

STRENGTH: The Field Manual

Nutrition that gives you strength to be your best self

UNDERSTANDING STRENGTH

By defining the variables of strength, we identify the tools we can use in the journey to become the strongest, best versions of ourselves.

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Dr. Mike Roussell, PhD, is on the forefront of nutrition research, having been featured in top fitness and health publications such as *Men's Health* and *Muscle & Fitness*. Dr. Roussell's academic background and broad range of



experience consulting with food companies, medical schools, top-rated fitness facilities, professional athletes and individual clients, give him the unique ability to translate scientific findings into relevant, understandable, and actionable strategies that get results.

From the Author

I wrote *Strength: The Field Manual* to give you the information and tools you need to develop strength in your life. I call it a field manual because it walks you through a combination of why and how to take action with your nutrition and fitness to build strength. This manual is designed to both inspire and guide you as you build strength in all areas of your life.

WHAT IS STRENGTH?

The drive to be stronger is innate. And though strength can refer to our musculature, it's not limited to physical pursuits. Strength is anything that gives us the ability to live our lives to the fullest. Our quest for strength is very personal and is defined by each of us according to our desires and where we are in life's journey. No matter your personal definition, *Strength: The Field Manual* will serve as your field guide — a practical handbook to living a vibrant and fulfilling life, grounded in one of our greatest sources for strength: food.

A functional definition of how you achieve and embody strength is:

Strength = Balanced Diet + Physical Activity + Good Health

FUELING STRENGTH

Studies show that regular physical activity combined with a consistent, balanced diet with protein-rich meals helps:

- Strengthen your mind as well as your muscles, improving your mental health¹
- Build and maintain muscle, a key marker of health and longevity²
- Support heart health by lowering cholesterol and blood pressure levels^{3,4}
- Maintain a healthy weight, taking stress off your joints and lessening the likelihood of pain⁵

These are just a few examples of how a balanced diet, regular physical activity and good health intersect to create greater strength.

This field manual puts the emphasis on good nutrition and a balanced diet providing guidance and meal prep strategies to build healthier meals. High-quality protein and other nutrient-rich foods are an essential component for strength.

Learn the science behind the four cornerstones of a balanced diet. You'll find practical ways you can implement an eating style that helps you be your strongest and best self.

focus confidence
strong emotional bonding
toughness vibrant
staying power family connection
independent vitality
recovery
fortitude stamina
resilience
endurance
energy
attitude driven force



STRENGTH IN ACTION

Strength is derived through the process of making positive changes. Small, daily, consistent actions are needed to keep moving toward bigger goals. Discover how you achieve strength through daily actions that move you closer to your goal, regardless of your starting point.

MEET LANCE PEKUS

Lance Pekus gives us a clear example of how to build strength in our lives. He is a husband, father, cattle rancher and Cowboy Ninja. As if working hard on his Idaho cattle ranch all day isn't enough, he also makes time for the agility, strength and obstacle drills for his ninja training. Like all of us, though, his life is busy, and he needs to prioritize and get creative with his time and his training to fit it all in. *Strength: The Field Manual* can give you the tools to help you build the strength you need to thrive both mentally and physically.

FOUR CORNERSTONES OF EATING TO SUPPORT STRENGTH

The Four Cornerstones of Strength are tried-and-true guidelines grounded in decades of science. The strength of these nutritional cornerstones comes through consistent application, day after day.

Strength is a journey, not a destination. *Strength: The Field Manual* is a go-to action plan for building strength through good nutrition, physical activity, recovery, and rest. Let it walk you through the **why** and **how** to take action with your nutrition and fitness to develop the strength to be your best.



One: Anchor Your Plate with Protein



Two: Pair Your Protein with Plants



Three: Focus on Fiber-rich Carbs



Four: Fuel Recovery to Be Stronger



Find *Strength: The Field Manual* and other tools to help you build strength at <https://www.beefitswhatsfordinner.com/nutrition/strength>

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