

# iKENGAFIT

**D I G I T A L**

EDITION 1.1

**M A G A Z I N E**



**DAVID CLARY | FOUNDER & CEO**

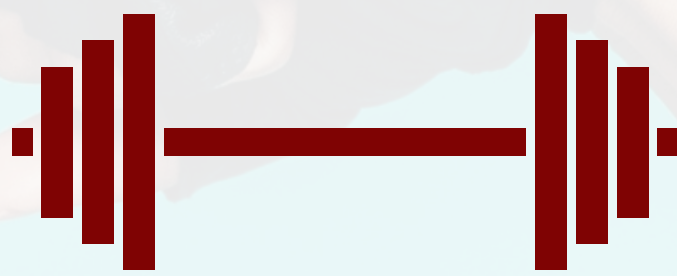
This digital magazine provides a healthy element to your weekly routine.



THE LIFESTYLE SERIES

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# THE ACTIVITY LIFESTYLE

## CARDIOVASCULAR HEALTH



According to the American College of Sports Medicine (ACSM) adults should **aim for 3-4 days of aerobic exercise per week.**

As you get older, focus on performing daily exercises you enjoy to elevate your heart rate to 50-60% of your age-adjusted max heart rate.

For example, A 50-year-old with a resting heart rate of 65 beats per minute (bpm) should **maintain** their aerobic jogging activity at a heart rate between 117-128 bpm for 20-45 minutes.

## STRENGTH TRAINING



Studies show that adults can **aim for 2-3 days a week of strength exercises to target major muscles of their legs and arms.**

Weight training improves muscle mass, decreases body fat, and improves bone mineral density mass to help reverse osteoporosis.

## INCREASE FLEXIBILITY



Adults should focus on stretching **EVERYDAY**. Whether it's dynamic or static, stretching is an essential part of enhancing your overall health.

In a National Health and Nutrition Examination data study, researchers found that **flexibility was associated with lower mortality rates among adults aged 65 and older.**

## LOOKING FOR A BEGINNER WORKOUT TO ADD TO YOUR ROUTINE

CLICK THE LINKS BELOW

[\*\*BODY WEIGHT AEROBIC WORKOUT\*\*](#)

[\*\*STRETCHING + FLEXIBILITY WORKOUT\*\*](#)

## LEVEL UP YOUR WORKOUTS: CLICK ON IKENGAFIT'S TOP FITNESS GEAR PICKS FROM AMAZON!

AS AN AMAZON ASSOCIATE I EARN FROM QUALIFYING PURCHASES



**RENPHO SMART SCALE** IS MORE THAN JUST A WEIGHT SCALE. IT EMPOWERS USERS TO UNDERSTAND THEIR FULL BODY COMPOSITION, GIVING A MORE ACCURATE PICTURE OF OVERALL HEALTH BEYOND JUST THE NUMBER ON THE SCALE. 13 TOTAL KEY METRICS



**TRIBELIFTING PRODUCTS** ARE SUITABLE FOR ATHLETES OF ALL LEVELS, FROM BEGINNERS TO PROFESSIONALS. OUR PRODUCTS ARE RIGOROUSLY TESTED FOR STRENGTH AND DURABILITY. WE FOCUS ON PROVIDING SAFETY AND COMFORT FOR ATHLETES DURING TRAINING.

# THE NUTRITION LIFESTYLE

## CARBOHYDRATES

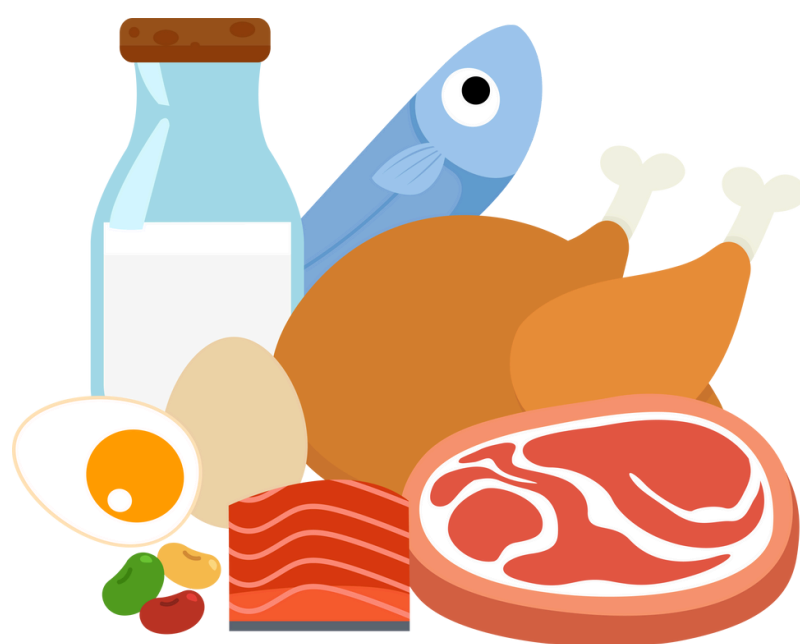


Dietary Guidelines for Americans recommend that carbohydrates **make up 45% to 65% of total daily calories.**

**If you consume 2,000 calories a day, this translates to between 225 and 325 grams of carbs a day.**

Fiber, a nondigestible component of carbs, should constitute up to 20+ grams per day to maintain a regular bowel movement for gut health.

## PROTEIN

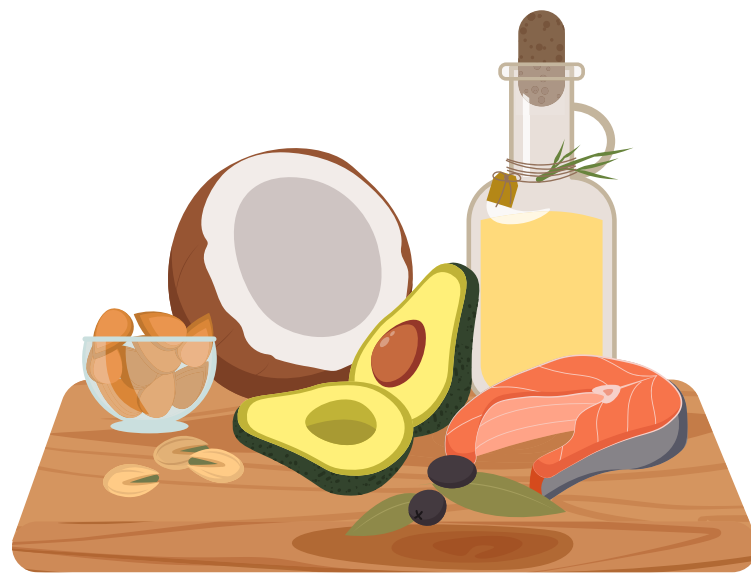


Dietary Guidelines for Americans recommend that protein should **constitute 10–35% of your daily calorie needs for general health.**

**For a 2000 calorie diet this translates to between 50 and 175 grams of protein per day.**

To lose weight and/or gain muscle. Most studies suggest that 0.7–1 gram per pound of lean mass are sufficient.

## HEALTHY FATS



Dietary Guidelines for Americans recommend that healthy fat intake should **constitute 20-35% of daily calories.**

**For a 2000-calorie diet, this is equivalent to 44-78 grams of fat daily.**

Your body needs dietary fat to work properly. Your heart cells, for example, run almost entirely on fatty acids. Fat is also necessary for vitamin and mineral absorption, as well as cellular energy.

## LEARN MORE ABOUT CARBOHYDRATES, PROTEINS, AND HEALTHY FATS

CLICK THE LINKS BELOW

[WHAT A HEALTHY SERVING OF CARBS LOOK LIKE](#)

[WHAT A HEALTHY SERVING OF PROTEIN LOOKS LIKE](#)

[WHICH HEALTHY FATS TO CONSUME](#)

**FUEL YOUR BODY RIGHT  
CLICK ON IKENGAFIT'S NUTRITION PICKS ON AMAZON!**

AS AN AMAZON ASSOCIATE I EARN FROM QUALIFYING PURCHASES



**PHILIPS GOZERO** IS YOUR EVERYDAY WATER FILTER BOTTLE THAT INSTANTLY IMPROVES THE TASTE OF WATER BY REDUCING CHLORINE AND PARTICULATES (TASTE AND ODOR). THE ACTIVATED CARBON FIBER FILTER INSTANTLY TRANSFORMS TAP WATER INTO CLEANER, TASTIER & HEALTHY DRINKING WATER.



**PREMIER PROTEIN** IS ON A MISSION TO INSPIRE OPTIMISM ON THE WAY TO BETTER HEALTH, HELPING YOU STAY THE COURSE ON THE JOURNEY TO BECOMING A HAPPIER, HEALTHIER VERSION OF YOURSELF.

# THE REJUVENATION LIFESTYLE

## HEALTHY SLEEP PRACTICES



Sleep plays a **pivotal** role in your mental and physical health. Whether you are recovering from injury or illness, to being alert and energized during the day.

Below are recommended ways to get better sleep:

- Avoid blue-ray light one (1) hour before bed. Electronic devices like smartphones & computers emit large amounts of this hour before bed.
- Long daytime naps may impair sleep quality. If you have trouble sleeping at night, stop napping or shorten your naps.
- Test different temperatures to find out which is most comfortable for you. Around 70°F (20°C) is best for most people.
- A melatonin supplement is an easy way to improve sleep quality and fall asleep faster. Take 1–5 milligrams (mg) around 30–60 minutes before heading to bed.

## LEARN MORE ABOUT BREATHING EXERCISES + HEALTHY SLEEP

CLICK THE LINKS BELOW

[10 BREATHING TECHNIQUES](#)

[PRACTICAL TIPS FOR BETTER SLEEP](#)

### REFRESH, RECHARGE, REJUVENATE

### DISCOVER AMAZON ESSENTIALS FOR YOUR BODY AND MIND!

AS AN AMAZON ASSOCIATE I EARN FROM QUALIFYING PURCHASES

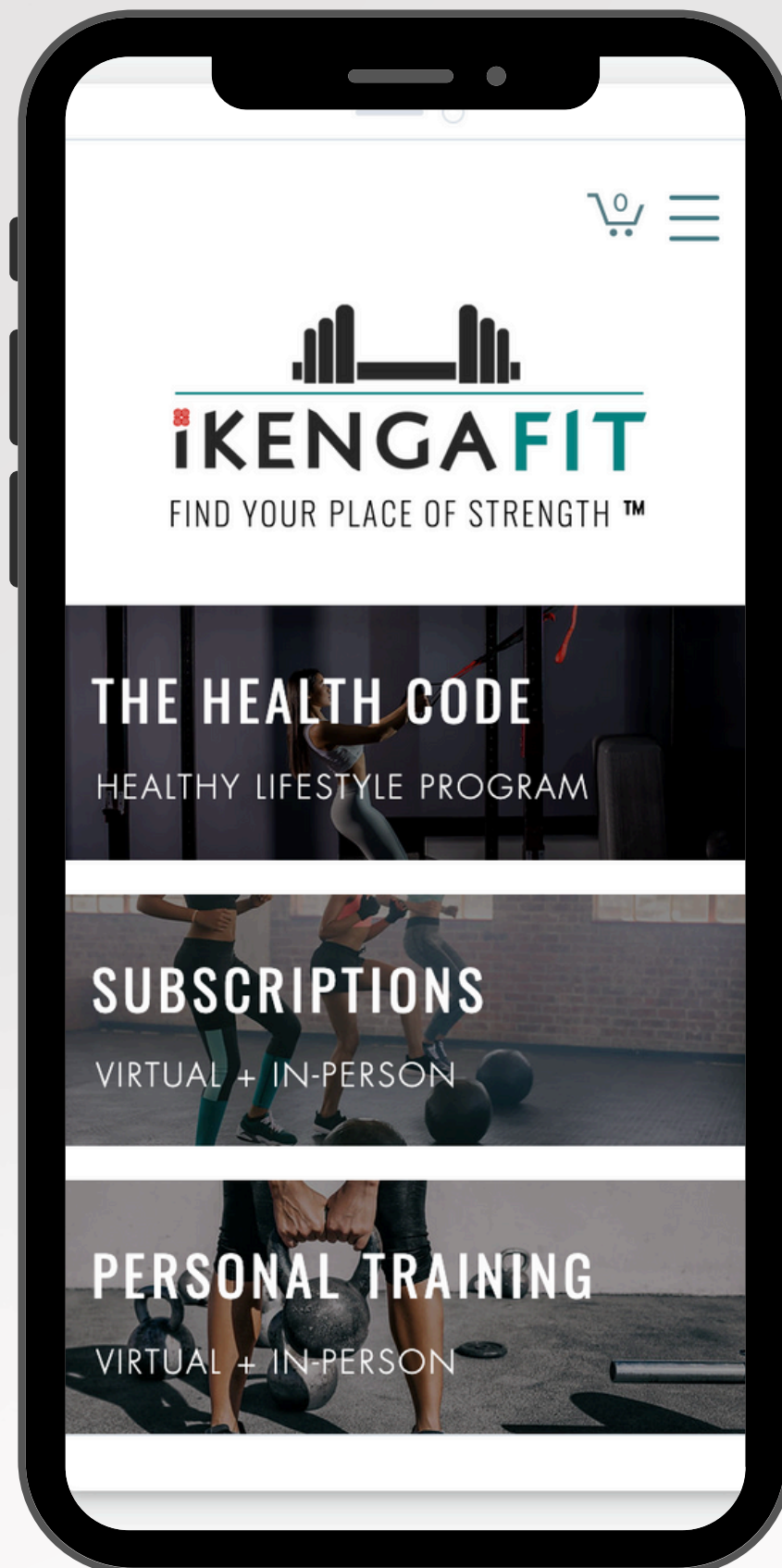


**FACEMOON**, A RENOWNED BRAND DEDICATED TO PRODUCING HIGH-QUALITY EYE MASKS. THE 3D CONTOUR DESIGN, DEEP EYE SOCKETS, NO PRESSURE ON THE EYES, ALLOWS FREE BLINKING AND FRIENDLY FOR THOSE WITH EYELASH EXTENSIONS.



**HYPERVOLT GO 2** IS THE ULTIMATE RECOVERY TOOL FOR TIGHT MUSCLES. IT FITS IN YOUR HAND AND IN YOUR BAG, FEATURING QUIETGLIDE TECHNOLOGY SO YOU CAN KEEP YOUR MUSIC PLAYING.

Thanks for reading through  
iKengaFit's **DIGITAL** magazine!



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iKengaFit on social media by clicking the links below!



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