Are Intense Workouts Good for You? That Depends on You
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Pam: All right. Let's say you just got finished doing a really intense workout, whatever intense is for you. Okay, you got me? You've done something really intense, and now you're getting ready to go about your day. What are you going to eat? When you go to sit down or you're around friends and family, 'cause that's the tough part for us, right? We get around our families and our families, some of ours they are not in the space where we are. There might be some temptation: cake, cookies, brownies, or whatever it is that may tickle your little fancy, that you might want to give a try but if you gave it a try you might be teetering on possibly going off the rails.

Say this to yourself, "My workout, it was intense," or "My workout later on is going to be intense, and to feed that intensity I'm going to feed it nourishment. I'm going to give it love with some green, leafy vegetables, kale, collard greens, spinach, or give it some broccoli, cauliflower. Give it some lean meat. Give it some whole grains, 100% whole grains." The reason why you're going to say this to yourself is because we want to speak positivity into us. Notice that I didn't say, "I'm not going to have the cake, I'm not going to have the brownies." Did you notice that? I said what I was doing to do, because then you don't think about the things that you are "depriving" yourself of. You don't even think about it.

The reason why you did that is because all that intensity you put in, you did it for a purpose, right? Now if you already at that point of where you at the weight where you want to be, then you're doing this to maintain your weight, so you don't go back up and for some of us, so we don't go back up again. But if you're someone who's trying to lose weight you want to take that intense workout that you did and make it count, right? So how do you make it count, you put in healthy options in your body. Here is what's key about that as well, the way our bodies work when we give it nutritious foods it helps our bodies work better, it helps our minds work better, we can think better, we have better energy, more energy. So that's another reason why that intensity that you did, and those calories that you burned, you want to say "I'm continuing to feed my soul," right? Go out there, get it done, have a great one.