



**Every book sold plants a tree.
Thanks for your contribution to a greener world.**

This is made possible by:



www.onetreeplanted.org

GENTLE VEGAN

THE
GENTLE GUIDE
TO
PLANT-POWERED
FITNESS

- ENGLISH VERSION -

Michael Markens

Imprint

“The Gentle Guide to Plant-Powered Fitness”

English Version

© 2023 Michael Markens

Printing and distribution on behalf of the author:

tredition GmbH, Halenreihe 40-44, 22359 Hamburg, Germany

ISBN

Paperback: 978-3-384-08119-3

Hardcover: 978-3-384-08120-9

e-Book: 978-3-384-08121-6

This work, including its parts, is protected by copyright. The author is responsible for the contents. Any exploitation without his consent is prohibited. The publication and distribution are carried out in the name of Gentle Vegan, Aachener Straße 31, 54294 Trier, Germany.



GENTLE VEGAN



tredition

Table of Contents

Chapter 01:

Introduction.....	11
The Mission of Gentle Vegan.....	13
The Connection between Veganism and Fitness.....	14
The Benefits of a Plant-Based Diet for Athletes.....	16
Creating Awareness of Challenges.....	18

Chapter 02:

Understanding the Various Fitness Disciplines.....	21
Overview of Sports and Disciplines.....	23
Strength Sports and Bodybuilding.....	24
Endurance Sports.....	26
Flexibility and Mobility Training.....	28
Team Sports and Playful Activities.....	30
Martial Arts.....	32
Calisthenics.....	34

Chapter 03:

Recovery and Rest.....	37
The Importance of Recovery in the Training Process.....	39
Strategies for Effective Recovery.....	40
The Role of Nutrition in Recovery.....	41
Sleep, Meditation and Mental Health.....	43

Chapter 04:

Fundamentals of Vegan Nutrition for Fitness.....	47
Introduction to Vegan Sports Nutrition.....	49
Macronutrients: Proteins, Carbohydrates, and Fats.....	50
Micronutrients: Vitamins and Minerals.....	53
Optimizing Micronutrient Combination.....	55
Hydration: Importance and Recommendations.....	58

Everyday Nutrition Tips.....	61
Nutrition for Muscle Building.....	62
Weight Loss and Fat Reduction on a Plant-Based Diet.....	64
Specialized Nutrition Plans and Strategies.....	66

Chapter 05:

Tailoring Your Diet to Your Fitness Goals.....	71
Personalized Nutrition Plans.....	73
Adjustments for Competition Preparation.....	76
Nutritional Strategies for Different Training Intensities.....	77
Monitoring and Adjusting Nutrition Over Time.....	80

Chapter 06:

Practical Application: Meals and Nutrition Plans.....	83
Introduction to Practical Vegan Nutrition.....	85
Nutrition Plans for Different Fitness Goals.....	86
Adjustments for Special Needs and Challenges.....	88
Nutrient-Rich Meals for Optimal Fitness.....	91
Summary and Tips for Implementation.....	96

Chapter 07:

Practical Application: Training and Workout Plans.....	101
The Interplay of Nutrition and Exercise.....	103
Creating Workout Plans.....	104
Training Routines for Different Fitness Goals.....	106
Adapting Workout Plans to Lifestyle.....	109
Monitoring Progress and Making Adjustments.....	112

Chapter 08:

Tips, Tricks, and Common Challenges.....	115
Overview and Handling of Challenges.....	117
Addressing Common Objections and Misconceptions.....	118
Tips for Getting Started and Maintaining Motivation.....	120
Strategies for Overcoming Obstacles.....	123

How Gentle Vegan Can Support You.....	126
---------------------------------------	-----

Chapter 09:

Stories of Vegan Athletes.....	129
Jacqueline Otchere.....	131
Patrik Baboumian.....	132
Mac Danzig.....	134
Alex Morgan.....	136

Chapter 10:

FAQs - Frequently Asked Questions.....	139
General Questions About the Vegan Lifestyle and Fitness.....	141
Specific Nutritional Questions.....	143
Questions on Training and Exercises.....	145
Mental and Emotional Support.....	148

Chapter 11:

Resources and Further Information.....	151
Book Recommendations and Professional Literature.....	153
Online-Ressources and Communities.....	155
Apps and Tools for Vegan Fitness.....	157
Contact Gentle Vegan and Coaching Offers.....	159

Chapter 12:

Conclusion and Next Steps.....	163
Summary of Key Points.....	165
Inspiration and Motivation for Your Journey.....	167
Staying Committed and Making Progress.....	169
Final Words and Encouragement.....	171

"Vegan fitness is more than a physical pursuit; it's a journey towards conscious living and environmental stewardship."



Chapter 01

Introduction

The Mission of Gentle Vegan

Welcome to "The Gentle Guide to Plant-Powered Fitness," your comprehensive guide to a powerful and healthy life in harmony with a vegan lifestyle. Our platform, Gentle Vegan, is dedicated to supporting and inspiring people on their journey to a more conscious and animal-friendly lifestyle. We are more than just a brand; we are a movement that highlights and promotes the positive impact of the vegan lifestyle on health, the environment, and animals.

In the following chapters, we will delve deep into the world of vegan fitness, placing special emphasis on a balanced and nutrient-rich diet. Our approach is holistic, based on scientific knowledge and practical experience. We firmly believe that fitness and well-being go hand in hand and that a plant-based diet is the key to both.

At Gentle Vegan, we understand that transitioning to a vegan lifestyle can bring challenges. That's why we offer not just valuable information and resources, but also personal coaching sessions and round-the-clock access to our innovative coaching AI. We are here to accompany, motivate, and support you so that you can achieve your goals and lead a fulfilled, healthy life.

Our community is diverse, comprising people from

all walks of life who have chosen a better world and a more conscious way of living. Whether you are already vegan or just starting out, "The Gentle Guide to Plant-Powered Fitness" is your companion on this exciting journey.

In the following pages, we will show you how to achieve your fitness goals, optimize your diet, and strengthen your body and mind, while living compassionately and mindfully. Together, we will explore how powerful and enriching a vegan lifestyle can be.

The Connection between Veganism and Fitness

When one thinks of veganism, the aspect of diet often comes to mind first. However, it is about so much more. It is about a life philosophy that prioritizes the welfare of animals, the protection of the environment, and the promotion of one's own health. The connection between veganism and fitness is a vital part of this philosophy, as a healthy body and a clear mind are the foundation for living in harmony with our values.

Fitness in the vegan lifestyle means not just being physically active. It's about combining physical activity with a nutrient-rich, plant-based diet to achieve optimal results. Plant-based nutrition has proven to be extremely effective in providing energy, promoting recovery after training, and enhancing overall health. Athletes like Lewis Hamilton, Venus Williams, and Patrik Baboumian are impressive examples of what is possible on a vegan diet.

Yet veganism and fitness are more than just personal health and athletic performance. They are also a strong statement against animal suffering and environmental destruction. Animal production is one of the biggest environmental pollutants and contributes significantly to climate change. By choosing plant-based foods and maintaining an active lifestyle, we help reduce our ecological footprint and set a sign for a more sustainable future.

At Gentle Vegan, we believe that every step towards veganism and fitness is a step towards a better world. By combining these two elements, we create a strong foundation for a long, healthy, and fulfilling life, while also contributing our part to the protection of the planet and its inhabitants.

In this book, we will show you how to make this connection in your own life. We will explore the

benefits of a plant-based diet for your fitness goals, share practical tips and recipes, and inspire you to start or continue your own journey towards a healthier, more conscious life.

The Benefits of a Plant-Based Diet for Athletes

Switching to a plant-based diet can offer numerous benefits for athletes, positively impacting their performance, recovery, and overall health.

Improved Heart Health

Plant-based foods are typically low in saturated fats and cholesterol-free. A diet high in these nutrients has been linked to an increased risk of cardiovascular diseases. People living a vegan lifestyle often have lower blood pressure and a reduced risk of heart diseases, which can be particularly beneficial for endurance athletes.

Faster Recovery

A plant-based diet is rich in antioxidants and natural anti-inflammatory compounds. These substances can help reduce muscle inflammation and pain after

training, shortening recovery time. This allows for more frequent and intense training sessions, which can lead to improved performance.

Weight Management

Many plant-based foods are less calorie-dense compared to animal products, making weight management easier. This can be particularly beneficial for athletes in weight classes or those aiming for a specific body weight.

Stable Energy Supply

A plant-based diet, rich in complex carbohydrates, can contribute to a stable energy supply. These nutrients are broken down slower, helping to keep blood sugar levels stable, which leads to a consistent energy supply during training.

Longer Athletic Career

There are indications that a plant-based diet can help extend the lifespan of an athletic career. The anti-inflammatory properties and improved recovery can reduce the risk of injuries, while the overall health benefits can support a longer and more successful career.

Environmental and Animal Protection

While this point does not directly affect athletic performance, it is an important aspect of the vegan lifestyle. The production of plant-based foods typically has a lower ecological footprint and is associated with less animal suffering compared to the production of animal products.

In the following chapters, these topics will be further explored, and practical advice will be given for implementing a balanced, performance-oriented vegan diet.

Creating Awareness of Challenges

Transitioning to a vegan diet is a rewarding process, but it can also present challenges, especially for active individuals and athletes. It is important to be aware of these challenges to ensure that the body gets all the nutrients it needs for optimal performance and recovery.

Protein Intake

As a fundamental building block for muscle building and repair, protein is an essential part of every athlete's diet. A plant-based diet offers a variety of protein sources, and in the coming chapters, we will delve deeper into how you can meet your protein needs on a

plant basis.

Iron and Vitamin B12

These nutrients are crucial for energy and endurance. We will explore strategies on how you can obtain sufficient amounts of these nutrients through plant-based foods and, if necessary, through supplements.

Calcium and Omega-3 Fatty Acids

These play a significant role in bone health and the body's inflammatory responses. In later chapters, you will learn more about the best plant sources and how to integrate these nutrients into your diet.

Vitamins and Minerals

A balanced intake of vitamins and minerals is crucial for overall health and well-being. We will discuss how a diverse and colorful diet can help you get all the necessary micronutrients.

Individuality

Every body is different, and so are the needs of each athlete. This book will help you find your own path to optimally adapt a plant-based diet to your individual needs and goals.

By creating an awareness of these challenges and simultaneously offering practical solutions and

strategies, we aim to support you on your journey to a plant-based diet that enhances your athletic ambitions and strengthens your health. The next step in this process will be to dive deeper into the specific aspects of vegan nutrition to ensure you are well-prepared for your athletic activities.



Chapter 02

Understanding the Various Fitness Disciplines

