



BEAT With: Sandy Riedinger

Summer Issue

ARE YOU A BEVERLY LONGTIMER?

 (Longtimer is not in the dictionary!) Our Definition: a living breathing being that uses Beverly supplements every day; persisting for a long time; feels that life is not the same without them.

Longevity, around the clock, future is bleak with the mere thought of running low.

The following 20 points might help you determine if you are by definition, a Beverly Longtimer!

1. Always stressing about packing BI supplements when going on vacation.
2. At least one meal a day is a Beverly protein.
3. If you are running low on supplements, you begin to panic.
4. You order in advance and count the number of shipping days. Sometimes you order 3-6 months ahead.
5. You over stock your cabinet for fear of running out because that can be the onset of depression, fear and worry.
6. You tell everyone or no one. Depending if you want others to know what you are doing or you keep it as your best kept secret.
7. At a point in your training career, you tried other brands only to run back to Beverly!
8. You build your training regimen around BI.
9. You plan and think about your next shake.
10. You bring your supplements to work.
11. You search online for new recipes.
12. You use a large pill box and keep it stocked.
13. You never even look at other brands.
14. You have your entire family on Beverly. Even the dogs.
15. You are sponsored by a different brand, but secretly, only use Beverly. Shh!
16. You read every NNM and you keep them in a safe place.
17. You peek in at the Beverly Forum to see what others are saying.
18. You have liked Beverly on Facebook.
19. You have saved BeverlyInternational.com as a favorite on your computer.
20. You are so advanced in the Beverly International culture that you even know where the name came from. That's what I'm talking about!!!

If you can say yes to 15 out of 20, we would love to hear from you. Send in a photo and a testimonial. **YOU ARE A LONGTIMER!!!**

GRAHAM LINCK



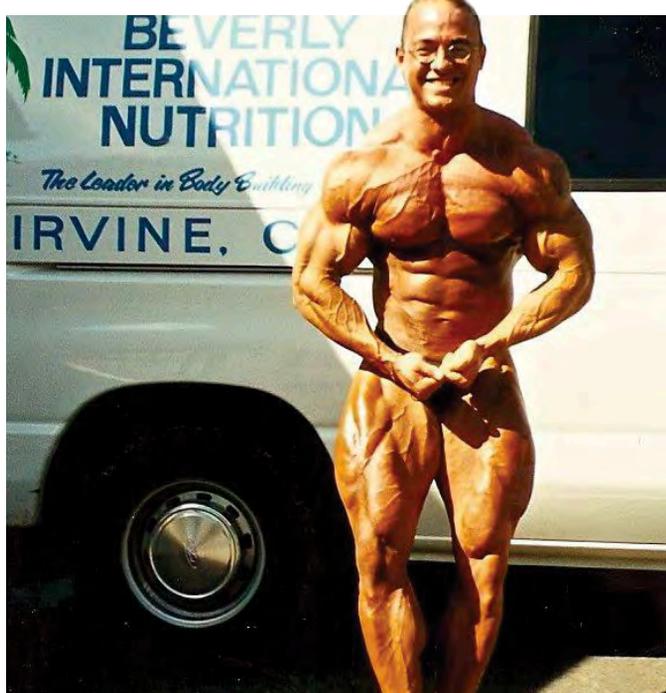
 Graham Linck is a Beverly Longtimer. See what Graham has to say about BI-

I was first introduced to Beverly International about 5 years ago by my colleague and strength coach, David Stagnitta. After using the products for just a couple of months my results were evident. At that point I wanted to see what was different about Beverly International and began to research their product line and history. Many of my physical therapy patients and friends began to comment on my improvement and asked what I was doing different. That's when I decided to become a Beverly distributor and help others achieve similar results. Besides the fact that Beverly supplements work, I went with Beverly for 3 basic reasons:

1. The company's history and longevity in the field. (I knew they were not some fly by night outfit, mixing their powder in a garage; they have been around longer than I have!)
2. As a physical therapist and medical provider I pride myself on being 'evidence based' within my clinical practice and Beverly is evidence-based in their approach to their products/ingredients; their formula has been constantly tested and reworked to provide superior results for over 45 years.
3. **THE TASTE!** I have tried other brands of supplements and to be honest have not been impressed and in some cases down right disgusted (by taste, grittiness, and stomach discomfort), but that is not the case with Beverly. Chocolate UMP is my favorite, with Rocky Road a close 2nd.

To sum it up, Beverly has the history, the science, and the taste to provide a superior product that produces consistently great results! - *Graham Linck, PT, DPT, Aliante Integrated Physical Medicine*

Thanks for sharing, Graham, and congrats on the new baby!



JEREMIAH FORSTER WENT WITHOUT BEVERLY??

 Longtimer, Jeremiah Forster decided to go without BEVERLY after using BI supplements for 15 years without a break... Here is what he wrote about his experiment.

Many may remember me being featured in the Fall, 1999 No Nonsense Newsletter as an up and coming bodybuilder. (You can still read this article on the Beverly website, click on Articles at the top, then scroll down to Back Issues part 3 of 3.) I have been a Beverly user and advocate ever since and even worked at the Beverly headquarters for 5 years.

About a year ago my family and I moved to a new state and I left the fitness industry to begin a new career. With new responsibilities and focusing on my new career, I kept training but took a break from my supplement regimen. Many of you may think, "So What?" But for me it was a big deal and even scary. Over the years I had become almost obsessive about keeping my body fat low. At any time I could tell you what it was within a tenth of a percent. Over the past 5+ years I have gauged my progress with my bodyweight, my performance in the gym, and a simple skin fold test on my abdomen. I have had at least 100 body fat tests done over my bodybuilding career, so I knew if my ab reading was "X" then my body fat was "Y". At the time of my break from Beverly I weighed about 190lbs with an ab skin fold of 8mm.

For the next 6 months I trained 3-4 days per week, ate very well and never lost focus on my goals to maintain a high level of fitness, muscularity and strength. But, month by month, my results became increasingly depressing. At the end of 6 MONTHS I had lost 10lbs, my ab skin fold was up to 16mm and my shirt sleeves were becoming much looser. I experienced what every bodybuilder hates (aka losing muscle and gaining fat). YUCK!!! I didn't like how I felt or how I looked and to be quite honest with you I was not really sure what to do.

I have been coaching people online (since my days at Beverly) for over 10 years and I always recommend a Beverly supplement program to my clients. Now I found myself sitting at my computer, recommending Beverly supplements to my clients, watching as they built muscle and lost fat, while I was going in the opposite direction. The light was beginning to dawn on what I was missing. As our family settled and our checkbook opened up, my wife and I revisited my fitness goals and decided to give Beverly the green light again for myself.

My previous supplement regimen included lots of pills. At my highest intake, I was known to take up to 50 Mass Amino tablets during a workout. I didn't feel that I could go back to my previous schedule of taking handfuls of tablets and capsules every few hours. I could barely keep my family and work schedule straight let alone my supplement schedule. I needed something easy, I needed something effective and I needed something that was within my budget. I thought to myself, "If a client had this issue what would I recommend to them?"

After a few days of pondering, the strategy became very simple. I'd drink one or two UMP/Provosyn shakes each day. On non-workout days (also my very low calorie day) I would consume a scoop of Muscle Synergy and a Super Pak. On workout days I added a pre workout mix consisting of 2 scoops of Muscle Synergy, Glutamine Select and Creatine Select mixed in water. I also made a "workout shake" of 2 scoops Mass Maker Ultra and 1 scoop of Muscle Provider. I drank half of each before my workout on the drive to the gym and the other half during my workout.

My "UP day / DOWN day" nutritional strategy is something I have become somewhat recognized for. It is my solution to staying lean, staying fit and I get to have a small cheat meal every other day. I simply take the number of calories I want to consume on a daily basis, multiply it by two and then one day I will eat a pretty high level of calories and the following day I eat just whatever calories I have left over for the two day total. This way I am still responsible for my nutrition but I can have some enjoyable meals (within moderation) and still maintain an acceptable body fat percentage. Each day also included 1-2

shakes consisting of 2 scoops UMP + 1 scoop of Provosyn as noted above. On my higher calorie days I would add in a few additional clean meals rich in protein as well as a free meal in the evening with my family, some grub watching a ball game or as a date night with my wife.

Training wise I used a blend of training styles learned over the years. The biggest influence was an article that Roger wrote years ago training every other day with each body part being trained twice over an 8 day period. During that 8 day period each body part would get trained light once and heavy once. (You can find this workout in the Article Archive referenced earlier, Vol 12, #3.)

Within 1 month my weight was back up to 190, my skin fold was back down to 8mm and my strength was the highest it has been since I quit competing over 10 years ago. That is one month folks!

After 15 years I had become stagnant, lacking any real goals and quite honestly for the first time in my life low on motivation in regards to my fitness. After a six month layoff from Beverly supplements I was fatter, weaker and I felt worse. After just one month on a simplified but complete Beverly approach I had my strength back, I had my weight back up and my ab skin fold reading was cut in half. Sometimes we all need a little reminder of why we believe in things that we believe in. Thanks Beverly for always being there for me.

Note: Before you get the idea that I let myself go on purpose to simply give a false testimony of my results, let me share some truth with you. During the 6 months off Beverly I did not miss a workout (these workouts were with full effort), my diet was incredibly strict with plenty of protein and my desire to be in good shape was still there. During the first month back with Beverly my diet was actually slightly less strict. Let me say that again so it sinks in. My diet during the off period was better than it was during the first month back using Beverly. The change (in addition to actually eating worse) was this simple supplement strategy:



DOWN DAYS

- 1 scoop Muscle Synergy in the AM
- 1 Super Pak in the AM
- 1-2 shakes consisting of 2 scoops UMP + 1 scoop Provosyn

UP DAYS

- 1 Super Pak in the AM
- 1-2 shakes consisting of 2 scoops UMP + 1 scoop Provosyn

WORKOUT SHAKES

- 2 scoops Muscle Synergy, Glutamine Select, Creatine Select (half before workout, half during)
- 2 scoops Mass Maker Ultra, 1 scoop Muscle Provider (half before workout, half during)



STEVE WEINGARTEN

Let's talk with another very special Longtimer, Steve Weingarten.

In the summer of 1995, about 19 years ago, I met Roger and Sandy at a show in Lexington, Ky. I approached the Beverly booth in the school hallway to maybe learn a little more about the line. I had been hearing really good things about Beverly. Looking back, I really appreciated the fact that they never tried to hard sell me on their products, and in fact, gave me a ton of help with my diet before I ever purchased anything. I was looking for the best protein on the market, one that was

used by pros, even though they were sponsored by other companies. I chose Muscle Provider Vanilla. After incorporating BI into my contest prep, for 1996, I achieved my first class win!

I use BEVERLY to this day. I consider them the best on the market, in both quality and taste. UMP Chocolate is my go to product. I use it daily as a shake, (2 scoops UMP, 1 cup oatmeal, 1 tbsp almond butter). I also use Quadracarn, Up-Lift, Muscle Synergy powder and Super Pak. In my training business, it is really easy for me to recommend Beverly because I use it myself!!

A LITTLE MORE ABOUT STEVE:

Age: 56; Residence: Louisville, KY

Personal Trainer and Contest Prep Coach (Kyfitnesscoach.com)

Currently retired from competition (although you never know!) but still living the bodybuilding lifestyle and getting a ton of joy from coaching others to contest success. (http://kyfitnesscoach.com/contest_training/)

I've been a Kentucky NPC judge since 2008.

Family: Girlfriend, Julie Cooke, sons: Evan, 25 and Nathan, 20; fur kids: Ripley (a 3-yr-old Husky/Shepherd) and Gibson (a 1 1/2-yr-old Pit Bull/Shiba Inu)

Hobbies: I'm a voracious reader of EVERYTHING. I read tons of bodybuilding/ fitness oriented books, magazines and websites, and keep well versed in science, literature, economics, psychology, philosophy and politics. I'm also a passionate electric guitar student/player.

ERIN STIMAC

CrossFit has taken off across the US. Erin Stimac, a personal trainer, nutrition coach, and certified CrossFit coach shares some insights into how to get the most from your heavy interval workouts. “Whether you participate in CrossFit™ classes, or implement heavy lifting into your conditioning program or interval training, it is important to fuel your body for the heavy demands you place on it. If you expect your body to perform at its peak, you need to fuel it with the highest quality food and supplements. Here are the 3 Steps to Successful Training which I share with all of my clients at www.erinstimac.com.”

1. Proper Nutrition and Supplementation

- Real, whole, and unprocessed foods should make up the majority of diet. Include a wide variety of vegetables of all colors (green vegetables, sweet potatoes, peppers, onions, tomatoes, mushrooms, zucchini, eggplant, etc.) Eat high-quality protein sources (grass-fed, free range, or organic when possible). Fats for sustained energy include coconut oil, olive oil, and a variety of nuts and seeds.
- Your food quantity needs to account for your activity level and recovery. Many times, when people are trying to lose excess body fat, they under eat and over train. If you are placing high demands on your body, you must fuel it for activity and recovery.
- Supplements are important in helping to achieve the proper balance. High demands and intensities often require supplements to support strength gain and adequate recovery.



2. Be Smart about Intensity and Frequency

- Functional movements should always be mastered with body weight first, before adding load (a barbell, medicine ball, kettlebell, etc.) to the movement.
- Not every training session should be performed at 100% intensity. Working on mobility, taking rest days, and participating in recovery type workouts is every bit as important as the days of high intensity, heavy lifting.

3. Stress, Recovery, and Sleep Management

- When you first implement this type of training program, it is very easy to take on too much too fast. It is very possible to hit personal records every workout, so the desire to train too hard or frequently is common. You may be able to maintain this for a while, but in the long-term, your chance for injury is greatly increased.

MY PERSONAL SUPPLEMENT PLAN FOR RECOVERY AND NUTRITIONAL BALANCE

Muscle Provider – post workout for repair and growth

Ultimate Muscle Protein – my favorite supplement! I add some healthy fat and use it as a “meal on the go”. It’s a great snack before bed to prevent muscle breakdown while you sleep.

ZMA 2000 – I take it right before bed to aid recovery and improve sleep quality.

Energy Reserve – before fasted training in the morning; it helps reduce lactic acid buildup, preserve muscle glycogen while using stored body fat for energy.

GREG WYRABKIEWICZ

One of our Beverly Advisors, Greg Wyrabkiewicz, just completed a half-marathon. Read on to find out how Greg prepared. It's not your typical Runner's World type of program. You'll learn about his 2x day Carnitine Bomb, CrossFit workouts, Beverly supplements and racking up Miles!!!

"I set a goal in January, 2014 to run the Flying Pig Half Marathon in May. That gave me just 5 months to prepare."

The problem: I was 36 years old, a newbie to long distance running and my body just doesn't respond like it used to. And, I did not want to give up my CrossFit training.

Solution: I started a structured running program, cut my CrossFit workouts back from 5 days/week to 3, and developed a supplement schedule that focused on preserving my muscle, staying healthy, aiding my recovery, and my fat cutting "Carnitine Bomb" to lose fat (I figured the lighter the load, the better, if I was going to run 13.1 miles!).

Muscle & Strength Preservation: 4 Mass and 4 Ultra 40 with each meal; Muscle Synergy post training and before bed

Health & Recovery: Super Pak, Ultra C, ZMA, Glutamine Select plus BCAAs

Carnitine Bomb: 3 Quadracarn, 2 Lean Out, and 2 Energy Reserve pre workout and before bed

HERE IS AN EXAMPLE OF WHAT A TYPICAL WEEK OF TRAINING LOOKS LIKE:

Monday: Rest

Tuesday morning: 2-mile run, followed by CrossFit Workout of the Day (WOD)

Wednesday morning: CrossFit WOD; evening run 3-5 miles

Thursday evening: run 4-6 miles

Friday morning: CrossFit WOD (including 5 rounds of 1,000m row, so no run this day)

Saturday: Rest

Sunday: Longer run of 6-9 miles

I never ran more than 9 miles on my long runs, but I was able to beat my goal for the half marathon by more than 2 minutes!



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BEVERLY
INTERNATIONAL

Keep in touch, sandyr@beverlyinternational.net, OK? Like us on Facebook.com/BeverlyInternational, and send me some of your ideas and accomplishments! We really love hearing from you. We thank you for reading and sharing our magazines with your friends. Ta Ta for now friends.