

**LITTLE
BOOK**



**OF
FITNESS
FACTS**



**AND
WEIGHT
LOSS
SECRETS**

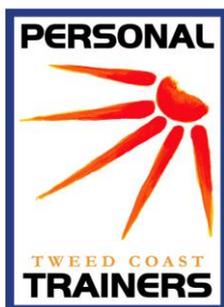
TWEED COAST PERSONAL TRAINERS 2012

CONTENTS

● 4 SECRETS TO GETTING RESULTS.	PAGE 3
● THE DIFFERENCES BETWEEN MEN AND WOMAN.	PAGE 17
● AREN'T PERSONAL TRAINERS ONLY FOR SUPERMODELS AND MOVIE STARS.	PAGE 22
● ENERGY INPUT VERSES ENERGY OUTPUT	PAGE 26
● THE HEART OF THE MATTER.	PAGE 29
● FOOD GLORIOUS FOOD.	PAGE 33
● SIZE DOES MATTER.	PAGE 37
● 10 SMART FOOD SWAPS.	PAGE 42
● PUT ANOTHER LOG ON THE FIRE.	PAGE 44
● WHY WEIGHT TRAINING.	PAGE 46
● WHAT IS THE BIG BEACH BALL FOR?	PAGE 49
● 6 FACTS ABOUT 6 PACKS.	PAGE 53
● IS THERE SUCH AS THING AS GETTING TOO MUCH.	PAGE 56
● WAYS TO AVOID THE OVERTRAINING TRAP	PAGE 58
● 10 SIGNS YOUR OVER TRAINING	PAGE 60
● EXCUSES EXCUSES.	PAGE 65

Disclaimer:

All articles written in this book are intended as a guide only. All individuals should seek professional advice before starting any exercise or weight loss programme



Written by Peter Meredith and Celia Pennay.

4 SECRETS TO GETTING RESULTS

SECRET NUMBER 1

**YOU HAVE TO KNOW WHERE YOU ARE,
BEFORE YOU CAN WORK OUT HOW
YOU'RE GOING TO GET TO WHERE YOU WANT TO BE!**

Just the psychological effects alone, of seeing in real terms where you were compared to where you have come too, can sometimes be the difference between getting to your goals or giving up just before the finish line! Let alone the time, energy, frustration and money you will save by not guessing what you need to do but by having someone accurately prescribing the right activities for you!

THE BASIC MARKERS

BLOOD PRESSURE.

This is usually taken because it can really affect your programme, the types of exercise prescribed and the level of intensity that you may be able to safely work within.

HEIGHT AND WEIGHT.

Measured to work out Body Mass Index (BMI)

● GIRTH MEASUREMENTS.

These are usually taken around your arms, chest, waist, hips, thighs and sometimes lower leg as well. Just these basic measurements allow a trainer to see changes over the whole body in areas that store obvious body fat or muscle tissue of which tend to react differently to exercise in different shaped people especially between males and females.



From the girth measurements and weight and height measurements we can work out things like your body mass index (BMI) and your waist to hip ratio (WHR) even your Basal Metabolic Rate (BMR)

BODY MASS INDEX AND WAIST TO HIP RATIO.

These both give a more clinical idea of your body type and health status as these measurements are used worldwide as medical guidelines.



BMI works out where you are in the healthy or unhealthy weight ranges (from under weight to obese) based on a weight to height ratio and how

these levels will affect your chances of heart disease etc.

WHR is a guide to the levels of visceral fat (the fat that you store on your internal organs), again indicating your risk of heart disease.

OTHER MARKERS

The other helpful markers are in your general physical abilities or limitations. Obviously if there are injuries etc these tests may vary but that's why your trainer should get a whole lot of information and not just one or two of the standard readings.



Core stability, agility, strength, fitness and flexibility. These areas properly measured can help to tailor programmes that will challenge you without the risk of overtraining or injury, whilst still allowing you to get the maximum results in the shortest time frame.

Being able to map out a safe and effective workout is better done with the above measurements and markers. This will give you measurable changes that may not be physically noticeable at the time but can really help you stay on track with your goals! It's important to know where you are so you will be able to get to where you want to be safely and efficiently.

SECRET NUMBER 2

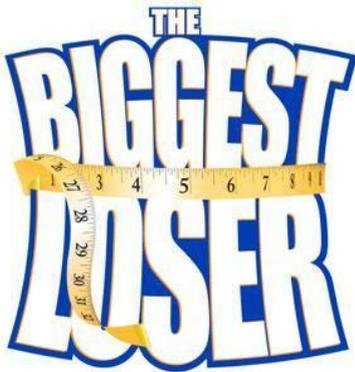
SET REALISTIC GOALS AND HAVE A PLAN.

Now that you know your health indicators and physical ability in real terms you can now start to move forward with a realistic approach to where you want to be, and how long you can expect it to take to get there in a healthy, uninjured state by setting realistic goals and having a plan!

WHAT ARE REALISTIC GOALS?

The biggest mistake I see is people setting themselves up to fail by having un-realistic expectations of what is genetically possible for them.

The simple facts are that we get bombarded with images and stories of people achieving



incredible weight loss goals week after week with shows like “The Biggest Loser” and “Celebrity Overhaul”. There are now athletes performing what would be once considered super human feats and

we hear about how the latest piece of exercise equipment or cosmetic surgery craze from the States, has just turned Ms Jones from a caterpillar into a beautiful butterfly overnight and all without doing any more than buying this “**Incredible new product!!!**”

Without considering or even probably ever really knowing all of the facts as to how these transformations and achievements may have occurred, we start to set our self goals that unfortunately may just not be possible (or incredibly unhealthy), and not for any other reason than it's genetically not in your make up.



Healthy weight loss for anyone is around an average of half a kilo to a kilo a week. This may be more in the early stages of a lifestyle change depending on metabolism and the other courses of action you have taken, but if all is being done properly then you can expect this to be the average over time.

TO WANT MORE IS HUMAN! To expect more could be placing unrealistic pressure on yourself or unhealthy demands on your body and this inevitably leads to setting unrealistic goals and setting yourself up for failure. So get professional advice from your GP, a nutritionist or a qualified exercise professional like a personal trainer to help you set goals that are achievable.

SET A PLAN

Same as your goals! This has to be something that is achievable or it just won't happen! Depending on your goals there are still three main things you need to take into consideration when setting out any healthy lifestyle plan!

- **NUTRITION:** Most people still give the answer "I'm okay with my food I know what I need to eat! (**Nutrition is not just about what you eat!!**) Even the formula of BMR plus energy needs versus energy output is only the start. When you eat, how much you eat the

balance of protein to carbohydrate and even the mood you are in when you eat needs to be considered if you want to get maximum results in a minimum of time. So Nutrition is important when setting a realistic plan!

● **MOVEMENT:** How much movement you need to do, to equate to the energy input you have consumed, when you are likely to do this movement and how you will measure the intensity etc that you need, to fulfill those components.

● **WEIGHTS:** The strength training component of your program, planning the frequency and intensity of these sessions needs to be considered.



These 3 things are really the basis for any training program whether it be for an Olympic athlete or someone wanting to **lose weight and tone up**. If you want to achieve any health and fitness goal as quickly and as safely as possible you need to have all three of those components in your plan!

Start small for maybe a few days if you think your nutrition is good then just write down what you eat for those days and see if it's enough for your energy in/out ratio. Plan a week of movement, look at a minimum of 180 minutes per week and try to fit in at least 1 strength training session in there on top of your movement. If that all goes to plan then plan the next 3 days and so on, and so on till you have a pattern that you can adhere to for 5-6 weeks.

REMEMBER if you don't hit all you marks straight up don't let it drag you down as some movement; a conscious eating pattern; and starting strength training; is better than nothing and it all works towards the greater picture.



SECRET NUMBER 3

CONSISTENCY, CONSISTENCY, CONSISTENCY.

For those of you that in the past have been motivated to start an intense exercise program got stuck into it and for whatever reason stopped, or started and stopped a strict new weight loss diet or both. Think back and ask yourself if you had not thrown yourself in so hard to the exercise or didn't try to make such drastic changes to your eating habits and you were able to find a balance so you were still following them now... how do you think you would look and feel?

I know I've given you a fairly complicated view of what you need to do to get results, but none of the formulas goal setting and planning will ever do anything for you if you don't put it into play and take **ACTION** then, **BE CONSISTENT**.

- Consistent re evaluation of habits,
- Consistent implementation of these habits
- Consistent follow up action week after week

THIS WILL GET RESULTS!

Even the most useless piece of exercise equipment sold to you on the television, will probably get you some results if you take the time to pull it out from under the bed or out of the cupboard and use it for at least 20 minutes each day. Combined with **a good nutritional plan** (which they usually write in small print on the back of the box), and if you don't injure your self in the process or get bored before your 30 day money back guarantee runs out, you will probably get results!!

Sometimes the only thing you need is some way to stay focused on your goals. To keep moving forward and implementing the right habits, until positive small achievements start to add up, and snow ball. You are able to improve one more step and then another step. That's why many people take on the services of a personal trainer, to help establish the patterns at the start. Every time you slip off track your trainer will lead you back to the horse and you hop back on and you go forward again and again until these positive habits and steps become intrinsic feelings of accomplishment and drive to get more results.

**WE CAN'T STRESS THIS ONE ENOUGH:
THE KEY TO GETTING RESULTS IS CONSISTENCY**

SECRET NUMBER 4

RE-EVALUATE AND REASSESS TO STAY FOCUSED

Simple fact is life changes. Every day we find new challenges and new goals, and with them comes undoubtedly new walls, barriers and set backs in the attempt to achieve all of the things that once seemed like such a good idea and important.

Staying honest and true to ourselves about our priorities and how these things are going for us, does take a strong will and determination. Keeping a clear view of what's important and what it takes to get there is and will always be a challenge and the mind can sometimes be our greatest enemy.

When achieving something becomes a bit harder to accomplish, the mind starts to find excuses as to why those things might not be as important as we once thought! It plays tricks with emotions and feelings about our reasons for doing what we are trying to do.



The only way to battle these little demons is to find the positive things that have got us this far, remind us of why we want to do them.

This is where **SECRET NUMBER 1** is now more important than ever because as the doubts and feeling like ***“I’m getting nowhere, its not worth it all”*** start to creep in, you will have to be able to rely and fall back on more than just how you are FEELING. Our emotions and state of mind can sometimes sabotage months of hard work if we don’t have some cold hard facts staring us in the face to say:

“I know you don’t feel like you have lost any weight but here are your most recent results and measurements that show you have lost several centimetres of body fat from around your waist, your fitness test shows an improvement of 6 points on your core stability test and your blood pressure has now dropped to a safe and healthy level”

Hopefully those positive results may distract you long enough to get you to come past the negative feelings and back for another session and keep you on track to get to the point where you can also feel like you are getting the results you want.

Use the tools that are easily available. Fitness tests, assessments, exercise diaries right from the start. Then you will be able to go back and see where you were and where you are now and will want to put up with this little bit of hard work longer because you know it is going to get you to where you want to be, and not give up just before the finish line!



THE 4 KEY THINGS TO GETTING RESULTS

- **KNOW ALL THE FACTS OF WHERE YOU ARE TO START WITH**
- **HAVE A GOAL AND SET A REALISTIC PLAN, STAGE BY STAGE**
- **BE CONSISTENT**
- **CONSTANTLY ASSESS WHERE YOU GET UP TO ALONG THE WAY**



THE DIFFERENCES BETWEEN MEN AND WOMEN

Apart from the obvious...

Most of us realise at a young age that there are differences between boys and girls. As time goes on we start to notice physical differences as well!

So how much do these physical differences really determine how our bodies react to exercise, weight loss etc.?

The design of the human body, no matter which theory of evolution you believe in, has a specific purpose: that it was originally intended for the ongoing evolution of life!

These specific purposes determine in a large proportion how our bodies react to the way that we store body fat, lose body fat and respond to other dietary and environmental issues. The effects of exercise and the time lines in which we can expect to see and feel changes differ according to these elements.

Understanding that these differences exist, can improve your ability to make allowances for them; help minimise your levels of frustration; and enable you to focus on the things that will help achieve your health and fitness goals! A healthy adult body has **BILLIONS** of fat cells. Individual genetics play a part as to where these fat cells are distributed and where we prefer to store excess body fat.

MEN.

Store more body fat around their abdomen (beer gut). This allowed for **quick** access to a source of energy (fat) for the **hunter** to search for and chase down food for his family and be active enough to protect them from the dangers of **pre historic** living.



WOMEN.

Store more body fat around their hips, bottom and waist. These are areas that protect the reproductive organs and womb. This allows for **slow** access to a source of energy (fat) for the **nurturer** to ensure the survival of both mother and child in good times or in times of **famine**.



Our lifestyles are certainly different now. Not many of us have to chase down our own food anymore and the likelihood of a famine in this country is pretty rare. Our body design hasn't changed as dramatically as technology and lifestyle.

THE EFFECT OF METABOLISM

BMR is a measurement of how much energy your body requires to survive in a state of rest. See the Input vs Output article in this book to work out your BMR. You will notice different formulas for males and females. Men have greater muscle mass and a higher metabolic rate because of this. Our fat cells are created to store fat as energy for fuel for our bodies, the engine that burns that fuel is our muscle tissue as it converts this fuel into energy that is burnt off as we move. Men with their higher percentage of muscle mass, thus have a greater need for fuel. Generally men can eat and need to eat far more than women. With a higher metabolic rate, they are able to burn energy faster and therefore usually lose weight quicker than women...think about The Biggest Loser results.

EATING TOO LITTLE

Women need to be careful they don't eat too little, for their metabolism really reacts to food input. It will drop significantly if too little food is consumed. The female body fears starvation, being unable to nurture children sufficiently if it

does, so it will store fat rather than use it in preparation for a phase of possibly famine. It will slow down the metabolism making it even **harder** to lose weight. Thus women need to be careful of being too restrictive with their food intake.

KEEP MOVING

The odds sound like they are all stacked in favour of the male, yet the general principals for weight loss for either sex are still relatively the same.

- Only eat as much fat/ fuel as your body needs to function correctly. (work out your BMR)
- Any amount of muscle has to actually move or be used to burn this energy (fat) before we intake more fuel or we will store it in the form of more **FAT!**
- Muscle tissue is lost each year due to the aging process so needs to be replaced to allow our metabolism to be at an efficient level for burning fuel.

ESPECIALLY FOR THE GIRLS..

- Don't let the differences become a reason to give up! If you and your partner begin an exercise program at the same time and he begins to lose weight faster don't get disheartened.
- Get an analysis of your energy needs so you can accurately look at your energy intake and output needs to maximise your weight loss.
- Do resistance training to replace and increase lean muscle tissue. Get a trainer to **prescribe** the right weights and exercises for you which will help build your metabolism and get lean muscle tone not any un-wanted bulk.

PERSIST. Results that are going to LAST take time! The first 6 weeks is a crucial time to stay focused on the end result. Most people get frustrated, lose motivation and find old habits too hard to break.

SEEK HELP! Have a personal trainer prescribe a program that is right for you. Let them motivate and encourage you through the crucial stages where you may want to give up. You can take it from there once you are confident and know you are doing it correctly!

AREN'T PERSONAL TRAINERS ONLY FOR SUPERMODELS AND MOVIE STARS ?



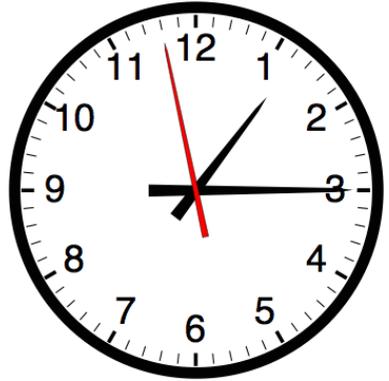
The popular belief is that these people are the only ones who have, or can **afford**, a Personal Trainer. Whilst many of them do, the proportion of “normal” people with a trainer is far greater, so quite the opposite is true. Anyone can have, benefit from and often afford a Personal Trainer!

A star may have the budget, time and the high expectations to appear in a certain way, which encourages them to train with a trainer nearly everyday. For most of us this is extreme...as is the rest of their lifestyles. To have a Personal

Trainer once a week, or even twice, is a more realistic and affordable choice for many everyday people.

WHY ?

A Personal Trainer is like a personal guarantee that you will achieve your goals in the most **effective** and **time efficient** way possible. In the busy lifestyles we lead, many of us would prefer to make sure we are being efficient with our training, making the most of the opportunities that present themselves. So many clients come to see us because they have trouble finding the **TIME** to fit in exercise so want a set appointment and to know that in that time they will be doing training of maximum benefit.



Other reasons normal people want a trainer may be for a specific **sporting goal**. They have never been much of a runner but want to challenge themselves to go in a 10km race or a Half Marathon or even a triathlon. They often play a weekend sport and want to improve or win a competition.





Some people really need someone to **motivate** them. They have tried time and again to do it on their own but are very good at making excuses. They know if they had someone waiting for them at the gym or park, they would not roll over and go back to sleep, or claim they were too tired after work and keep driving home with the sports bag left in

the boot of the car. They would turn up, be encouraged and leave feeling pleased with themselves rather than disappointed they didn't stick with their training plan.

Then there are people who want to get back into shape or just find an effective way to lose some of that **extra body fat** that mysteriously appeared under those thick winter jumpers. They haven't done a lot of fitness work over the years and really don't know the first place to start. They need **advice** and help with



technique, even suggestions of what exercises they should be doing. They don't want to injure themselves and they want to feel comfortable enough to be able to walk into a weights room or

gym after a while, knowing they are doing the right things, not feeling intimidated by all the machines or other people in there.

So whether you're someone who has been training for many years but never quite got the results you had hoped for, or an absolute beginner who wants the best possible chance to achieve your goals, maybe all you need is that little bit of extra help.



START NOW!!

Pick a goal, pick a time frame and give one of Tweeds' Personal Training Team a call to discuss the training packages currently available.

*We may not be supermodels or movie stars ...
but we all deserve to feel like one.*

ENERGY INPUT VS ENERGY OUTPUT

A SIMPLE FORMULA FOR ENERGY INPUT VERSUS ENERGY OUTPUT CAN MAKE A HUGE DIFFERENCE TO GETTING RESULTS!

Most of you already know that the best way to get ahead financially is the simple formula of **SPEND LESS \$\$\$\$ THAN YOU MAKE!** So unless you are either giving it away or losing it, then common sense says you should be saving it. Right?



Well, the same is true for fat loss and weight management. **FOOD INTAKE SHOULD EQUAL EXERCISE OUTPUT** if you want to maintain your current weight.

Therefore to lose weight, **EAT LESS KJ THAN YOU BURN!**

Think of it as kilojoules eaten (ENERGY IN) = the unnecessary high calorie foods you put in your mouth, and kilojoules burnt (ENERGY OUT) = using them up through the day and extra exercise.

You **increase**  your exercise activity and
decrease  the amount of calories you eat
(both within healthy recommended guidelines)
you should in fact **LOSE WEIGHT!**

SOUNDS SIMPLE DOESN'T IT?

Well, it does *if* you know the amount of calories you need to eat each day to stay healthy for your particular **sex, height, weight and age and current health status**. As well as the **type, amount and intensity** of the current activity you are doing.

Other things to consider are: how much energy should I reduce my input by (what KJ level should I aim for) and what are the **most effective** activities to do to increase my energy output? How long do I aim to do exercise for each day? How long should I do this for, what if I don't feel like it today and what happens if I don't stick to it as much as I said I would?? Arggggh!!

Just got a whole lot more complicated didn't it!!

IT DOESN'T HAVE TO BE

All of these things can be worked out for you by a Personal Trainer. Each of our trainers has simple formula tools, the knowledge and experience to guide you through these steps and help implement what is right for **you**.



It may not be the simple answer to the age old question “How do I lose weight?” and of course everyone is an individual with their goals, needs, capabilities and available time, but if you can work

those two main factors out (energy in vs energy out) you will have a much better chance of getting the results you are after!

THE HEART OF THE MATTER

Our bodies use three main sources of energy during different types of physical activity



Phosphate system: which is responsible for the break down of certain chemicals to create *short bursts of high energy*.



Lactate system: which is involved in the break down of glycogen (sugars) for slightly *longer high-energy* activities.



Aerobic system: which breaks down fats, carbohydrates, sugars and protein for *longer slower energy* expenditure.

The heart rate gives an indication of the exertion level of the body during exercise. The heart rate can also be used to determine the percentage of energy you are burning from each system during the course of your exercise session. So, achieving your goal can be a little more scientific than, "Do it till you drop, then do some more".

A **HEART RATE MONITOR** can be used to determine the types of energy you are predominantly using (fat, glycogen, etc) while exercising. Therefore, a heart rate monitor can improve the way in which you exercise and help you to achieve the following results sooner:



**Fat
loss**



**Improved
endurance**



**Increased
fitness levels**

Utilising tools like a heart rate monitor can target the most effective heart rate zone to allow you to get the maximum benefit from each and every workout.

For example, if fat loss is your main goal then keeping your heart rate at 55% to 65% of your maximum heart rate (220 minus your age) is often considered the optimum zone for the body to burn predominantly body fat.

Most people don't find this level of exercise challenging so they feel as though they are not achieving much. Burning body fat is about intensity (55% to 65% of Max. HR) over time (minimum of 150 minutes per week for the maintenance of a healthy body).



If you aim to improve fitness and cardiovascular health as well as lose weight, then you need to have a few high intensity sessions where your heart rate works in the 70% - 85% zone. This still shifts weight because you are using energy, but is often considered less efficient at fat burning. Still, there are many other benefits from bursts of high intensity training.

Your resting heart rate is also important as an indicator of improving fitness. The lower your resting heart rate is (what it is the moment you wake in the morning) the fitter you are because your heart is working more efficiently.

If your resting heart rate starts going up with your exercise program, this is a good indicator that you are overdoing it and not allowing enough recovery. If it doesn't change over time, then this can indicate you are not working hard enough.



*Speak to a qualified
Personal Trainer today
to find out more about
targeting your exercise regime
to your most efficient
heart rate zones.*



FOOD

GLORIOUS FOOD

(The information contained below is provided strictly as a guide only)

Rule No. 1

EVERYTHING IN MODERATION!

Our bodies are quite complex when it comes to the foods we need in order to perform our normal day-to-day functions.

When it comes to achieving our goals, finding a balance between the things we **should** eat and the things we **like** to eat can be our biggest challenge.



If we think of our body as a car, we can see how without correct use and maintenance, it either continually breaks down or eventually completely stops working. Just as a car needs the right amount of oil to keep the engine lubricated and running smoothly, our body also requires lubrication in the form of fats.



FAT is a rich source of energy used by the body for many bodily functions. It provides our body with....

- ~ Fat and fat-soluble vitamins.
- ~ A protective layer around our vital organs.
- ~ Energy for the body.

Some amount of fat is **necessary** in our diet to ensure proper functioning. If our fat intake is too small (less than 20 grams a day), our body will not function correctly and it will **begin to store fat** instead of burning it off as energy. If we eat too much fat, we store this in the body's fat cells to be used later by the muscles as a fuel.

But just like our car needs only enough fuel to get us to our destination, our body only needs a certain amount of fuel also. Our fuel tank can only carry so much fuel, so if we put in more fuel than our tank can carry, it over flows (**excess body fat**).

The recommended fat intake for:

Fat loss: is between 30 - 40 grams of fat per day

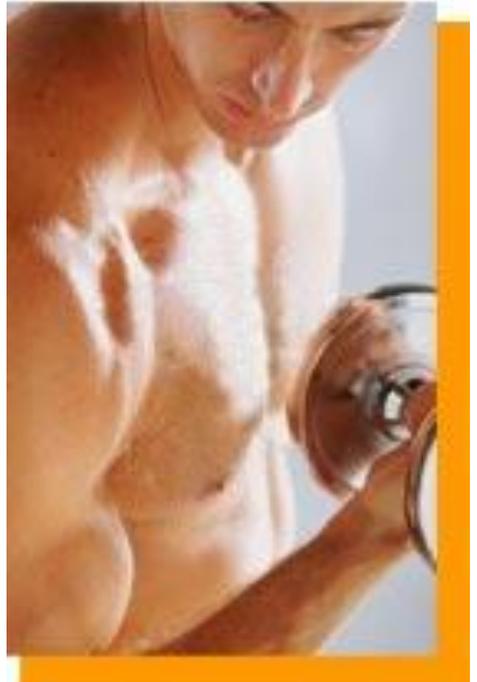
Maintain body shape: 60 - 70 grams of fat per day.

Active sports people: 80 -100 grams of fat per day.

The only way to burn off excess fuel is to drive our car around the block. (Movement and aerobic activity)

An effective way to burn more fuel is to increase the size of our engine in the form of lean muscle tissue by doing **strength training**.

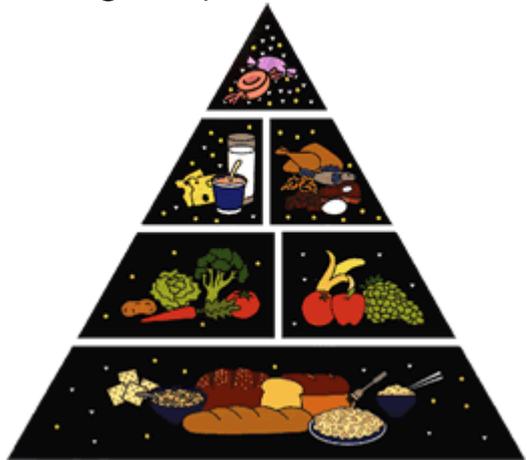
Regular strength training once or twice per week increases our metabolic rate, thereby burning more body fat over the period of the day. As we lose muscle tissue every year with age, replacing lost muscle tissue through strength training, is the only way to counteract the **ageing effect** on our body.



Finally, research has also shown that following a high intensity strength training session, the body begins to use **fat** as a preferred **energy source**.

SIZE DOES MATTER!

If you have had a nutritional analysis done by a personal trainer, nutritionist or dietitian then you may already have an idea of the number of serves per day of a range of nutritional elements you need to eat, that will give you the necessary recommended daily intake of the nutrients etc that will give you the right energy balance, (deficit or excess) to help achieve your goals while maintaining a healthy body.



Even with this professional help there can still be a grey area as to the necessary serving size or portion of food that is required to stay within these guidelines.

WHAT IS A SERVING?

To get an idea it's necessary to know what a serving actually is. A serving is a



standard sizing for different foods, from a variety of categories that make up the recommended daily intake (RDI) as set out by the National Health and Medical Research Council. The food selection guides such as the **“Australian Guide to Healthy Eating”** and the **“CSIRO's WellBeing Diet”** recommend the number of servings that should be consumed from each food group for a healthy diet. By following recommended amounts of serves they show how to meet minimum nutrient requirements and balance in terms of fat, carbohydrate and protein.



Over the years many diets and eating plans have focused on different areas of the recommended daily intake (RDI) guidelines such as calories/ kilojoules, fats, carbohydrates or protein. People have tended to only look at one or several of these

areas and, in an attempt to maximise the outcomes of weight loss etc have taken what is necessary for normal body functioning out of context by cutting down or cutting out some of these elements. This, in fact, usually has the opposite effect and may lead to dramatic health compromises.

DO YOUR SERVES STACK UP?

As a baseline, the following minimum servings and serving sizes are generally recommended for adults. Needs vary according to age, gender and activity level.

Please consult a dietitian to determine your individual requirements.

Protein (includes fish and poultry), - 1 serve

Dairy - 2-3 serves,

Fruit and juices - 3 serves,

Vegetables - 4 serves,

Breads / Carbohydrates- 5 serves

Larger portion sizes of nutritious foods, such as raw fruits and vegetables make it easier to get the vitamins and minerals you need, whereas jumbo sizes of less nutritious foods rich in fat and sugar make weight management more difficult



Tips to avoid portion distortion

- Resist being upsized or purchasing 'value meals' at fast food outlets.
- Read nutrition information panels and consider the number of servings in a package. A serving is usually not necessarily the whole container.
- Buy meals-for-one rather than 'family value' packs.
- Conduct a portion patrol in your kitchen to identify oversized servings.
- Downsize dinner plates at home. Serve meals on entrée or salad plates so the meals appear large.
- Eat slowly and savour food. It takes 10 to 20 minutes for your brain to get signals from your stomach that you are full.
- Put leftovers in the fridge before you sit down to eat.
- Store foods in individual portion sizes, rather than bulk containers.

Learning about and controlling portion sizes is an important skill for clients who want to eat a nutritious diet and effectively manage their waistlines.

TRY TO EAT FOR QUALITY, NOT

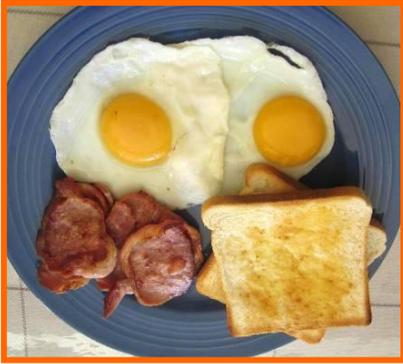


QUANTITY!

A nutritional consultation with a Personal Trainer will certainly help direct you, and give you the tools that will best work to avoid the pitfalls of over eating.

10 SMART FOOD SWAPS

WHAT'S ON THE MENU?



MAKE THE HEALTHY CHOICE

INSTEAD OF

Bacon and eggs on
toast
(1575kJ and 24g fat)

CHOOSE THIS

Scrambled eggs
on wholemeal
(615kJ and 7g fat)

SAVING

960 kJ
17g fat

Caesar salad
(795kJ and 13g fat)

Bean & lentil salad
(710kJ and 6g fat)

470kJ
13.5g fat

McDonalds
McChicken burger
(1750kJ and 18.6g fat)

Subway chicken
burger
(1280kJ and 5.1g fat)

470kJ
13g fat

12 King prawns
& seafood sauce
(1095kJ and 9.4g fat)

12 natural oysters,
lemon
(330kJ and 3g fat)

765kJ
6.4g fat

Fish and chips <i>(2510 kJ and 35g fat)</i>	Grilled fish salad <i>(1085 kJ and 6g fat)</i>	1425kJ 29g fat
Ham and cheese croissant <i>(2635 kJ and 46g fat)</i>	Ham and salad sandwich <i>(1238 kJ and 5g fat)</i>	1397kJ 41g fat
Pumpkin soup (250ml) and cheese bread <i>(2385kJ and 31g fat)</i>	Miso soup (250ml) and 10 mini californian sushi rolls <i>(1545kJ and 7g fat)</i>	840kJ 2.4g fat
Roast chicken, potatoes, pumpkin and gravy <i>(2115kJ and 25.5 fat)</i>	Roast chicken breast no skin, mash potatoes, peas <i>(1110kJ and 4.5 fat)</i>	1005kJ 21g fat
Spaghetti Carbonara <i>(3970kJ and 45g fat)</i>	Spaghetti Napoletana <i>(2175kJ and 13g fat)</i>	1795kJ 32g fat
Thai Curry <i>(2840kJ and 57g fat)</i>	Thai beef salad <i>(1085kJ and 9g fat)</i>	1755kJ 48g fat

PUT ANOTHER LOG ON THE FIRE!

Eating breakfast for some of us is drowning those niggling hunger pains with a cup of our favourite brew as we race out the door on our way to work every morning.

Not only are we missing the most important opportunity to fuel our bodies to help us charge through our daily tasks, **but we are missing the most opportune time to help our bodies burn fat.**



Think of your body (your metabolism) as the old log fire that used to warm up the house in the winter. You awaken in the early morning to find the log put on the night before has burnt out to nothing more than a few smouldering embers and the house has grown cold. So you put another big log on

the fire and it's soon ablaze radiating heat throughout the house, warming it up for a few more hours until we stoke the fire once again with another log.

Without that big log (breakfast) to burn, the fire only smolders and the house stays cool throughout the day. It creates little heat and burns very little fuel (fat).

The word "**Breakfast**"

means, the breaking of the fast (the previous nights 8 hours or so of sleep). Eating at this time kick starts our metabolism and our body's normal functions, to prepare



it for the days work ahead. It also boosts our fat burning ability. If your not eating until morning tea time or worse lunch time, then you are restricting the fat burning process for several hours each day which adds up to quite a large amount over the space of even just one week.

Losing weight is hard enough without restricting the hours in a day in which you are efficiently burning fat, so do yourself a favour and break the fast first thing in the morning to get your metabolism working.

WHY WEIGHT TRAINING?

Pumping Iron in a sweaty testosterone filled gym, building large rippling muscles certainly isn't everybody's idea of a valuable, enjoyable or necessary form of exercise, let alone something you would do to **lose weight**, **prevent** injury, **improve** sporting performance, **reduce** the risk of osteoporosis, **lower** blood pressure, or **naturally** keep us looking younger AND be able to increase your **sex drive**!!

BUT IT CAN!

Lifting weights is not about "better body building," it's about building better bodies!



ASSISTS WEIGHT LOSS

- Weight or resistance training once or twice a week has been proven as an effective way to aid **weight loss**, because the best way to burn more fuel (calories) is to increase the size of our engine (our muscle mass) in the

form of LEAN muscle tissue by doing strength training.

INCREASES METABOLISM

- Regular strength training once or twice per week will increase your **metabolic rate**, which will allow you to burn more body fat over the period of a day. Research has shown that following a high intensity strength training session, the body begins to use fat as a preferred energy source.

IMPROVES CORE STABILITY

- Properly prescribed weight bearing exercises and technique can improve your **core stability** (posture, tummy muscles) and **functional performance**. (things like lifting, carrying, climbing stairs etc)

IMPROVES POSTURE

- With proper postural analysis and then the correct exercises, postural problems that have been created over long periods of time from many different causes, can be corrected to help ease pain and improve your mobility.

HELPS ANTI-AGEING

- As we lose muscle tissue every year with age, replacing lost muscle tissue through

strength training, is the only real way to counteract this ageing effect on our body. We look younger, longer!

PREVENTS AND REHABILITATES INJURY

- Strengthening supportive muscles of the joints and improving core stability are great ways to help prevent injury. After injury, where there is a need to reactivate muscle fibers, nerves and improve mobility, resistance training is usually a large part of the recovery process.

WOMEN AND WEIGHT TRAINING

- Strength training does not make women bigger. They do not have the same levels of testosterone so are unable to build muscle size like men. Muscle is smooth, lean, hard and compact whereas fat is not. Lose the dimply effect for toned muscle.

**If you want to improve in any of these areas,
try strength training.*

*If you don't know where to start, book in with a
Tweed Coast Personal Trainer for the right advice, a
technique session or a **starter pack.***

WHAT IS THE BIG BEACH BALL FOR?

One of the most popular and effective tools now used in personal training is the

SWISS BALL



Swiss ball training improves balance and agility. Adding a swiss ball workout to a training program

can optimise performance in many areas.



Swiss ball training is effective because it forces you to work in an unstable environment.

The more unstable your training environment, the more activation you get from your joint stabilisers and neutraliser muscles. All those little support muscles work hard, not just the big ones. By improving these muscles, you increase joint stability which, in turn, allows more of your larger muscle groups to be activated during physical exercise **(and the more muscles used in any activity, the more calories that are burnt!!)**. You therefore achieve better performance because you are able to apply more power and/or strength to any given gym or sporting situation.

BENEFITS OF THE SWISS BALL:

- Unlike machine-based exercise, the swiss ball *continuously* activates core stabiliser muscles.
- When performed with proper technique, ball exercises enhance both spinal and peripheral joint stability (that improves balance, and posture).
- Exercise on the ball requires the use of postural muscles which are not activated when exercising on a machine.
- Ball programs can be used to enhance endurance and aerobic capacity.
- Swiss ball training is an excellent complement to any training program.

AND NOW THERE IS ANOTHER LEVEL ...

THE BOSU



BOSU is an acronym for **both sides utilised**. The BOSU balance trainer can be used with the platform side either up or down for different types of balance challenges. This hybrid fitness product has its genesis in the field of medicine, as well as balance, functional and sport specific training. Neuromuscular physiology, which helps define human movement, provides the science that backs this complete approach to training.

BOSU can be used for:

- static and dynamic (moving) balance
- stabilisation training (especially ankle, knee and hip)
- core stabilisation
- improving agility...quick accurate movement
- enhanced stretching

Before trying the BOSU, there are many people who believe that it is an “easy option” type



of training. However within 5 minutes of starting a class, you often find this misconception blown away as you sweat and feel challenged in all different kinds of muscles. Your heart rate goes up without any jumping around.

It is after the class that you realise how many of the little muscles you have used that rarely get targeted! You suddenly feel every one of them because they are unused to being challenged.

Talk to your trainer about utilising the SWISS BALL or BOSU balance trainer in your training program.

6 FACTS ABOUT 6 PACKS

WANT FAB ABS?

HERE'S HOW...

1



DO try your doing your ab exercises on a swiss ball or a bosu.

These stability balls are designed to work your WHOLE midsection. They require balance so all your stabilising muscles need to switch on and work too. They are supportive and safe and allow you to use the correct full range of motion without straining your back and neck.

2

DO look closely at your diet.

Diet often plays more than a 50% role in weight loss results. Without checking that it's healthy, your stomach will never be flat or defined no matter how many ab exercises you do. You can easily have very strong abdominal muscles, hidden under that layer of body fat.

3

DO other compound weight training exercises and cardio workouts.

Compound exercises like squats, lunges, chin-ups, pushups etc, if performed correctly use your ab muscles just as much as isolated exercises and in a more functional manner. Burning fat with cardio exercise will help your stomach muscles show.

4

DON'T focus on doing 100's of crunches or sit-ups each day

There is no such thing as spot training. Just working on the same spot for so much of your exercise time will not reduce fat in that one spot, even if the muscle burns...it just means it is being over-used. Do this and you end up overtraining your abs and lose any effective benefit



5

DON'T stick to machines only.

The machines in the gym or on TV ads that focus only on one movement don't encourage your body to use all the stabilising muscles. They also work the same muscle fibres in exactly the same sequence every time, so your body becomes accustomed to the pattern and works less.

6

DON'T suck in your stomach.

Holding in your stomach when you are performing ab exercises actually prevents complete contractions, and hinders correct breathing technique. Focus on breathing out during the hardest part of the exercise.



IS THERE SUCH A THING AS GETTING TOO MUCH



Often the answer is **“yes”** when it comes to exercise! At what point do you cross that fine line between training enough to get the results you want and training too much?

Depending on the types of exercise you undertake, over-training can be one of the major causes of injury and – surprisingly – a lack of results.

Research has shown that more is not necessarily better.

Quality is better than quantity!

When it comes to strength training or building muscle, using compound exercises (exercises that use more

than one muscle group in a single functional movement.) 2-3 days a week has proven to be the most effective method of training.

Exceeding this amount can cause severe fatigue on the central nervous system and the smaller muscle groups of the body such as the shoulders or the stabilisers of the knee. This in turn can lead to limited improvement or injury.



If losing weight is your main goal, then over-training with exercise that is too intense or the wrong type will limit or slow down the results you achieve.

Too much cardio exercise can cause deficiency in vitamins and minerals necessary for re-growth and repair of certain cells and lead to a lowered immune system which can then make you more susceptible to infection and viral problems like colds and flu's. An overload of cardio exercise may cause impact or repetitive strain injuries if the body is not able to rest and repair itself when needed.

Knowing the right types and amount of exercise can be half the battle in achieving results. Whether you want to gain or lose weight, getting the right information can make the task quicker, easier and injury-free.

WAYS TO AVOID THE OVERTRAINING TRAP

One of the best ways to avoid overtraining is to **listen** to your body and know your own limitations!

Some people never know how to say enough is enough and ignore the warning signs discussed earlier. The following guidelines can help prevent overtraining.

AVOID SUDDEN INCREASES IN TRAINING LOAD

New or more strenuous sessions must be implemented gradually, e.g. strength training. Also, the quality of your training load is more important than the quantity. For example, good warm up, correct training techniques, only finish what you set out to do and a cool down session help reduce the risk of injury.



VARIATION IN YOUR TRAINING

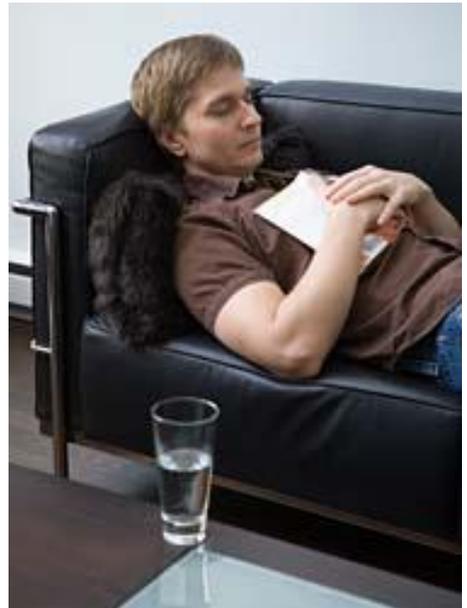
Variation will help both physically and mentally. Setting realistic goals to aim for is extremely important. Top athletes may undergo tapering training where they slowly "peak" just before major competition or matches. Peaking too early can lead you to overtrain.

SCHEDULE REST!

Rest periods are as important as the actual training itself. The physical processes in the body need time to adapt to exercise. Ensure rest days at regular intervals.

CORRECT EATING HABITS

Good nutrition is vital. A varied and interesting diet covering the required needs in carbohydrates, protein, fats, vitamins and minerals is important.



WARNING

10 SIGNS YOU ARE OVERTRAINING!

THINGS TO LOOK OUT FOR AS SURE SIGNS
YOU HAVE BEEN OVERDOING IT.

LOWERED PERFORMANCE LEVELS:

1

If you develop slower reaction times, reduced speed or have shorter endurance levels chances are you have been working too hard at an activity. Take note of these red flags and back off a little.

IRRITABILITY, MOODINESS AND POOR FOCUS:

2

Too much exercise without enough rest will wreak havoc with your hormones and cause you to be cranky and easily annoyed at little things. If you find yourself short-tempered and have

trouble concentrating, it's time to take a rest day.

3

EXCESSIVE FATIGUE:

If your body isn't given time to fully recover from your last workout it will continue to become tired. You start feeling tired all day even if you have slept properly. You can

at times start to feel quite down or depressed. Renew your energy and enthusiasm with a proper break.



4

CHRONIC MUSCLE ACHES:

We all feel sore muscles when we have trained really hard or done a new activity. If the aches in your muscles persist and never seem to really fade, then you aren't giving them enough time to "get back on their feet". Sore joints are another good indicator you are overworking. Get a massage before they become injuries.

5

INCREASE OF PERCEIVED EFFORT:

If you are overworked you will find training sessions you could normally do well are now feeling quite challenging. If it feels harder to do a normal workout, chances are its overtraining not your age!

6

INSOMNIA AND RESTLESSNESS:

An overtrained body finds it hard to wind down. It is always on the go so it stays hyped up. This leads to feeling restless and fidgety and you find it hard to relax and slow down. So when it is time to sleep and recover the body has trouble switching off so you never recover.



7

FREQUENT COLDS AND FLU:

If you find you keep picking up every cold that's doing the rounds or easily getting infections, if wounds take a long time to heal that means your immune system is weak. Too much exercise greatly affects the performance of your immune system. It hasn't got the energy to do battle. Let your body have a fighting chance.

8

LOSS OF APPETITE:

Constant workouts at the gym can trigger a hormone release in your body that affects your appetite. This causes you to eat less, which doesn't help the body which really needs proper refueling. Without the right input, output is diminished.

9

CYCLE CHANGES:

For women, too much exercise and too little fuel causes a "starvation reaction" in the body. This will often cause their menstrual cycle to stop or become very light and irregular. This should be a serious warning sign that you need to back off.

10

HIGH RESTING HEART RATE:

Check your resting heart rate. If it is quite high compared to normal, that's not a good sign. If your heart rate is elevated much higher than it usually is in set exercise sessions, it is a telltale sign of overtraining and exhaustion.

Other symptoms that can surface as **warning** signs

- gastrointestinal disturbances (nausea or diarrhea)
- excessive sweating
- fluctuations in blood pressure
- headaches
- decreased self confidence
- apathy and lack of interest or drive
- low libido



EXCUSES, EXCUSES,

***It's easy to find excuses...
we all can when something is hard work.
Here are some **excuse busters** to remember.***

"I'M TOO TIRED"

- ~ Exercise anyway...you do feel less tired afterwards! If you have been sedentary for a long time, initially training may make you tired, but it will soon pass. It is proven that the more you exercise the more energy you acquire. The less you exercise the more tired you become.

"I'M TOO SORE"

- ~ Consider which part is sore, if it's legs, you can still do upper body work like weights, swimming or kayaking. If its upper body you can still jog or walk. Its fine to have a rest day after a hard workout day, just don't let it become several! Water workouts or cycling often help loosen tight sore leg muscles and assist recovery.

“I’M TOO BUSY”

- ~ We often hear people haven’t got enough time, but when they look at it they just don’t want to allocate time to training. When they get a goal they always seem to find time. They change some priorities and suddenly they find spots to fit it in. When you think about it, isn’t it important to make time for your health...can’t do many of the other things without it!

“I’M ON HOLIDAY”

- ~ You’ve treated yourself to a holiday...treat your body as well. It will help you de-stress and rejuvenate. Make the most of the extra time and the great natural locations you can explore. You have no work commitments to distract you so check out where the beach track leads, have a swim in the hotel’s pool...

“IT’S THAT TIME OF THE MONTH”

- ~ So many women think that having their period means they can’t do exercise. If you suffer from abdominal cramps, swimming, walking even jogging actually eases the pain...the endorphins released help many of the discomforts that are sometimes associated with that time. Studies show you actually perform better at many sports during that week.

“IT’S COLD AND RAINING”

- ~ Take it indoors, try an indoor cycling class instead of your normal ride, do some treadmill intervals or indoor stairs rather than that distance run, do a gym class, weights workout or try something like indoor rock climbing. Swimming in an outdoor heated pool in the rain feels great. Even try donning wet weather hat and jacket and walk on the beach, it can be very peaceful without the crowds.

Trust us, we have heard many wide and varied excuses in our time, and have a counter argument for every one. It really boils down to changing your perception... a bit like looking out a cell window...one looks down and sees the mud, another looks up and sees the stars.

Don't let the excuses stop you achieving your goals!

Call a Qualified Personal Trainer, and:

“LET US BE YOUR HEALTH CONSCIENCE”