

Be Careful Who You Believe by Rob Crenshaw

"Bottom line - if you don't want to eat breakfast - don't do it. Have some water, coffee and off you go."

That was from an trainer on an online trainer forum, a trainer who is supposed to help his clients live a healthy life. Now, everyone has their ideas on what exercises are the best for any given goal and usually everyone is right based on different reasons and usually with an "it depends" clarification. But when it comes to nutrition and diet, the science and chemistry behind it is fairly simple and straight forward. I know this because I read and research about it most of my free time and I have clients who have improved their lives based on what I know. Now, if this trainer had said "If you don't care about your health or losing body fat..." somewhere around the above statement, I would totally be in 100% agreement. But he didn't. Instead, he based it on the assumption that "cavemen" had to go out and fish or hunt for their breakfast, therefore, forgoing breakfast. I am not a historian, but I would guess the cavemen were hungry when they woke up so they started keeping food nearby to eat when they woke up. Then this trainer even went as far as saying that this whole motivating factor behind pushing us to eat breakfast "is a concoction of all cereal and food companies forcing us to eat more and more."-two reasons that aren't based on any science at all.

Believe what you want to believe, but when it comes to finding information out; be sure that the information is credible. I have had many clients who were not eating breakfast when they started with me only to find that their energy increased throughout the day and started losing fat faster only after they started eating breakfast on a daily basis. If you want a bottom line, then here you go; eat early, eat often, and lose the fat!

You want to make sure you eat as soon as you can when you wake up. Then

eat every 3 to 4 hours throughout the day with small portions. All of your meals ideally should include equal amounts of protein and carbs with a little bit of fat. Just make sure that you are getting the good carbs and the good fats. As always, there are exceptions and you should consult a registered dietitian if you have any questions.

If you have any questions about this, please feel free to contact me.

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