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Vegan personal trainer in Vancouver, BC. Healthy & active living, recipes, tips, and randomness.

ABOUT TRAINING HOME

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INTERVIEW WITH JEFF GOLFMAN: RAW VEGAN RUNNER AND ALL-AROUND POWERHOUSE

Allow me to introduce the energetic, race-running, conscious living, eco-entrepreneur, and powerhouse that is raw vegan athlete Jeff Golfman. I had the opportunity to interview him during his visit to Vancouver last week. Jeff is a man of many talents, but I'll focus on his athletic and raw vegan sides here. Check out his website at www.thecoolvegetarian.com to learn more about his eco-business and philanthropic projects.

Jeff enjoys a 100% raw vegan diet, has practised yoga daily for 17 years, and runs six days per week. He competes in countless races, including 5, 10, and 20 km (in many of which he's come first overall). Some of his nothing-short-of-amazing personal best times include 10 km in 44:44 and 13.1 miles (21 km) in 1:41:00. The week before our interview, he placed second in his age group in a 5 km race. Impressive!

Jeff says his raw vegan diet provides him with an incredible quality of life. Compared to his previous diet (he's been vegetarian for more than 2 decades), his 100% raw diet provides him with increased energy, better stress management and sleep quality, improved digestion, diminished effects of aging, and the list goes on.

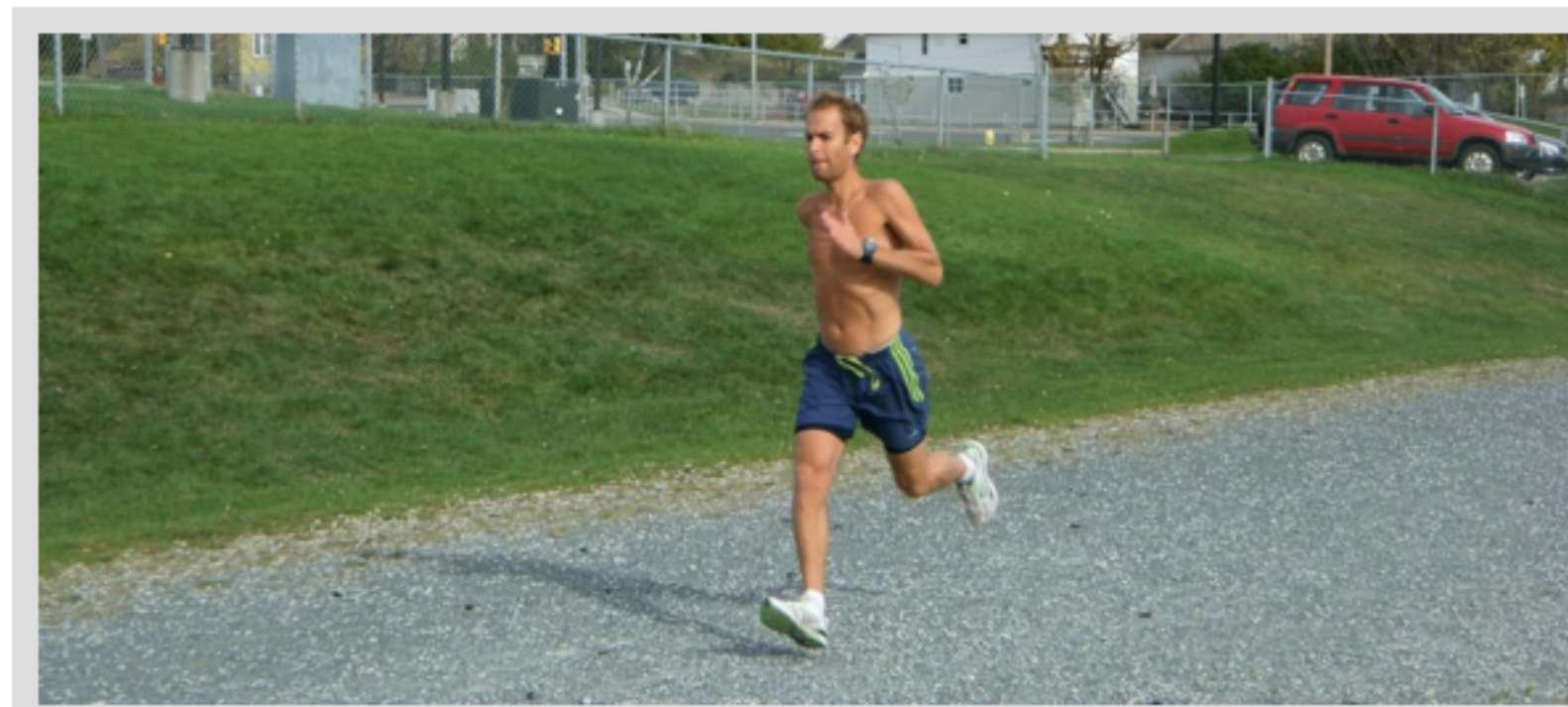
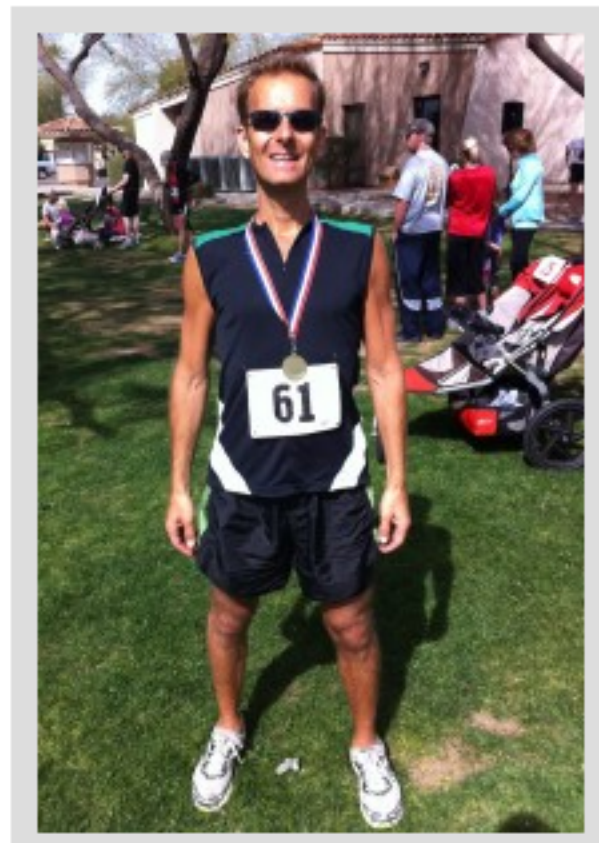
The benefits of a plant-based, whole foods, and in Jeff's case completely raw diet are clear, but how does he do it? Jeff's on a plane several times per week on business. How does he eat raw while travelling?

Jeff always packs a food stash, including ground flax, hemp, and chia seeds, celery salt (dehydrated ground celery), a seasoning mix of herbs, and a few fresh lemons. It's easy enough to order a fruit- or vegetable-based salad at any restaurant, to which he can add any of the aforementioned goodies to complete the meal. Complement this with his usual array of smoothies, juices, and other uncooked vegan fare, and you've got a well-rounded 100% vegan diet that goes easy on the planet and is ridiculously healthy.

Jeff makes his lifestyle seem very simple and accessible to anyone. He does, after all, strongly believe that we vegans should be "bringing it down to the street" and engaging with others in the community to spread the message that being vegan is easy, anyone can do it, and it's not reserved for celebrities who can afford a personal chef (ahem, Ellen DeGeneres). Jeff works 60 - 80 hours a week and travels extensively, but still prioritizes his athletic training and diet that supports it. He's clearly reaping the benefits of ultra clean eating, and loving it.

How does someone interested in veganism start? Jeff suggests "not going from zero to hero overnight". It takes time to make lasting lifestyle changes, and depending on one's previous diet it might be a shock to the body, too! Jeff emphasizes the importance of eating enough calories from healthy sources, drinking enough water, and seeking out easily digestible sources of (healthy) fat and calories.

Interested in becoming more active? Much like his advice to new vegans, Jeff notes that people new to active living should start gradually, rather than immediately going all-out and risking injury. He suggests starting with leg and core work, and factoring in cross training (something that benefits all athletes). Cross training means doing something different from your usual workout, to prevent injury and to achieve more well-rounded physical fitness. For example, if you're a runner, you can supplement your running workouts with weight training. Same goes for a weight lifter, who might want to cross train with plyometrics or swimming.



Many thanks to Jeff for taking the time to chat with me! I wish him all the best for his countless healthy living and athletic adventures! Visit him on [Facebook](#) and follow him on [Twitter](#).

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