



# BODYFITNEWSLETTER

**Premium Edition.**

*“The future depends on what we do in the present.” - Mahatma Gandhi*

## **Tricks and Tips: ONE Popular Breakfast Food Is Killing Your Results?**

Oatmeal is always among the top performers when it comes to the breakfast foods we choose to eat around the country. In recent years we have seen popular food chains such as Starbucks, McDonalds, Caribou Coffee, and more add this item to their list of breakfast options.

Could this “healthy” option, however, be something that is adding to your unwanted weight gain?

As you know, Oatmeal is a carbohydrate and depending on the kind you choose, can add in some good fiber, vitamins, and nutrients to your day. The problem with most oatmeals though, are the additives, toppings, and oats themselves.

Below is a quick and simple guide on everything you need to know about oatmeal. From choosing the right kinds, to the toppings, and more:

### **Choosing The Right Kind Of Oatmeal**

In recent months, I have added Oatmeal back into my diet on select days. Now I will never just eat the oats by themselves as I always ensure to have protein with all my meals. That said, when I was at the store recently picking out my oatmeal, I was bombarded with kind after kind to choose from.

One company claimed the new “heart healthy” Maple Brown Sugar flavor was the way to go. As I looked at the ingredients I was shocked (but not really). There was no brown sugar and no maple to be seen. But there sure was tons of additives, preservatives, artificial flavors, and colors to be accounted for.

Plus, being that this was part of the “instant” oatmeals to choose from, it has obviously been pre-cooked in order to make it instant. *Oatmeals that are pre-cooked are stripped of most of their vitamins, minerals, and nutrients because of the high heat processing that takes place.*

This is one of the major problems when it comes to oatmeal; the fact that much of it is already highly processed and filled with crap before it even reaches your bowl. Even with the regular (nothing added) “instant” oatmeals, we can now see that they are highly processed even though it may not seem like it. When foods are cooked at that high of a temperature, they will lose much of their vitamins and nutrients.

***So your first rule when choosing the right kind of oatmeal is to stay away from the instant, processed, sugar added, and fast food style versions.***

### **The Best Oatmeal Choice**

As we can see, all oatmeals are not created equal and there certainly are kinds you should avoid if you are looking to keep off unwanted fat. So what kind should you choose?

**The best kind of oatmeal you can buy are Steel Cut Oats.** By sticking with Steel Cut, you will have



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to spend a little more time cooking them but the benefits far outweigh the few extra minutes.

Steel Cut Oats have less of an effect on your blood sugar levels (which help in keeping off fat), and will provide you with more fiber, vitamins, minerals, and nutrients. Plus, steel cut oats will help you to feel fuller, longer especially when paired with some good protein and healthy fats (ie. eggs).

## **It Is All About What Goes In The Bowl**

We have discussed the kinds of oats you should be purchasing and eating, now it is time to discuss the next topic when it comes to oatmeal: toppings!

Toppings are crucial in whether or not your morning bowl of oatmeal will affect your weight gain or not. I remember working at a coffee shop and making our most popular oatmeal item: maple brown sugar crunch. After the *instant* oatmeal was heated, you would then add in a few pumps of maple syrup (not real maple, sugar with maple flavor), then top it with some kind of sugar crunch mixture to give it the crunch.

Now let me ask you: Do you think this is a wise breakfast choice? Processed oats mixed with some sugar and topped with more sugar...

I think you can see my point now about how important the toppings you choose are. Toppings are something that can make or break your oatmeal. You have made the smart choice of now buying steel cut oats, and now it is time to take things to the next level.

If you continue adding to your oatmeal sugary fruits or fruit sauces (like most fast food restaurants do) or just loading it up with sugar, you are not going to be happy with the results that you see. To help you in starting to make smart topping choices, I have put together a short list of items you may want to try the next time you make your oatmeal:

- **Cinnamon** (my favorite ingredient to put in oatmeal, plus it will help regulate blood sugar)
- **Fruit** (don't overdue it. A banana or a few strawberries or blueberries will do the trick)
- **Almond butter**
- **Coconut oil** (this will give your oatmeal lots of flavor and tastes great if you like coconut)
- **Nuts or seeds** (some crushed almonds or macadamia nuts will give it a healthy crunch)
- **Brown sugar or honey** (do NOT overdue this one. Add in just a pinch for flavor)

The ingredients above (especially the first 5) are all great choices to add into your oatmeal to make it a little less boring and a lot better tasting. These foods will also help in burning fat and in making you feel more full for longer.

## **When To Eat Your Oatmeal**

If you have been following along over at [BodyFitFormula.com](http://BodyFitFormula.com) you have probably read about the best times to have your carbohydrates. No matter what your goals, *the best time to eat carbs is always going to be within 30 minutes of an intense workout*. Therefore, if you workout in the morning you can easily follow up your workout with some protein (eggs or protein shake) and some carbohydrates (steel cut



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oats).

If you are really looking to lose weight, I would tell you to hold off on the oatmeal and instead focus more on eating protein, healthy fats, and veggies at each meal. You can then add in your carbs on your cheat day or within 30 minutes of working out. For more information on carbohydrates, visit the link below:

[Everything you need to know about carbohydrates](#)

As you can see, there are certainly ways that oatmeal can be of benefit in your journey to getting healthy. It all starts with choosing the right kind and the right toppings, then properly timing when you eat it. The next time you are at the store, I encourage you to make the right choice on the kind of oats you pick up. You will only find benefit from it.

Do you have any questions on what was discussed above? I would love to hear your thoughts. Let me know at [dennis@bodyfitformula.com](mailto:dennis@bodyfitformula.com)

## **Workout Schedule**

As I mentioned in yesterday's [Sunday Coffee Talk](#), my workouts this past week have been a bit off. I just couldn't seem to find the motivation to get them in but things are going to be changing this week. I will be getting in 5 days of workouts this week: 3 days in the weight room and 2 days of sprints. It is time to get back on track:

### **Sprints:**

Sprint Workout:

**12 total sprints at 80 yards each**

Rest 60 seconds between sprints

I will be doing the workout above on **Tuesday and Thursday** of this week.

### **Workouts for the Week:**

#### **Monday and Friday**

Time to get back on my lifting game. Going to hit the weights hard on these two days and have a "fun" day on Wednesday:

#### **Exercises:**

**Deadlifts:** 3 sets X 8 reps

**Squats:** 3 sets X 8 reps

**Bench Press:** 3 sets X 10 reps

**Overhead Press:** 3 sets X 10 reps



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Once finished with the exercises above, I will be completing the circuit below:

### **Circuit:**

Each exercise will be 30 seconds long, followed by a 15 second break. You will move from one exercise to the next until you have completed all 8 exercises:

### **Exercises:**

**Pull-Ups** (30 seconds)

15 second break

**Lunges (alternating)** (30 seconds)

15 second break

**Push-Ups** (30 seconds)

15 second break

**Kettlebell Swings** (30 seconds)

15 second break

**Pull-Ups** (30 seconds)

15 second break

**Push-Ups** (30 seconds)

15 second break

**Squat Jumps** (30 seconds)

15 second break

**Burpees** (30 seconds)

Rest 90 seconds and repeat.

You will complete all 8 exercises at 30 seconds each with a 15 second break in between (this would equal 6 minutes). Once you have completed all the exercises, rest for 90 seconds and repeat one more time through.

### **Wednesday**

I will be performing four exercises on Wednesday but they will be very powerful and challenging:

### **Push-Pull Circuit:**

You may have seen this workout before, but it is always a go-to for me!

**Pull-Ups:** 5 reps

**Push-Ups:** 10 reps

Repeat as many rounds as you can in 15 minutes! One round is 5 pull-ups and 10 push-ups. Rest only when needed.

Once finished, rest for 3 minutes and complete the next circuit:



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## **Circuit Two:**

Kettlebell Swings: 20

Burpees: 10

Repeat as many rounds as possible in 12 minutes. One full round is 20 kettlebell swings and 10 burpees.

FINISHED!

## **Quotes for the Week:**

- *“Never regret. If it’s good, it’s wonderful. If it’s bad, it’s experience.” - Victoria Holt*
- *“The difference between ordinary and extraordinary is that little extra.” - Jimmy Johnson*
- *“People can live one hundred years without really living a minute.”*
- *“The future depends on what we do in the present.” - Mahatma Gandhi*

## **Articles to Revisit:**

Below are a few good articles you should revisit to keep you motivated and inspired to get fit.

[The 10 Most Simple Strategies To Get Healthy](#)

[Energize Your Life, Part One](#)

[Energize Your Life, Part Two](#)

[How To Cure The “Someday” Attitude](#)

## **Final Words**

This week is focused on getting back on track. This means with workouts, eating, sleeping, and routines. Last week was one of little motivation, and I am making sure that doesn't happen again. If you need any assistance in getting yourself back on track, feel free to send me an email at [dennis@bodyfitformula.com](mailto:dennis@bodyfitformula.com)

Stay motivated and push through,

Dennis Heenan

[BodyFit Formula](#)