EXERCISE, NUTRITION AND SLEEP

The Perfect Marriage For A Healthy You

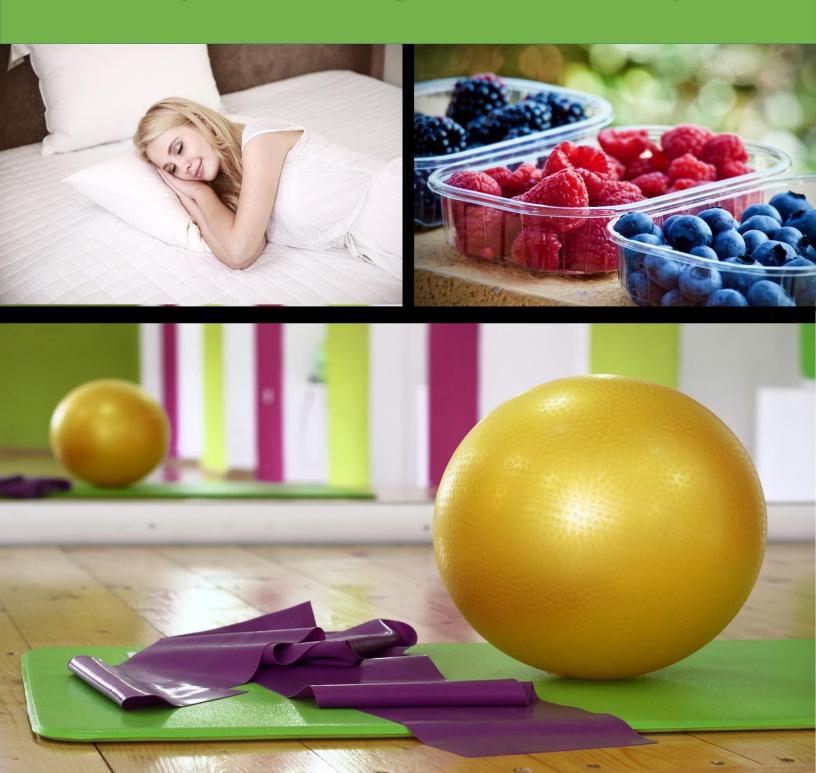


Table of Contents

Introduction	1
The Importance of Exercise	3
Exercise & Health	3
Exercise Recommendations	4
Exercise And Sleep	5
Timing is Everything	6
Building an Appetite	7
Exercise-Induced Cravings	9
The Importance of Nutrition	12
Nutrition & Health	12
Nutrition Recommendations	13
Fueling Your Body	14
Hydrating for Exercise	15
Nutrition And Sleep	17
Bedtime Snacks	19
The Importance of Sleep	22
Sleep & Health	22
Sleep Recommendations	23
Sleep Quality & Your Appetite	24
Sleeping Through Meals	24
Powering Through Your Workout	25
Reversing the Damage	26
Putting It All Together	29