



## Healthy Vibe – Healthy Body ‘All Shook Up’ page 24

### HEALTHY VIBE

#### HEALTHY BODY

## All shook up

We shine the spotlight on protein shakes. Are they muscle builders or unnecessary bank-account burners?



WALK INTO ANY GYM IN THE COUNTRY AND YOU'RE BOUND TO SEE A FRIDGE STACKED TO THE HILT WITH PROTEIN PRODUCTS, OR SHELVES WITH THE LATEST TUBS OF MUSCLE-BUILDING PROTEIN POWDER. MORE PRECISELY, THE PROTEIN IN QUESTION IS WHEY PROTEIN, SEEMINGLY THE MOST TREASURED SUBSTANCE IN WEIGHT LIFTING.

**S**o why are so many gym goers clamouring to consume so much protein? After all, it certainly doesn't come cheap. The thinking behind protein products comes down to the role that protein plays in the body, or more specifically, in building and repairing muscles.

Our bodies use protein to repair and form new cells, and our muscle tissue is made up of protein. When you lift weights, your body requires protein to repair the damaged tissue, which makes your muscles larger.

However, protein doesn't store up in our bodies, which means weight lifters in particular require a diet rich in protein so they can continue building up their muscles. And that's where the shakes come in. Weight lifters eat and drink protein powder to keep their bodies' protein stores high to give them the greatest chance possible of building and repairing muscle.

That all makes pretty good sense, but things can start to go pear-shaped when

people go overboard with their protein. Remember that your body isn't great at storing protein, which means any excess protein you consume will simply be passed the next time you go to the toilet. Not being aware of how much protein you're already consuming in your diet, then going out and spending money on protein powder means you may end up with the exact same muscle gain but some extra expensive bodily waste.

Over-consuming protein powder and shakes can also put undue stress on your liver.

While we don't deny that protein shakes and supplements improve your muscle gain, the extent of that gain comes down to personal experience and opinion.

Overall, the most important fact to point out is that you can attain adequate levels of protein in your body suitable for lifting weights and building muscle simply by making some adjustments to your diet and gaining your protein from natural everyday foods (see below), like you would if you were following a healthy, balanced diet.

This leaves protein shakes and powders to be used purely as they should: as supplements for when you miss a meal or haven't been eating much protein elsewhere... something to think about before you drop another \$40 on that tub of vanilla Musashi.

#### foods high in protein

Red meat, chicken, salmon, eggs, yoghurt, milk, nuts and seeds.



## 5 REASONS TO DRINK MORE WATER!

### 1. Lose weight

Replace sugary drinks with water, and watch those calories burn. It's amazing how such a simple and easy adjustment can make a huge impact on your weight-loss goals. Often when we think we're hungry, we're just thirsty, and water has zero fat, zero calories, zero carbs and zero sugar. No wonder it's so good.

### 2. Keep your heart strong

Hydration is essential in helping to prevent your arteries from getting clogged up, so regularly drinking water lessens your chances of heart attack or stroke.

### 3. Increase your energy

Feeling tired, lethargic and tired can often come down to simply being dehydrated from not drinking enough water. Often when we think we're sick, we just need some water! If you're thirsty, you are already dehydrated, which can lead to fatigue, muscle weakness, headaches, dizziness and other symptoms. Drink up to keep your energy levels high, especially if you're training or working out.

### 4. Look deadly

Did you know that drinking water makes your skin look better? Drinking water can clear up your skin, giving it a healthy glow – it's kind of like moisturising from the inside. Just a week of drinking a good amount of water can have visible effects on your skin.

### 5. Flush toxins and stay well

Our bodies use water to help flush out toxins and waste products – the bad leftover stuff we don't need. Drinking more water helps you flush out those nasties more effectively, making you healthier in the process. It will also help you digest foods more easily, which is essential to your overall digestive health and reduces the risk of several cancers and other diseases.



Our bodies need protein to repair and reform new cells and our muscles are made of protein. When we lift weights, our bodies need protein to repair damaged tissues, making our muscles larger. Because protein isn't stored in the body, we need protein to build muscles.

While protein shakes and supplements can improve muscle gain, drinking excessive amounts of protein in milk shakes may not be the healthiest thing for our bodies and it can be very expensive. A simple way to gain adequate levels of protein is to follow a healthy, balanced diet.

**READ *All Shook Up* on page 24**

## **ACTIVITY 1 BUILDING READING SKILLS**

- skimming and scanning for information
- reading headings, sub-headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world

There are three levels of comprehension questions:

**Literal** The answer is located in one sentence in the text.

**Inferred** You need to make links between text and graphics (such as photographs, illustrations, maps and tables) and what you already know.

**Applied** The answer is in your background knowledge, what you already know or feel.



**Shade one bubble.**

1. According to the text,

- drinking protein shakes is the best way to gain adequate levels of protein.
- we should never drink protein shakes.
- protein shakes can be used to supplement your diet.
- protein shakes and supplements damage your body. (inferred)

2. *That all makes pretty good sense, but **things can start to go pear-shaped** when people go overboard with their protein.*

In this sentence, **things can start to go pear-shaped** means

- you can start to have a body shaped like a pear.
- it can all go very wrong.
- it can be very healthy for you.
- your muscles take in too much protein. (inferred)

3. What is the relationship between the photos and the main text? (inferred)

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4. The intended audience for his report are

- personal trainers.
- people who are considering supplementing their diet with protein shakes.
- suppliers of protein shake products.
- people who never use protein shakes. (inferred)



## ACTIVITY 2 LANGUAGE CONVENTIONS – SPELLING

The spelling mistakes in these sentences have been underlined.

Write the correct spelling for each word in the box.

1. Protein shakes can build mussels.

2. They can be unesesary.

3. Protein can repare our bodies.

4. Lifting waits can tear our muscles.

5. Drinking too much proteen powder may not be healthy.

Each sentence has one word that is incorrect.

Write the correct spelling of the word in the box.

1. It all makes good cents.

2. Your body isn't great at storeing protein.

3. Protein shakes can suplament your protein intake.

4. Meat, milk products and seeds are high in protein.

5. Buying too many protein shakes can be a waist of money.



## ACTIVITY 3 LANGUAGE CONVENTIONS – GRAMMAR

Shade one bubble.

1. Which word or words correctly complete this sentence?

If we  too many protein shakes, it could lead to health problems.

- drink
- drinks
- drinking
- would drink

2. Which word correctly completes this sentence?

Gym fridges are full of protein drinks,  they may not be healthy for you.

- besides
- but
- therefore
- otherwise

Far  helping, their advice made our task more difficult.

- less
- more
- from
- beyond

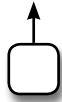
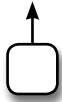


## ACTIVITY 4 LANGUAGE CONVENTIONS – PUNCTUATION

Shade one bubble.

1. An apostrophe has been left out of this sentence?  
Where does the missing apostrophe go?

Protein isnt stored in our bodies, so we need to eat protein-rich foods every day.



2. Which sentence is punctuated correctly?

- Health experts tell us to eat enough protein in our diet.
- Health experts tell us "to eat enough protein in our diet."
- Health experts "tell us" to eat enough protein in our diet.
- "Health experts tell us" to eat enough protein in our diet.

3. Which sentence is punctuated correctly?

- Gym goers in Australia should think about the amount of protein shakes they drink.
- Gym goers in Australia should think about, the amount of protein shakes they drink.
- Gym goers in Australia, should think about the amount of protein shakes they drink.
- gym goers, in australia, should think about the amount of protein shakes they drink.



## ACTIVITY 5 WRITING AN EXPOSITION

An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social Purpose	Stages	Phases
Exposition	Argues one point of view about an issue	<b>Thesis</b>  <b>Arguments</b>  <b>Restatement</b>	<b>Preview</b>  <b>Evidence</b> <b>Statistics</b> <b>Quotes</b> <b>Examples</b> <b>Elaborations</b>  <b>Review</b> <b>Conclusions</b>

**Protein shakes and powders are best used to supplement our protein intake, but should not be used excessively.**

Write an EXPOSITION to argue your reasons to support this point of view.

### Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

### Remember to:

- research your topic and plan your writing
- choose your arguments carefully
- give reasons for your arguments
- give examples to support your arguments
- write in sentences
- pay attention to your spelling and punctuation
- use a new paragraph for each new idea
- choose your words carefully to convince a reader of your opinions
- check and edit your writing so that it is clear for a reader.