer calories throughout the day. More importantly, it will fuel your hard-earned muscle as your body works to wake up.

-The best breakfast lean proteins: eggs, low-fat yogurt, low-fat milk, light cream cheese, turkey breast,

salmon, protein-smoothie

Whole Grain Carbs

Whole grains are far better for us than sugary white breads and cereals. The reason is that whole grains give us long-lasting energy and are filled with fiber. Those white breads and cereals give us quick energy boosts, but then you'll crash soon thereafter. Plus, whole grains have less calories.

-The best breakfast whole grain carbs: oatmeal, granola, whole-grain bread, bran cereal, wheat English muffins, shredded wheat, whole-grain bagels

Fruit

Yum! Fruit is awesome for you, especially in the morning when your body needs some of the sugars in fruit to get going. Be careful of extra-sugary fruits however. And avoid fruit juice! Orange juice is a staple of breakfast, but you are much, much better off just eating an orange rather than all the extra sugars you get in most orange juices.

-The best breakfast fruits: blueberries, strawberries, raspberries, apples, oranges, and bananas.

Great Healthy Breakfast Suggestions

- A veggie omelet and a piece of whole-wheat toast
- A whole-wheat English muffin with low-fat cheese, a scrambled egg, and slice of tomato or lean ham
- Smoothie made with fruit and low-fat yogurt
- Salmon on 1/2 whole-grain bagel with light cream cheese
- Whole-grain cereal with fresh fruit and low-fat milk
- Oatmeal made with skim milk, and sliced bananas
- Low-fat yogurt, granola and blueberries/strawberries
- Hard-boiled egg and an apple

The Rushing-Out-the-Door Breakfast (30 sec to make):

Glass of milk, granola bar, and an apple/banana

As for some Sweat City business...

This Sunday we are going to be having field trip to [CicLAvia!](#) Zac will be leading a group of you out there on a lovely jog/walk down Wilshire Blvd into Downtown LA to enjoy the awesome scenery and entertainment. LA is closing the street to auto traffic, so it should be a beautiful day to enjoy what LA has to offer!

NOTE: We will still be having boot camp on Sunday at Santa Monica Airport Park with yours truly.

Details for Sunday:

*****Meet at Fairfax and Wilshire at 9:00 am******

- Warm up and leave between 9:20 - 9:30 am
- Jog along Wilshire from Fairfax to Normandie (3.5 miles)
- Try and jog the whole way at about a 10 minute mile pace
- Once we get to Normandie you have the option to jog back to Fairfax with us or you can walk back and check out some of the vendors along the route
 - Call Zac at 805-708-3512 for any questions
 - Reply to this Email to let us know you're coming!

Rise and Shine (and Eat)!

Chris Chinn
President | Sweat City Fitness
650-759-2390
www.sweatcityfitness.com