



PREMIUM PERFORMANCE TRAINING INC.

Health & Fitness Newsletter

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PREFACE

This is a bi-monthly publication of Premium Performance Training Inc. aimed at providing general information regarding current health and fitness trends.

Quote to Remember:

"If what you did yesterday seems big, you haven't done anything today"

- Lou Holtz

INSIDE THIS ISSUE:

Top 8 Worldwide Survey of Fitness Trends for 2017	1, 4 & 5
Compound-Set Training	2
Research The Facts	3
Ask Yourself... True or False ?	4
Healthy & Great Recipe — Corkscrew Chicken and Broccoli Alfredo	6
Contact Us	7

Top 8 Worldwide Survey of Fitness Trends for 2017



For the last 11 years the American College of Sports Medicine (ACSM) has taken an annual survey of worldwide fitness trends. This survey is conducted by the editors of their *Health & Fitness Journal*[®] and is circulated to thousands of professionals around the world. Below is a list of the top eight Fitness Trends for 2017 as identified by ACSM. Please note the ACSM survey makes no attempt to evaluate products, equipment, gym apparatus, hardware, software, tools, or other exercise machines but solely serves to confirm, or to introduce, new trends that have a perceived positive impact on the industry according to its international respondents.

1. Wearable Technology



Wearable technology, including activity trackers, smart watches, heart rate monitors and gps devices, was introduced on the ACSM Fitness Trends list a few years ago and has grown in popularity every year since. While it is unknown how these devices will advance through the next decade, at the moment they are the most popular trend. Many new companies are buying into the market and the well established brands are expected to continue thriving. In fact, some business analysts predict that sales of the Apple iWatch alone will exceed 485 million devices by the year 2018.

2. Body Weight Training

Body weight training has been used by people for centuries as a form of resistance training. However, it has recently been made extremely popular in at home videos and commercial gyms thanks to new packaging and advertising. Emphasizing the use of minimal (minimal) equipment this trend incorporates a very inexpensive way to exercise effectively and a method which can suit persons from all corners of the society regardless of age, sex, experience, fitness and injury limitations.

Continues on Page 4

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Compound-Set Training

Overview

Compound-set training is a method in which two exercises are done back to back for the same muscle group with no scheduled rest between exercises. The major benefits of compound training are intensity and time. Training two exercises for one muscle group without any rest between exercises significantly increases the intensity of the workout and places greater demands on the muscle fibers being trained, as well as, on your entire body. This results in a greater response of growth hormone after the workout, which helps further drive muscle growth. It also dramatically reduces the amount of time required to train a muscle group. Because compound-set training is a very high-intensity technique, you

Examples of Shoulder Compound Set Targeting The Same Section of Muscle Group



Dumbbell Upright Rows



Dumbbell Lateral Raises

Examples of Shoulder Compound Set Targeting A Different Section of Muscle Group



Dumbbell Front Raises



Dumbbell Bent-Over Lateral Raises

Upper-body Compound Set Workout

Exercise	Sets per Exercise	Reps per Exercise
Incline Bench Press & Seated Cable Crossover Chest Flys	3	10
Lat Pull Down & Dumbbell Bent Over Rows	3	10
Smith Machine Front Press & Dumbbell Lateral Raises	3	10
Barbell Curls & Dumbbell Hammer Curls	3	10
Triceps Pushdowns & Dumbbell Overhead Extensions	3	10

Ratings of the Ballistic Strength Training Method

Rating					
Time	1	2	3	4	5
Length	1	2	3	4	5
Difficulty	1	2	3	4	5
Results	1	2	3	4	5

Highlighted numbers represent the rating given to the method
 1 = shorter/easier/least effective
 5 = longer/harder/more effective

Ask Yourself Answers

1. False - For every one pound of muscle you gain your body burns an extra 50 calories
2. True
3. False - Your taste buds are replaced every 10 days
4. True (This is why at the beginning of a strength training program it is common to add water weight)
5. True

Pistachios Are Heart-Healthy



Pistachio nuts are considered high-energy foods which are high in fiber, healthy fats and anti-oxidants. They contain phytosterols that reduce blood cholesterol which, is linked to heart health and stroke. Small decreases in cholesterol can substantially reduce the risk of these chronic diseases. Statin drugs have an almost miraculous effect on reducing cholesterol in many people, but they can have unacceptable side effects. Dietary manipulation to reduce cholesterol is an easier and cheaper choice for most people. Pistachios reduce cholesterol and improve heart health. So try eating pistachios as a snack or incorporate them into pastas, salads, meat dishes and dips.

(Nutrition Today, 51: 133 - 138, 2016)

Is Fasting Healthy?

Many persons fast for religious reasons, weight loss or metabolic health, but is it good for you? Fasting regimes include periodic one-day fasts, modified fasts involving caloric restriction and time-restricted fasts involving food restrictions during specific times during the day. A review of literature led by Ruth Patterson from the Department of Family Medicine and Public Health at the University of California, San Diego concluded that fasting reduced blood sugar and insulin, which are linked to chronic type 2 diabetes and heart disease, and caused some weight loss. Fasting is not physically or mentally harmful. However fasting causes intense hunger, so it is probably not sustainable. Fasting does not result in greater weight loss than sustained calorie-restricted dieting. We don't know much about the effects of fasting on sleep, hunger control or physical activity, however fasting methods that restrict night-time eating appear to have positive long-term effects on weight control. Overall periodic fasting maybe a good way to lose weight and promote metabolic health.

(Journal Academy Nutrition and Dietetics, 115: 1203 - 1212, 2015)

Squats Load The Core Muscles

New research by Stuart McGill from Canada on core fitness shows that the core muscles in the abdomen and back provide a foundation for human movement by acting as a stiff spring. Isometric exercises such as planks develop the core muscles better than traditional exercises such as sit-ups. Researchers from Ireland, The United Kingdom and South Africa found considerable activity and activation of the abdominal and back muscles during squats. They estimated core muscle activity by measuring electrical activation via electromyography and joint movements with motion-sensing devices. Understanding the role of the core in human movement is the first step in producing more powerful athletic performances.



(International Journal of Sports Medicine, 37: 448 - 456, 2016)

Low Calories In, Plus Low Calories Out Predicts Weight Gain



The law of conservation of energy is one of the first things they teach in Nutrition 101: energy cannot be created or destroyed, but only transformed from one form to another. In plain English, this means that if you consume food energy, you must account for it as energy dissipated during metabolism (i.e. transformed to other kinds of energy, such as heat) or stored in the body. Body fat regulation is not so simple, because metabolic rate slows during periods of starvation or low calorie intake. David Hume from The University of Cape Town in South Africa, and colleagues, found that more physically inactive people who habitually consume low-calorie diets are more likely to gain weight than more physically active people who eat more food. The three-year study used a sophisticated technique called doubly labeled water to measure energy balance. The researchers concluded that increasing caloric expenditure through physical activity might be a more effective way of controlling body fat than caloric restriction.

(American Journal of Clinical Nutrition, 103: 1389 - 1396, 2016)

Top 8 Worldwide Survey of Fitness Trends for 2017

...Continued from Page 1

(minimal) equipment this trend incorporates a very inexpensive way to exercise effectively and a method which can suit persons from all corners of the society regardless of age, sex, experience, fitness and injury limitations.

3. High-Intensity Interval Training (HIIT)



HIIT typically involves short bursts of high-intensity exercise followed by a short period of rest or recovery. Despite many concerns about potential high injury rate this form of exercise has become popular in all areas of the industry, especially in gyms, due to the increased rate of results and in most cases the shorter timeframe the workouts require (typically less than 30 minutes in total). Even with clinical populations, that have higher risk rates, this general training method is still utilized, however high-intensity is substituted with more moderate-intensity forms of interval training.

4. Educated, Certified, and Experienced Fitness Professionals

The market for fitness professionals continues to be one of the quickest expanding fields in the world and as such more third-party accreditations are being offered by national accrediting organizations for health and fitness and clinical exercise program professionals. To help track and assist in the reorganization of accredited fitness professionals there has also been the creation of designated registries designed for exercise professionals. This growth is also being seen in educational programs as community colleges and universities have begun to offer fitness professional programs within their curriculum. One can now accrue fitness professional certifications and degrees to allow for specialization in different aspects of the industry, developing a niche market to separate oneself from the increasingly growing and more competitive market.



5. Strength Training



Strength training remains popular in all sectors of the health and fitness industry. Many younger clients of both community-based programs and commercial clubs train almost exclusively using weights for solely aesthetic purposes, while for many others their main focus is to improve or maintain strength (e.g. Persons with chronic diseases or injuries). In more structured settings, most health and fitness professionals incorporate some form of strength training into the comprehensive exercise routines for their clients and similarly it is not uncommon for cardiovascular and pulmonary rehabilitation or metabolic disease management programs to include weight training in the exercise programs for their patients.

Continues on Page 5

ASK YOURSELF True or False ?

Score: _____ out of 5

- | | | |
|---|------|-------|
| 1. For every one pound of muscle you gain your body burns an extra 100 calories | TRUE | FALSE |
| 2. A human baby has over 60 more bones than an adult | TRUE | FALSE |
| 3. Your taste buds are never replaced in your lifetime | TRUE | FALSE |
| 4. Muscle Glycogen is approximately three parts water to one part glucose | TRUE | FALSE |
| 5. Your heart beat changes and mimics the music you listen to | TRUE | FALSE |

[Answers can be found on the bottom of page 2](#)

Top 8 Worldwide Survey of Fitness Trends for 2017

...Continued from Page 4

6. Group Training



Group exercises teach, lead, and motivate individuals through intentionally designed larger group classes. Group programs are designed to be motivational and effective for persons of different fitness levels, with instructors using leadership techniques that help individuals in their classes achieve fitness goals. There are many types of classes and equipment, from aerobics and spinning, to dance classes and, while these classes have been around for a long time and have appeared as a potential trend since the first survey was conducted, this was the first year that it made the top 20 surveyed trends.

7. Exercise is Medicine®

Exercise is Medicine® is a global health initiative that is focused on encouraging primary care physicians and other health providers to include physical activity when designing treatment plans for patients including referring their patients to exercise professionals. The program is committed to the belief that physical activity is integral in the prevention and treatment of diseases and should be regularly assessed and treated as part of all health care. Exercise is Medicine® goes beyond the recognition of the positive effects of regular exercise by physicians in the routine care of their patients. It encourages physicians to develop a regular referral program for patients into community programs and also encourages exercise professionals to develop significant relationships in their communities with health care providers so that they have the necessary confidence to routinely refer their patients to qualified professionals.

8. Yoga



Yoga comes in a variety of forms with many of which now having distinct certifications. This fact, along with the growing abundance of instructional tapes and books, has led to the increase and sustained popularity of Yoga. Yoga as a fitness form is constantly being reinvented and refreshed constantly, making it an attractive form of exercise.

Complete List Top 20 Fitness Trends for 2017

- | | |
|---|---------------------------------------|
| 1. Wearable Technology | 11. Fitness Programs for Older Adults |
| 2. Body Weight Training | 12. Functional Fitness |
| 3. High-Intensity Interval Training | 13. Outdoor Activities |
| 4. Educated, Certified, and Experienced Fitness Professionals | 14. Group Personal Training |
| 5. Strength Training | 15. Wellness Coaching |
| 6. Group Training | 16. Worksite Health Promotion |
| 7. Exercise is Medicine® | 17. Smartphone Exercise Apps |
| 8. Yoga | 18. Outcome Measurements |
| 9. Personal Training | 19. Circuit Training |
| 10. Exercise & Weight loss | 20. Flexibility and Mobility Rollers |

Eating healthier does not have to mean eating boring. In our 'Healthy & Great' recipe section we will introduce you to some incredible recipes which are lower in sugar, fat and calories compared to their 'traditional' counterparts but are still full of flavour.



Corkscrew Chicken and Broccoli Alfredo

Method

1. Cook the pasta to the package directions.
2. Place the broccoli in a large microwave-safe dish. Add 3 tablespoons of water, cover, and microwave for 4 minutes, or until crisp tender.
3. In a medium saucepan, whisk the milk and cornstarch until smooth. Whisk in the broth and place over low heat. Add the cream cheese, garlic powder, and pepper. Bring to a low simmer and cook until the sauce thickens, about 4 minutes. Whisk in the Parmesan and cook for 1 to 2 more minutes, or until sauce is smooth.
4. Toss the cooked pasta, broccoli, and chicken together in a large serving dish. Pour the sauce on top, and toss gently to combine.

MAKES 6 SERVINGS

- ◆ 8 ounces (3 cups dry) bowties
- ◆ 5 cups broccoli florets
- ◆ 1 cup low-fat milk
- ◆ 1½ tablespoons cornstarch
- ◆ 1 cup reduced-sodium chicken broth
- ◆ ¼ cup light cream cheese
- ◆ ½ teaspoon garlic powder
- ◆ ¼ teaspoon pepper (or more to taste)
- ◆ ½ cup grated Parmesan cheese
- ◆ 2 cups shredded cooked boneless, skinless chicken breast

DARE to COMPARE

The restaurant version of this dish is described as white meat chicken and steamed broccoli 'lightly' tossed with pasta in an Alfredo-style sauce. It averages over 1200 not-so-light calories. It also contains an entire day's worth of fat and carbohydrates, two days' worth of saturated fat, and a whopping 2000mg of sodium.

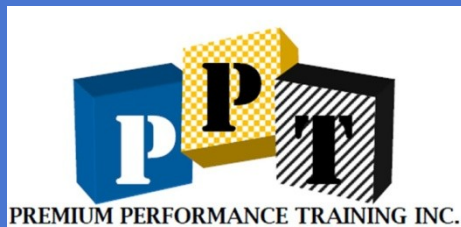
NUTRITIONAL INFORMATION PER SERVING

Calories: 330 / Carbohydrates: 36g (Sugars: 5g) / Total Fat: 7g (Saturated Fat: 3.5g) / Protein: 27g / Fiber 4g / Cholesterol: 50mg / Sodium: 4000mg

Recipe obtained from "Eat What You Love" - By Marlene Koch

Contains more than 300 incredible recipes which are low in sugar, fat and calories and are great for weight loss & diabetic diets

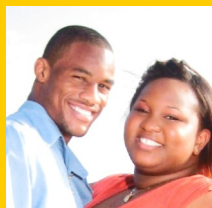
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Let Us Know What You Thought Of This Issue

Read something that you disagreed with, that you did not understand or that was really helpful? Send your feedback to **jamiljones@premiumperformancetraining.com**