



Proudly brought to you Monthly by:
Health for Life Personal Health & Fitness
16 Brookes St Bowen Hills
Ph:38523938
Email:hfl@onthenet.com.au

4 Exercise Misconceptions

They waste your time and produce little or no results!!

We are constantly being bombarded with the newest, latest, fastest, best and better than before exercises, exercise machines and exercise programs.

Each program promises to be quicker, more effective, "In less minutes a day" and faster fat-burning than the exercise advertised yesterday. Each new exercise machine proclaims to do everything from increasing fitness to building muscle to toning, flattening, stretching, tightening and lightening???????????

Luckily, happily and via the set science of anatomy and physiology, there is a clear path through the exercise machine maze.

Lets have a look at the 7 silliest exercises of all and why they are such a waste of your time. More importantly, let's look at the exercises that do work, why they work and how they can be implemented into your life "quickly and easily" - *risking the use of infomercial terminology!!*

Voted Number 1,

"The, pulsating, electronic, don't do anything, just sit there with this device strapped to your body and watch your muscles tone-up and see your fat melt away!!"

Need we say more? To burn fat you have to do something and to work your muscles you have to do just that-*work your muscles!!* The annoying electrical impulse produced by these silly machines is not enough to make any difference to the size, shape or fat content of your body. And common sense has to ask, "What if you spend more time on 1 leg than the other, will you have one thin leg and one fat leg?"

NOTE: If it sounds too good to be true, it is!!
Eg, "Lie down to get thin"???

Number 2: Spot reduction exercises

The science of physiology proves that there is no such thing as spot reduction!! You cannot choose where you store fat and you cannot choose where you burn it off. Women tend to store more fat on the hips and thighs and men store more fat around the middle. To burn fat you have to move more, eat less fat/sugar and lift weights to speed up your metabolism. If we could do exercises to burn fat off a certain area, we would all have thin legs-*because we use them everyday* and people who talk more or chew gum, would have thin faces?? Stay away from spot reducing exercises and exercise machines. Work your whole body to turn your whole body into a fat burning machine!!

Number 3: "Slow down to burn fat" exercise

programs: Nice theory, because if you exercise slowly, the percentage of fat you burn will be higher. Big hole in this theory though. The percentage of fat may be higher but the number of calories you burn will be lower. Eg, running can burn 2-3 times more calories than walking. So in reality, running burns more fat than walking. For example, you go for a 30 min walk and burn 50% of your calories from fat. Great, but the walk only burns 100 calories, so you burn 50 calories of fat. On the other hand, a 30 min run may only use 40 % calories from fat however the run can burn up to 300 calories or more. 40% of 300 is 120 calories from fat-more than twice the fat than the walk and an extra 200 calories burnt!!

Next big point...**Fit people are better fat burners!!** Both during exercise and at rest!!

The key is to work harder...To get fitter...To burn fat faster!!

Number 4: "Light weight, high reps for toning"

Light weight is easy to lift. If it is easy to lift your body doesn't have to work very hard and a gentle workout means a gentle result!! A hard work-out means a big result. Toned muscles are strong muscles with little or no fat over the top. To put on quality muscle you have to take the muscles to failure to get the required stimulus for growth!! You may start off with a light weight to get used to the exercise but your goal should be to increase the weight to over-load the body.



Legend Client for May Pauline Stephens

Pauline came to us like a lot of our clients do with a goal to reduce body fat.

Pauline was already in great shape had a good fitness level & her eating was fairly good, but was frustrated she couldn't move that last little bit of body fat - she had hit a plateau.

I quickly explained to her that with some high intensity cardio & resistance training to shock the body we could achieve these goals.

We have only being training together a short time but her dedication & enthusiasm outside of our P.T sessions is what has impressed me the most. I have challenged her & set goals in every session & she

has achieved with great success.

Along with her training commitment she has listened to my nutrition advice & is willing to implement the changes she needs (**MORE PROTEIN**) to achieve her goals.

Pauline is serious about her health & fitness & it is very pleasing to see that this is implemented into her lifestyle.

Well done Pauline, let's take it to another level now!

Chris

So You Don't Have Time To Exercise??

We all seem to be getting busier and busier and time is the number 1 excuse used by people who don't exercise.

However, as a western society we are getting fatter by the day and with fat comes sick and unhealthy. High blood pressure, high cholesterol, heart disease, type 11 diabetes, stress, depression, low self esteem the list goes on but this can all be avoided with a bit of self discipline, determination and a very small amount of time!!

Exercise is not about pain, soreness, puffing and sweating and it doesn't have to take long. Here is a range of work-out suggestions that will make you feel great, will burn fat and will help to avoid disease. They don't take long and they don't need too much space or special equipment.

Guidelines:

- No time limit-just accumulate a minimum of 100 mins every week
- Try to work harder every time-aim to get fitter
- Do things you enjoy. If you don't like the activity, try something else
- Have fun, enjoy the results
- "Don't take exercise seriously... Just regularly"

Time efficient workouts:

- **Walk the stairs:** and up hills or in the soft sand-more calories burnt in a shorter time and your muscles get tight too! 5-10 mins hard will make a big difference!!
- **Interval training:** Bike, treadmill, stepper etc. 1-2 mins flat out followed by 1 min slow. 20 mins of this work-out and you will

burn a lot more calories & dramatically increase YOUR FITNESS LEVEL.

- **Lounge-room circuit:** jog on the spot, push-ups, dips, squats, star jumps-1-2 mins of each and do it a couple of times over or until you are puffed. (*I like this one for hotel rooms, rainy days and late nights when there is no time to exercise during the day*)
- **Walk the dog:** The best exercise machine in the world, however throwing the ball or stick is not just for the dog-go fetch them yourself 10-20 times !!
- **Office work-out:** Get out of your chair every-time the "save" icon comes up on the computer...and go take a flight of stairs come back to your desk refocused, not to mention the extra calories you'll burn if you do this five times a day. All it will take is 2mins a time by the end of the day you've accumulated an extra 10mins of exercise for the day.

Don't have time to exercise???
WRONG!! You don't have time NOT TO exercise...
and your body will show you why!!

Emotional Eating

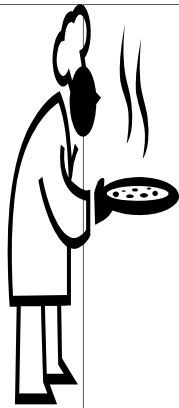
If you overeat when you're stressed or bored you are more than likely setting your diet up for failure. Experts estimate 75% of over eating is caused by emotional eating— using food to cope with your feelings. The following are some tips to help you with overeating.

1. Use an eating diary to recognize triggers. Record what you eat, how much you eat, when you eat, how you're feeling & how hungry you are.
2. Be able to recognise between physical hunger & emotional hunger. Physical hunger occurs when the stomach sends a signal to the brain, telling it that it's time to eat. Signs of physical hunger can be rumbling in the stomach & light headedness. When you eat to deal with emotions like stress, anxiety or boredom you are using food as comfort. If you are doing this to feed your emotions, wait a few minutes for the craving to pass.
3. Find a substitute behaviour. Instead of going to the fridge in response to an emotional trigger, try substituting with a non eating behaviour.
4. Don't keep unhealthy choices in the cupboard—Comfort foods are usually high in fat, sugar & Calories. If they're not in the cupboard or fridge you can't eat them.

Almond Crusted Fish

What you will need :

- 180g of trout or fish of choice
- 3/4 cup almond slivers
- 1 clove garlic
- Olive oil



What you will need to do:

- Rub olive oil & garlic on fish coat fish with silvered almonds.
- Fry fish in pan till cooked
- Serve with salad or steamed vegetables.

The Low Down on Fibre

Fibre is the part of your food you don't use or store inside the body. Fibre clears all the crap out of your digestive tract.

Fibre helps with the following:

Keeping you regular

Decreasing cholesterol

Decreasing constipation

Helps to make you feel full without adding extra calories

Improving digestion

Lowering the risk of heart disease & some cancers, particularly bowel & colon cancer

Fibre is in fruit, vegetables & grainy products. Cereals, breads & pastas contain the most fibre, highly processed foods have had most of the fibre removed - meat & dairy products contain no fibre.

If you compare a really grainy bread roll which is high in fibre to a bread roll from a certain hamburger chain the grainy bread roll is much more filling & low G.I, the burger chains bread roll is high G.I, contains more calories & you've finished it in 3 mouthfuls & still feel hungry- they contain no FIBRE, no nutritional value.

If your goal is to reduce body fat increasing your fibre intake can be a great idea. The recommended intake for fibre each day is 30grams. Please be aware if your diet contains no fibre at the moment don't start immediately consuming 30grams, you could spend the whole day on the toilet- implement slowly.

Are You Stressed or Heading There?? Quick Stress Test

- **When was the last time you had a holiday? Away from home, where you didn't think about work and you didn't have to do any normal day-to-day chores and for longer than 1 week?**
- When was the last time you had time to yourself, no distractions, with nobody else to worry about except you?
- **When was the last time you laughed hard & long?**
- When was the last time you felt truly relaxed?
- **When was the last time you exercised?**
- Do you ever feel grumpy, depressed or miserable?
- **Do you ever feel out of control?**
- Do you yell, scream or lose your temper?
- **How often do you feel tired?**
- Do you jump out of bed or drag yourself out?
- **Describe your sleeping patterns. How long, how deep, etc**
- Do you love your work?
- **When was the last time you ate fruit and veggies everyday for 2 weeks straight?**
- **Describe the state of your health in detail. Include headaches, rashes, your resting heart-rate, how often you get sick, your energy levels etc**

This may be your wake up call...

"Look after your body...It is the only place you have to live!!"

Health for Life's Next Challenge - The 'Health for Life Adventure Race'

Due to the great results, positive feedback & the success of the Health for Duathlon there has been a demand for the next Health for Life challenge. So we have decided to have the 'Health for Life Adventure Race' - which is a Kayak/Run race, distances TBA. It is a 6 week program 2 mornings or 1 morning & 1 afternoon a week depending on participants preferred training times - Please let your trainer know so we can organize times.

The training days will be on a Tuesday & Thursday at Kangaroo Point.

Of course the race & training won't be a flat run the kangaroo Point stairs & various other inclines will be involved.

If you are interested please put your name on the expression of interest form along with preferred training times & we will be in touch with further details.

ALL FITNESS LEVELS ARE WELCOME TO GET INVOLVED!

May Fit Tip:

EAT MORE REAL FOOD!!

- Think less food in tins, packets and jars
- Think less take-away and restaurant food, eat at home more often where you control what's in your food
- Eat more fruit and veggies!

Excelgene Info Night

We are having an information night on the 7th of June for GeneElite which is a cutting edge genetic test that profiles 15 genes directly associated with fitness, health & nutrition.

The benefit of having the test is the more we know about your physiology, the more effective we can make your training. This will enable us to provide a personalised program that really works for your body.

This is a free information night we encourage all our clients & friends to attend

Ask your trainer for further details.

The Health for Life newsletter is our way to remind you monthly, about your health, fitness and general well being.

We aim to bring you the latest health and fitness information in an easy to understand & interesting format. Please feel free to offer any suggestions, comments and feed-back.

Health for Life personal health & fitness.

16 Brookes St Bowen Hills
QLD 4006
Ph:38523938
Email:hfl@onthenet.com.au

fitvibExcel

FREE come and try day: 26th of May from 8-1pm.

We are looking at getting a vibration machine, due to the cost of these machines we are having a come & try day before we invest in one.

What is whole body vibration?- In a conventional training session only 40% of the muscle fibres are exercised; with WBV that percentage nears the 100% mark. A session lasts no longer than 20mins. The following are just some of the benefits you will experience; visible results fast, weight loss, anti-cellulite effect, toned figure, more energy, improved hormonal balance.

We have only limited time slots please register a time slot with your trainer.