

# Glow 15 COURSE

## TRANSCRIPT

**Module 2: Day 9 – Pre-game With Caffeine, Refuel With Protein**

This is day nine of the Glow 15 program. Today, we're going to talk about the little quick switches that we can do in our life that will help us up our game to the complete different level. They're simple and they're easy and they're actually really fun. This day is all about pre-gaming with caffeine and refueling with protein.

What do I mean by that? Well, when you're getting ready to do your exercises, if you're going to be doing interval training or resistance training, before you exercise, eliminate eating any food so you're exercising on an empty stomach. But what I do want you to do is incorporate some caffeine because studies show that when you incorporate some caffeine, you actually exercise more effectively, you build more lean muscle mass and you can help to reduce more body fat just by incorporating caffeine.

But there's another half to the equation and that is refueling with protein. It is equally as important to refuel with protein within 30 minutes after you're done exercising to get the full benefits of the autophagy activation in your muscles. So make sure that you get some good quality protein. You can have a protein shake or whatever you want to do after you're done exercising, to get the full benefits of these quick two switches.

Simple, easy, part of Glow15 and what you'll find over time is that there will be days when you skip exercising on a high day and that's okay too because you can always exercise on a low day and that gives you the opportunity when you're intermittent fasting, to actually incorporate this opportunity of pre-gaming with caffeine and not having to worry about that.

That's for later but it's an opportunity just to think about in the back of your mind, if you skip a day, no big deal, you can always pick it up the next day and then just try and see how it feels when you pre-game with caffeine on a day when you're intermittent fasting.

That's it for day nine. We're doing great. I'm sure you're noticing really big changes in your energy, in the way you're starting to look and feel. People are probably already commenting on it and all of this is going on deep within your body at a cellular level. What you're seeing is just the tip of the iceberg of all of the benefits of what you're achieving through the exercise, through the intermittent fasting and protein cycling, to putting fat first and carbs last, to incorporating the Powerphenols into your diet and of course, I hope you're drinking lots of your AutophaTea!

To your health.