



Nutrient Drinks for Quick Energy and Weight Management

By James Johnson
3x USA National Champion

Wrestlers are always looking for a nutrient drink with high energy and low calories. During the wrestling season they have to stay mentally focused while balancing opposite demands. They need to maintain their weight by dieting, but must also consume high energy foods. During my wrestling career, I varied my caloric intake during months of international travel, looking for a quick energy boost and meal replacement while also worrying about managing my weight. Searching for the right balance, I learned to blend shakes combining fruit and berries with a nutrient rich product. Through the years I learned how crucial it is to find and utilize the right nutrient drink mix. I learned that the way to maximize the health benefits and training needs was to find products high in calcium and rich in protein. In my training program,

shakes became a key element in gaining a competitive edge and in winning championships.

Wrestlers, like any athlete, should shop for a nutritional product low in carbohydrates, with little sugar and no aspartame, but high in fiber and protein—the essential balance of ingredients for energy gain and weight management. My years of experience, trials, and research have finally brought me to the ideal nutritional product, LeanLife, a meal replacement shake with chromium to help with weight management as well as all the essential proteins, vitamins, minerals and amino acids that elite athletes require, and all in the proper balance. LeanLife offers an excellent energy source using blended proteins for better balance and branch chain amino acids from soy protein isolate and whey protein concentrate.

Dr. Donald K. Layman, who holds a Ph.D. in Nutrition and Biochemistry, developed the LeanLife meal replacement shake. In 1986, The American Institute of Nutrition recognized his research with the BioServe Research Award; and the National Institute of Health gave Dr. Layman the Shannon Award in 1992. He has also served as Associate Editor of the Journal of Nutrition, as a nutrition consultant to the National Aeronautics and Space Administration (NASA), and as consultant to the Shriner's Hospital for Crippled and Burned Children. Dr. Layman brings to his search for high quality nutritional supplements a cutting-edge scientific knowledge about the development of skeletal muscle, the interactions of nutrition and exercise, processes of amino acid metabolism, and the regulation of protein synthesis and obesity.

He confirms that chromium is a "master" nutrient for helping to regulate blood sugar; chromium helps support the body's energy output and assists the body in more effectively using amino acids.

Soy Protein Isolate, the most pure and refined soy protein available, is made from defatted soybeans with most of the other ingredients removed, leaving almost all protein.

Whey is a lactose-free protein loaded with nutrients and essential amino acids. Comprised of four major and six minor protein fractions, whey decreases our hunger. Amino acids in whey protein also stabilize blood sugar levels, thus holding off those cravings caused by low blood sugar levels. In addition, whey protein is easily digestible and lactose-free.

Competitive athletes know that they need to "stretch out" their body's absorption of carbohydrates, because stretching it from 2 on out to 6 or even to 10 hours can delay the hunger pangs that result from the sugar rush, and the energy loss or low that always occur as the body burns carbohydrates—inevitably diminishing an athlete's endurance. Elite athletes also know how important, and difficult, it is to balance energy intake against weight management needs, and at the same time to sustain a balanced metabolism. As a meal replacement

Nutrition in the *Fast Lane*

A rich, creamy, satisfying shake specifically formulated for quick and convenient meal replacement. Low in calories, yet high in **blended protein**, which is important in building lean body mass and increasing metabolic rate, along with nutrients and dietary fiber to keep you feeling satisfied. One shake in the morning or at lunch provides balanced nutrition and helps to curb your appetite.



Used by World-Class Wrestler
James "JJ" Johnson

- 3 Time USA National Champion
- 4 Time World Cup Medalist
- 2001 Veterans World Bronze Medalist



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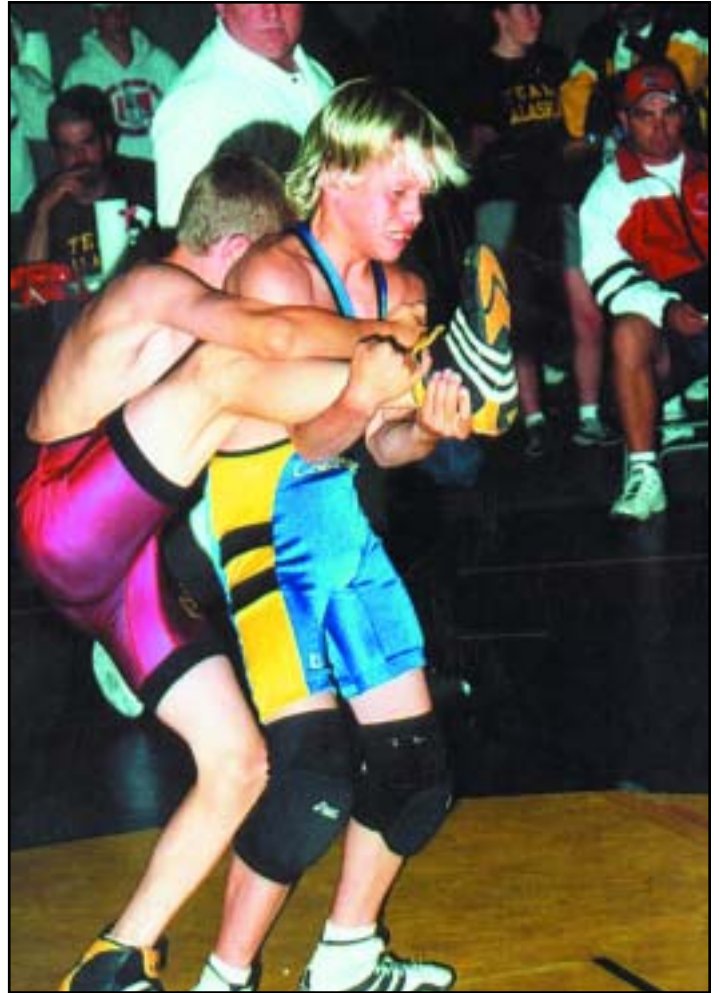
The Rationale for Wrestling at the Elementary School Level

By Tyree McCrackin

Anyone who has spent time observing children knows that the spontaneous eruption of wrestling on the playground occurs all over the world. Mammalian infants from dogs to higher primates all engage in playfighting behavior as an important part of social, physical, and mental development. In the latter part of the twentieth century rough play was demonised in western societies. Young boys and girls who try to do what is most natural on the playground or in the field find themselves chastised and disciplined for their actions. They are encouraged to go play on the steel slides, rickety ladders, and dirty tires and chains of the modern school playground. It seems as if it is okay if they are hurt, as long as they were not touching anybody else when the injury occurred.

This demonisation of rough play, coupled with the irredeemable influence of professional "wrestling", and violent movies has left an aspect of development horribly neglected. Youngsters who need to engage their unconscious hunger for rough physical contact with other children do so in exaggerated, violent ways that are inappropriate. Their skills in controlling temper and separating anger from aggression are retarded, and petty squabbles, minor injuries (usually to a child's pride), and excessive emotion are the result. These blowouts serve to reinforce the actions of well-meaning but incredibly short-sighted rule makers in today's primary schools.

Children have by and large lost the ability to play-wrestle safely without squabbling. In actuality, it should be as natural as shooting baskets or participating in a spontaneous pick-up soccer game at recess. If children are given the opportunity to participate in combatives in PE class or attend a wrestling club, they gain the mental skills and physical ability to confidently and safely engage in rough play. This natural play can be reclaimed from the realms of imitative cartoon/video game violence, professional "wrestling", and anger aggression. If this play occurs in a supervised, safe setting then injuries can be largely avoided and children gain an outlet for an integral part of their make-up as human beings. 🏠



2002 Cadet Western Regionals. Parker Sha, California (blue), has the leg of Levi Jones, Washington. Finals match was won by Levi with a fall.

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ment, a delicious LeanLife shake helps to meet all of these difficult and crucial demands.

How can you put LeanLife to use in your training program? During workouts, look to LeanLife as a meal replacement and quick energy boost. During competition, use LeanLife to meet basic nutritional needs, sustain endurance, and manage your weight. During recovery, LeanLife can provide the protein and amino acids your body needs. And beyond meeting all these nutritional and physiological needs, the LeanLife meal replacement shake is very convenient to store, pack, and mix. And

finally, a LeanLife meal replacement shake is a "**nature-perfect weight management ingredient**" for its ability in nutritionally helping to regulate an athlete's appetite and fatty synthesis while also naturally regulating the body's metabolism.

NFLI, has a **Wholesale Partner Program** through which high schools and universities can receive an average of 30-40% off the cost of nutritional supplements for their teams. To inquire about this program call **1-800-344-5892**, and give them my name, James Johnson, and ID number 223163. Plan to ask our nutrition department representatives about the range of NFLI nutritional supplements, and how

products like LeanLife can meet your team's training, competition and weight-management objectives throughout the season.

As a coach and nutritional consultant I have developed various nutritional supplement programs that my clients have used successfully, especially in their weight management programs. If you would like to learn more about how to use nutrient drinks for training, in your daily workouts, and in weight management, please contact us at **1-888-877-2322** toll free or visit our website at www.jjchamp3x.com

