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*America's Healthiest Couple*

## Breakfast is the Ultimate Pick-Me-Up

By Dan & Jennifer Polimino



We looked up the definition of "breakfast" in the old Middle English dictionary and it's defined there as a "break" from "fasting." You may not have thought of it as fasting, but eight hours of sleep with no food or water is considered a fast. When you awake you break the fast by eating, and that's a good thing.

You may have heard that breakfast is the most important meal of the day. Why? To answer that, we'll pose two questions. First, can you drive a car without gas? Of course not! A car needs fuel to run. Secondly, can you start a fire without wood or something else to burn? Nope. You've got to have something to fuel the flames. Notice a trend here? The human body is the finest machine ever built, but like any machine it's only as good as the fuel that runs it. No fuel, no performance. It's that simple.

You say you make it just fine without breakfast. But do you really? No breakfast means that your metabolism slows down, going into hibernation

mode in order to conserve energy since it's not getting any. Most of your bodily processes follow suit by slowing down operations. Your brain needs glucose (blood sugar derived generally from carbohydrates) to survive. So, no food means deprived brain power. Oh sure, you can muddle through the morning. But you could also think more clearly and have more energy if you ate breakfast.

Here's a question that's always perplexed us: Why do most people who skip breakfast say they would never fast all day long voluntarily? How about you? Are you interested in fasting from 8:00 a.m. to 10:00 p.m. each day? Fourteen hours is a long time with no food, and it's been our experience that people pitch a fit when



we make that suggestion. Yet millions go to bed at 10:00 p.m. and don't eat again until their noon lunch hour. Do the math—that's 14 hours. Try giving your body a break from the fast—it'll thank you for it.

Join Dan and Jennifer Polimino, *America's Healthiest Couple*, right here every Monday for fitness and nutritional advice. Dan and Jennifer are ACSM/ACE certified trainers, authors, and founders of Paradigm Fitness, Inc. and The Great Shape-Up Program. To ask them a question or to find out more about lasting weight loss, visit [GreatShapeUp.com](http://GreatShapeUp.com)

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