

SWEAT MINI-SERIES PART #3!

Welcome to the 3rd and final chapter of our **Sweat Mini-Series!** We previously covered Carbs and Proteins, which you can access in the lefthand column.

Today, we'll be talking about the "F" word...

"FAT"

What's the first thing that comes to mind when I drop that F-bomb on you, SweatCommunity? Probably something negative, right? It's a trigger word that makes people uncomfortable and often times offended.

That's why so many people have a hard time grasping the concept of having a healthier diet by eating more fats. You need to understand that there is a significant difference between being fat and eating fat.

The secret to getting fit is getting enough good fats in your diet. Good fats support heart health, strengthen your brain, and yes, help you lose weight.

If you don't know what the good types of fat are, why they are good for you, or how much you should be incorporating in your diet, then I suggest you close your Pokemon Go app for 5 minutes and read on!



SWEAT BUSINESS

OUR NEW WEBSITE

Co-owner Zac and I are very happy to announce that we've redone our website:

www.sweatcityfitness.com

We'd love if you'd check it out! There's a great training video page with hundreds of at-home exercises for both fitness enthusiasts and young athletes, as well as awesome information about your favorite neighborhood, Sweat City!

OUR NEW TEAM MEMBERS

We've recently added 2 new team members to our Sweat Squad!



Robert Ayotte is a former UC Davis football player that is our newest fitness and athletic performance trainer.



Lindsey Sporrer is our new superstar nutritionist and a rising actress. She's offering all our members a free nutritional coaching session. Reply to this email to schedule.

LIL SWEATY'S SWEAT 4 SUMMER SPECIAL

ONLY 3 WEEKS LEFT!

5 Classes for \$59
10 Classes for \$99

*After completion, get 1 month free w/ purchase of 3 month membership or 10 classes free w/ purchase of at least 24 classes

SIGN UP NOW 

New and expired customers only please.



GOOD FATS VS BAD FATS

FATS TO GET FIT- GOOD GUYS

UNSATURATED FATS

Unsaturated fats include "**polyunsaturated**" fats and "**monounsaturated**" fats.

Both "poly" and "mono", when eaten in moderation and used to replace bad fats, help lower cholesterol levels and reduce your risk of heart disease.

- **Polyunsaturated fats** are found mostly in vegetable oils and help lower both blood cholesterol levels and triglyceride levels.
- One type of polyunsaturated fat is omega-3 fatty acids, whose potential heart-health benefits have gotten a lot of attention.
- **Sources of polyunsaturated fats:**

fatty fish, nuts, seeds, vegetable oils

- **Monounsaturated fats** are the other good guys and are thought to reduce the risk of heart disease. Mediterranean countries consume lots of these -- primarily in the form of olive oil -- and this dietary component is credited with the low levels of heart disease in those countries.

- Monounsaturated fats are typically liquid at room temperature but solidify if refrigerated.
- **Sources of monounsaturated fats:** avocados, nuts, hummus, and olive/canola/peanut oils.

FATS TO GIVE YOU FITS- BAD GUYS

SATURATED AND TRANS FATS

Now on to the bad guys. There are two types of fat that should be eaten sparingly: **saturated and trans fat**. Both can raise cholesterol levels, clog arteries, and increase the risk for heart disease.

- **Saturated fats** are found in animal products like steak, eggs, and heavy dairy products including butter, cheese, ice cream
- The 2005 Dietary Guidelines recommend limiting saturated fats to 10% or less of your total calories
- There's some controversy over saturated fats, as there's been some studies that show they're not as bad as we originally thought. But play it safe and don't overdo it

- **Trans fats** are the worst! Without question!
- Trans fats are formed through a process that adds hydrogen to vegetable oil, which causes it to solidify at room temperature. This is done to keep it from spoiling for a longer time.
- Check food labels and if you see "hydrogenated" or "shortening", you'll know there's trans fat lurking.
- **Sources of trans fats:**

baked goods, chips, popcorn, fried food, creamer/margarine

FIVE FAST FAT FACTS

- Adults should get between 25-30% of their diet from fats.
- Replace butter with olive/vegetable oils
- Replace sour cream with hummus or guacamole
- Take a daily fish oil supplement
- Good fats stay liquid at room temperature, bad fats solidify

THANKS FOR TUNING INTO OUR SWEAT MINI-SERIES!

- **Carbs**: eat complex carbs early in the day and before your workout, but don't overdo them in the evening
- **Protein**: choose lean sources of protein and eat them all day long, especially post-workout
 - **Fats**: unsaturated fats are good, trans fats are baaaaaad

Only 3 weeks left to claim our
[Sweat 4 Summer Special!](#)

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www.sweatcityfitness.com