

# FATS



**ESSENTIAL FOR  
CELL FUNCTION**

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**CAN BE USED FOR  
ENERGY FOR LONGER,  
LIGHT TO MODERATE  
WORKOUTS**

**HELPS PRESERVE  
CARBOHYDRATE STORES**

**HELPS REDUCE INFLAMMATION**

**1G PER 2.2LB BODY WEIGHT PER DAY**

**20-30% TOTAL DAILY CALORIES**

**EAT LOW FAT BEFORE EXERCISE**

**(HARD TO DIGEST)**

**GOOD SOURCES: SALMON, AVOCADO,  
OLIVE OIL, NUTS**

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**MUSCLE GROWTH DEPENDS ON A FAT BASED HORMONE, NOT  
ENOUGH FAT=LESS MUSCLE BUILT**