



# Redefining Midlife: Embracing Health and Fitness for a Richer Tomorrow

*Redefining Midlife: Embracing Health and Fitness for a Richer Tomorrow*

VOLUME 1 ISSUE 3

MARCH 2024

## SPECIAL POINTS OF INTEREST:

- Time Restricted Eating
- What I've learned from competing
- Overcoming obstacles
- Accountability isn't a bad thing
- The wonders of autophagy

## INSIDE THIS ISSUE:

Intermittent Fasting Protocols	1
Benefits	1
TRE - A day of Time Restricted Eating	2
What Competition has taught me	3
Feature Article	4
Autophagy	4

## Intermittent Fasting ... and its many forms.

Fasting - the practice of abstaining from food or drink for periods of time has been around for thousands of years. Recently fasting has taken on a structured protocol of not eating for defined periods of time. Intermittent Fasting (IF) has become more popular in modern times due to its simplicity and the health benefits derived from the restriction in calories. Here are some of the methods that fit under the IF umbrella.

**5/2** - 5 days eat how you please 2 days restrict calories to roughly 500.  
Example : Mon,Wed, Th,F, Sun eat normally , Tu and Sat restrict.

**16/8** - no food consumption for 16 straight hours then 8 hours of feeding then repeat. Example 4 PM - 8 AM you don't eat. 8 AM - 4 PM you eat.

**12/12** - 12 hours of eating 12 hours of non consumption. Example: no consumption 2 hours before you go to sleep and two hours after you get up. 6 PM to 6 AM no food consumption.

**One Meal A Day** - one large meal in the middle of the day. Example: eat between 5PM - 6 PM.

**Stop Eat Stop** - Eat normally for at least one day, then stop eating for a full 36 hours. Resume eating normally again for one or more days then repeat. Example: stop eating Monday at 6 PM eat again Wednesday 6 AM. Stop eating Thursday at 6 PM resume eating Saturday at 6 AM.

## Benefits

The effects of Intermittent Fasting are still being studied but most of the results are positive. Here are some of the benefits.

- \* Increase weight lose and fat burning
- \* Improved blood sugar levels and reduced risk of diabetes
- \* Enhanced heart health and blood pressure
- \* Better brain function and memory
- \* Reduced inflammation and improved cell repair

# A Day Of Eating for a Time Restricted Eater

10 AM Cottage Cheese , Fiber1, Almonds , Chia Seeds , Berries

1 PM Almond Milk, Protein Powder, Oatmeal, Banana, Flax, Yogurt

4 PM Beans, Lentils, Avocado, Walnuts



Calories 2,844

Protein 190

BMR 2,232

BMR Training Days 3,411

Event: **Raw Unity 3**

Discipline: Deadlift

When: January 30, 2010

Location: Tampa, FL

Result: 644 lbs (At the time - All Time Best Deadlift @181 lbs, 45-49 age group)

Each month I'll outline a specific competition I took part in. The result and more importantly what it taught me.

**Background:** The sport of powerlifting had taken an odd turn by the mid-1990s. More federations than states popped up on the map, each with its own set of lifting standards. How did a sport based on objective achievements get to this point? The platform bred a clash of egos where everyone seemed to have differing opinions on lifting gear and squat depth. This all was about to change as a few guys in Florida came up with an idea to bring all lifters together at one meet. The only stipulation was that everyone lifted without any supportive gear except for a belt. The competition grew in popularity over its first two years, and when I competed in its third year, the deadlift-only portion was its pinnacle. Powerlifting would forever be changed – for the better! Unfortunately infighting and bickering during future meets resulted in the demise of this great yearly meet. But it certainly got the ball rolling.

**Why it made the list:** I think it was Mark Twain who penned “the two most important days in your life – the day you are born and the day you figure out WHY!” I walked onto the platform Rich Sadiv and walked off the Human Crane.

**What I learned:** People are very reluctant to relinquish control even if for the greater good. And secondly all great nicknames happen organically.

Rank	Lifter	Fed	Date	Location	Sex	Age	Equip	Class	Weight	Squat	Bench	Deadlift
1	<a href="#">Rich Sadiv</a> @	RUPC	<a href="#">2010-01-30</a>	USA-FL	M	45	Raw	181	179			644.8
2	<a href="#">Ron Garofalo</a>	USAPL	<a href="#">2010-07-16</a>	USA-CO	M	49	Raw	181	181.4	485	336.2	633.8
3	<a href="#">Grigory Sarukhanyan</a>	WPC-RUS	<a href="#">2010-10-12</a>	Russia-KRS	M	44~	Raw	181	181.8	474	319.6	622.8
4	<a href="#">Tony Rodriguez #1</a>	AAU	<a href="#">2010-10-08</a>	USA-NV	M	42	Raw	181	179	468.4	292.1	617.3
5	<a href="#">T. Rodriguez</a>	RAW	<a href="#">2010-10-02</a>	USA-NV	M		Raw	181	181.8	457	286	611

# BLOG

RICH SADIV BLOG



One of life's greatest JOYs!

[Making Training a Family Tradition > Rich Sadiv](#)

*Redefining Midlife: Embracing Health and Fitness for a Richer Tomorrow*

# Feature Article

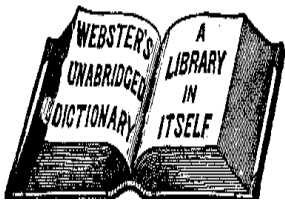
[Rich Sadiv on the Importance of Accountability in Fitness and Athletic Training - Voyage New York \(voyageny.com\)](#)

## Accountability

*It shouldn't be frowned upon.*



Terms to know and live by..... Each month I introduce a new word or term that's crucial to enhancing your life.



**Autophagy** - is a natural way that your body cleans out damaged cells and cell components like organelles and misfolded proteins and recycles these components into fresh, healthy cells. Autophagy plays a crucial role in the health of various organs and may protect against neurodegenerative disorders. Autophagy slows with aging and is therefore associated with various anti-aging benefits. Intermittent fasting, calorie restriction, and exercise have all been shown to initiate autophagy quickly.



2-22 Banta Place  
Fair Lawn, NJ 07410

Rich Sadiv  
Phone: 201-966-4441  
email: [rsadiv@parisiusa.com](mailto:rsadiv@parisiusa.com)

## It Must Be Saturday!

