

Zone 12 – Nutrients

Vitamins and minerals, or micronutrients, are compounds that must be obtained through diet or supplementation, and, although they do not provide calories, they are essential for the proper function of every cell in your body. In other words, the latest and greatest super-nutrient will do little for you if you're lacking basic vitamins and minerals. Due to changes in the nutrient density of our food supply, excess stress levels, and a food environment full of processed foods, suboptimal nutrient status is not uncommon in today's world.

Getting adequate nutrients from nutrient-dense food and high-quality supplements is one thing, but your ability to digest, absorb, and utilize these nutrients is another. If intake, digestion or absorption of nutrients are sub-optimal, many negative symptoms can occur:

- Fatigue
- Shortness of breath
- Dizziness
- Pale or yellowish skin
- Irregular heartbeat
- Numbness or tingling in your hands and feet
- Muscle weakness

Even in the absence of some of the overt symptoms listed above, many people suffer from nutrient deficiencies or insufficiencies which may cause metabolic issues and imbalances that significantly affect your ability to reach your goals. What's often seen is:

- Inability to gain or maintain muscle mass
- Weight gain
- Poor recovery from exercise
- Decreased metabolic function
- Increases in certain disease risks
- Hormone issues

Most annual exams do not do a thorough job of assessing nutrient deficiencies or insufficiencies because they do not compare against optimal ranges.

Based on the questionnaire, some recommendations to address this zone are:

KNOW IT: Understand your unique metabolism through lab testing.

FOUNDATIONAL PANEL (45 markers)

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide the necessary information about your individual metabolism, Vitamin D levels, and markers that give insight to your status of Vitamin B12, iron, folate, Vitamin C, zinc, and Vitamin B6 to help guide your programming in a more concrete, customized direction.

ADVANCED PANEL (70 markers)

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism and nutrient status (including more markers to even better assess your status of Vitamin B12, folate, and iron) to provide a higher degree of certainty of results.

COMPREHENSIVE PANEL (80 markers)

The Comprehensive Panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus a marker to assess copper status, as well as several other critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

RECOMMENDED REASSESSMENT: Nutrient Profile Panel (22 markers)

This high level view assesses your Vitamin D levels, RBC magnesium, and CBC with differential (all included in the three panels above) to provide information about capacity to deliver oxygen to the cells of your body, immune system function, and some insights to Vitamin B12, folate, and iron status. It also tests an anemia profile to dig deeper into iron status (also in the Advanced and Comprehensive Panels), as well as ceruloplasmin, an indicator of copper status (included in the Comprehensive Panel).

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NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- Incorporate foods rich in heme iron—meat, fish and poultry—at each main meal.
- Include vitamin C-containing foods with your meat-containing meals
- Chew food thoroughly and avoid drinking large amounts of liquids while eating to support breakdown of food

SUPPLEMENT RECOMMENDATIONS

FOUNDATIONAL

LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

ADVANCED

LIFE TIME FITNESS DIGESTIVE ENZYME COMPLEX

- Individuals with poor digestive function may increase nutrient absorption by supporting certain digestive processes. These digestive enzymes will assist in the proper breakdown of foods so you can better absorb the nutrients they contain.
- 1 to 4 capsules per main meal.

COMPREHENSIVE

LIFE TIME FITNESS LIFE GREENS

- Nutrient-rich superfood formula with whole food concentrates is designed to provide synergistic nutrition. Provides a super blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, probiotics, antioxidants, lignans and phytonutrients.
- 1 to 2 scoops daily.

MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Strength train at least 2 to 4 times per week
- Be mindful of exercise intensity and duration