

YOUR GUIDE to Enhancing (and Enjoying) Your Workouts At Any Age or Fitness Level

Did you know that many of us don't get enough exercise? According to the World Health Organization, 23% of men and 32% of women were not physically active in 2016.¹ That means some of us don't get at least 150 minutes of moderate-intensity aerobic physical activity each week (about 30 minutes a day, five times a week), regardless of age. If you're over 65, you may not be doing exercises incorporating balance and strength training at least three times per week, which can help prevent falls as you age.

Why Does Your Workout Feel Like...Work?

There are many reasons why we fail to workout regularly. As its name implies, we tend to think about it like work and approach it with the wrong attitude. It's something we're expected to do and need to do whether we like it or not—and often, we don't!



6

Reasons You May Not Get Enough Exercise²

1

You set unrealistic goals for yourself—plan on walking a mile instead of running a 10K.

4

You compare yourself to others—we all have different fitness levels and goals.

2

You don't celebrate small victories—that first downward dog or pushup is important!

5

You fail to prioritize exercise—move first, binge-watch Netflix later (it's your reward)!

3

You compare yourself to others—we all have different fitness levels and goals.

6

You lack good information—making the wrong assumptions about exercise or fitness level can be too easy. Learn all you can!

10

Healthy Workout Habits to Get Up and Get Moving At Any Age

- 1 Set realistic goals. Aim for achievable fitness targets based on your fitness level and health to stay motivated and track your progress.
- 2 Listen to your body. Recognize the difference between pushing your limits and overdoing it to prevent injuries.
- 3 Mix it up. Find physical activities you actually enjoy doing and incorporate them into your workout plan. Make sure to incorporate balance and strength training exercises into your routine. The key is to keep moving!
- 4 Warm up properly. Properly warming up your muscles and joints before you workout is key to preventing injury.
- 5 Maintain good form. When your form is bad, you may fatigue quickly and injure yourself. Consult instructional videos or a fitness trainer to ensure proper technique before embarking on any new routine.
- 6 Stay hydrated. Drink plenty of water before, during, and after your workout. There is no shame in stopping for a sip! Hydration helps with endurance.
- 7 Cool down properly. Wind down your activity slowly by stretching or walking at a slow pace to lower your heart rate and give your muscles a chance to recover.
- 8 Eat healthy foods. Exercise is a holistic endeavor! In order for it to be effective, you have to make sure you eat the right foods to support your health and well-being, not to mention your energy level.
- 9 Get enough sleep. When you're well-rested, you lower your risk of injury, feel more motivated to stay active, and give your body a chance to recover.
- 10 Stay consistent. You'll be more motivated to work out consistently once you create a realistic plan and goals and find activities you like. Consistency is key to feeling healthy and seeing results.

How Can You Start Working Out and Enjoy Exercising Today?

Even in small amounts, regular exercise builds lasting habits and gradually improves fitness over time. You want to stay active throughout your life, stay safe, and minimize your risk of injury. And in addition to being physically fit, being active protects your brain. It helps increase blood flow to the brain and neurotransmitter levels, which helps with mood and supports healthy cognition as you age.³

Whether you run, walk, do yoga, or bench press your way to fitness, remember that exercising isn't a sprint—it's a marathon!

First, it's important to take a step back and consider why working out seems so hard for you. By considering why you may not get enough exercise or enjoy it, you can make changes, create a plan to move forward, and start getting active!

How Can You Use Supplements To Support Your Workouts and Fitness?†

While supplements never replace a healthy diet, they can still add value to your health and well-being. The National Institutes of Health (NIH) has identified dozens of dietary supplement ingredients that can safely support physical fitness⁴ when used with proper hydration and nutrition. These ingredients can help support healthy hydration levels so you don't fatigue quickly, have healthy lean muscle mass, and recover properly after your workout. Taking a supplement before you workout may also help reduce the risk of injury.[†]

Key Supplemental Ingredients Include:†

- β -hydroxy β -methylbutyrate (HMB)
- Betaine
- Beta-alanine
- Amino acids, like creatine
- Sodium bicarbonate
- Antioxidant nutrients, like CoQ10
- Citrulline



NEW!

Pre-Workout Nutrients!

Seeking Health has developed supplements with you in mind to support healthy workout habits now and for years to come. Whether you're a seasoned athlete or just starting your fitness journey, our new Pre-Workout Nutrients is designed to give you the edge you need to achieve your fitness goals by doing the following:†

- **Providing healthy energy and endurance support**
- **Supporting hydration and blood flow**
- **Supporting lean body mass**

What's In Pre-Workout Nutrients?

Pre-Workout Nutrients contain many of the well-researched ingredients the NIH has identified on their list of dietary supplements for exercise and athletic performance. Pre-Workout Nutrients include a blend of ingredients developed to support you during your workout and recovery.†

myHMB®

myHMB® is a trademark form of beta-hydroxy beta-methylbutyric acid (HMB) that aids in protein synthesis and repair, crucial for maintaining and building lean muscle mass. By encouraging muscle recovery and growth, myHMB® supports overall performance and helps prevent muscle breakdown.†

HMB is a naturally occurring substance that supports protein synthesis and repair. HMB is made when your body breaks down leucine, an amino acid and a building block of protein. HMB helps support healthy muscles after exercise by supporting protein synthesis and anabolic signaling that tells your muscles to grow. For older adults, HMB may support healthy lean body mass.6,†

HydroPrime® Glycerol Powder

HydroPrime® Glycerol Powder supports deep cellular hydration, which is vital for optimal performance, especially in hot conditions.†

Glycerol acts like a humectant. Humectants are like sponges—they help you absorb and hold onto water to support healthy fluid retention. It supports fluid flow so your body can maintain fluid balance. Athletes who exercise in a hot environment sometimes rely on glycerol-induced hyperhydration to support a healthy heart rate and core body temperature.5,†

Ingredients Continued On Next Page

Ingredients Continued

Creatine Monohydrate

Creatine monohydrate is an amino acid stored in your muscles where it is used as an energy source. Like glycerol, creatine also supports hydration by pulling water into cells.†

In addition to supporting healthy energy and hydration levels, creatine monohydrate helps support muscle recovery after your workout and healthy anabolic hormone levels (including insulin, estrogen, and testosterone). These hormones contribute to healthy tissue growth and lean muscle mass.⁷ It's also been shown to support muscle growth in young adults and lean muscle mass in those aged 50-71.^{8,†}

Betaine Anhydrous

Betaine anhydrous is an osmolyte, a molecule that helps regulate water movement across cell membranes to maintain cell volume and function (osmosis). Betaine anhydrous supports cellular hydration and healthy fluid balance.†

As an osmolyte, betaine anhydrous supports cell health and healthy cellular processes. It also supports healthy levels of lean muscle mass by helping to support healthy homocysteine (Hcy) and homocysteine thiolactone (HCTL) blood levels.† Having too much Hcy or HCTL means you may have too much insulin in your body, and you aren't able to build muscle mass.¹²

PEAK ATP®

PEAK ATP® is a trademarked form of adenosine triphosphate (ATP), your body's primary energy source. It supports strength, power, and performance during exercise.†

ATP is a nucleoside triphosphate, a precursor to DNA and RNA. It works as an energy and signaling molecule, fueling muscle contractions during workouts. When ATP is broken down into ADP (adenosine diphosphate) and a phosphate molecule, it releases energy. ATP also supports increased blood flow during and after exercise. This can help you with endurance during a workout and recovery after exercise.^{14,†}

L-Citrulline

L-citrulline is an amino acid that supports nitric oxide production. Nitric oxide supports healthy blood flow to muscles, which delivers nutrients and removes waste.† L-citrulline also supports healthy l-arginine levels, amino acids that help build proteins that your muscles need. In turn, it supports your endurance and ability to workout for longer periods. L-citrulline is also shown to support muscle recovery and even concentration after exercise.^{11,†}

Taurine

Taurine is an amino acid that supports hydration, muscle strength, and endurance.† Taurine is crucial in supporting optimal blood lactate concentrations and glycerol levels for hydration so you have the necessary stamina for physical activities. Additionally, Taurine supports your body's defense against oxidative stress and ability to fight free radicals, which can support muscle strength.^{10,†}

L-Carnitine

L-carnitine supports fatty acid metabolism, providing a significant energy source to your muscles.† L-carnitine works by moving fatty acids into the mitochondria, the powerhouses of cells, where they are burned for energy. They support healthy body weight by using fat as an energy source and support your endurance while exercising by preserving your glycogen stores. These processes can also support your recovery after a workout.¹³

Beta-Alanine

Beta-alanine supports the buffering of muscle acidity, delaying fatigue, and extending exercise capacity.† Beta-alanine is an amino acid that works with another amino acid—histidine—to support healthy levels of carnosine, a building block of protein. It supports energy and endurance by supporting proper pH levels. Without carnosine, you can experience a drop in pH that can lead to muscle fatigue and failure. Supplementing with beta-alanine has been shown to delay the onset of fatigue and support endurance so you can work out longer.^{9,†}

How To Include Pre-Workout Nutrients In Your Fitness Routine

Step 1

Mix 1 serving in 8 to 10 oz of filtered water 30 to 60 minutes before exercising.

Step 2

Sip over a period of 1-5 minutes.

NOTES

DO NOT CHUG.

FOR FIRST-TIME USE, CONSIDER ½ SCOOP TO SEE HOW YOUR BODY RESPONDS.

USE AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

More Seeking Health Fitness Supplements To Power Your Workout†

Optimal Electrolyte

With its proprietary hydration blend, Optimal Electrolyte deeply hydrates you throughout your body so you get the electrolytes where you need them most to keep you energized. We developed Optimal Electrolyte using sodium as real Himalayan pink salt and potassium to support healthy hydration and potassium levels, which go hand in hand†

Energy Nutrients

Energy Nutrients is a targeted energy support formula that provides bioavailable nutrient building blocks for energy production. It contains NADH (as PANMOL® NADHmicro), a bioactive form of niacin (B3) that can powerfully donate electrons for energy production.†

CoQ10

CoQ10 provides a form of coenzyme Q10 (CoQ10) called MicroActive®. Both animal and human clinical studies show its absorption to be better than regular crystalline CoQ10. CoQ10 has powerful antioxidant properties in the body. It supports multiple health benefits, including antioxidant activity, mitochondrial function, healthy aging, cardiovascular function, cognitive health, and energy production.†

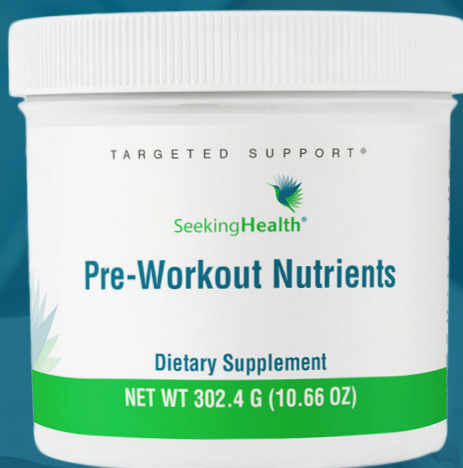


PRE-WORKOUT NUTRIENTS · SEEKINGHEALTH.COM

† These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure, or prevent any disease.

Appendix

1. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
2. <https://www.ncsf.org/blog/154-top-reasons-why-people-fail-in-their-exercise-programs>
3. <https://pubmed.ncbi.nlm.nih.gov/29755380/>
4. <https://ods.od.nih.gov/factsheets/ExerciseAndAthleticPerformance-HealthProfessional/#en11>
5. <https://pubmed.ncbi.nlm.nih.gov/37490269/>
6. <https://pubmed.ncbi.nlm.nih.gov/28493406/>
7. <https://my.clevelandclinic.org/health/treatments/17674-creatine>
8. <https://pubmed.ncbi.nlm.nih.gov/37720119/>
9. <https://pubmed.ncbi.nlm.nih.gov/22270875/>
10. <https://pubmed.ncbi.nlm.nih.gov/34497536/>
11. <https://pubmed.ncbi.nlm.nih.gov/26900386/>
12. <https://pubmed.ncbi.nlm.nih.gov/23967897/>
13. <https://pubmed.ncbi.nlm.nih.gov/37299549/>
14. <https://pubmed.ncbi.nlm.nih.gov/25006331/>



**Pre-Workout Nutrients
is Now Available!**

Order yours today at SeekingHealth.com