



PREFACE

This newsletter is a bi-monthly publication of J & S Health, Fitness and Sports Academy—a gym located in St. James, Barbados. The main purpose of this newsletter is to keep members of the gym informed about current health and fitness trends worldwide. This edition is centered on some of the health and fitness challenges that you may face with the coming of a new year.

INSIDE THIS ISSUE:

A New Year, A New Beginning	1
'In A Rush' Total-Body Workout	2
Tips Corner	2
The Importance of A Healthy Breakfast	3
Questions & Answers	3
News, Notices and Events	4
Contact Us	4



Every year we aim to 'start the new year right' by making resolutions that span all aspects of our life – work, school, family, friends, and of course health and fitness. This brings us to exercise. Oh exercise...the one unfilled resolution that always seems to find its way back onto our list. We start out strong as always, sticking to an exercise regime for a couple of days, weeks, or even months but, by the year's end, the exercise resolution is long confirmed a failure. By now you should know that **sheer willpower will not work**. Work will pick up, exams will come around, kids will get sick and before you realise it you will become too busy for scheduled exercise. So how can this year be different?

How can this year be the year that you write that particular exercise resolution for the very last time?

1. Turn Resolutions into Clear & Realistic Goals

Often our health and fitness resolutions take the form of vague statements: "I will exercise more". However to be successful you need clear and measurable statements about what you hope to achieve. Thus, it is not sufficient to aim to lose weight: aim instead to lose two pounds in two weeks. Additionally, one should break-down large goals into smaller components that form building blocks over time. For example aim to extend jogging time by one minute each week with the aim of jogging for five minutes consecutively by week five. And, perhaps most importantly, set realistic goals considering the available time. Many goals go unachieved not because they are impossible but because they are set to be completed in an unrealistic timeframe.

2. Schedule your Gym Sessions

Every important aspect of your day is scheduled –

leave home by 7 am., pick up the kids at 3 pm. – so why not your workouts? You should predetermine the specific days, and the precise times, that you plan to workout. Do not simply plan to workout three times a week. Put exercise into your daily schedule: make it an important part of your day and not something that you try to get done if you have the time.

3. Keep a Training Log

A training log is a daily record of your workouts. The written evidence within your training log can help you to effectively measure your workout progress. Training logs can also provide great psychological benefits as the positive reinforcements provided by the proof of progress have been proven to keep persons motivated during periods of discouragement.



4. Prepare for the Unexpected

Life is unpredictable. Something unexpected will occur preventing you from accomplishing your scheduled workout. When the unexpected occurs, have a back-up plan. If you miss your gym appointment - do an 'at home' workout, hit the gym early before work tomorrow, or 'double up' on your next scheduled gym session. Remember, you do not have to skip that workout entirely because you cannot workout at the planned time.

5. Reassess your Goals Periodically

Every six to eight weeks assess your progress. Are you closer to your goals, have you achieved them, or are they becoming more elusive despite your greatest efforts? If you have achieved your goals set a new target, a new benchmark, a new challenge. If your goals are becoming more elusive analyse and adapt your workout schedule or routine. Try to pinpoint the reasons for your shortfalls and restructure your workout regime as necessary. Nevertheless, regardless of what you have achieved since your last assessment *do not become complacent or discouraged*.

'IN A RUSH' TOTAL-BODY WORKOUT

Short on time? Try this full-body workout. It will give you a great burn in as little as 20 minutes! All you need is 1 pair of weights. Do the exercises (in the order shown) as a circuit. Take approximately 30 seconds rest between exercises and 2—3 minutes rest after each circuit. Complete the circuit 3 times.

CLEAN AND PRESS - 15 repetitions



Beginning



Middle



Ending

Execution: Start in a squatting position with the dumbbells at your side (palms facing inward). Drive up explosively through your heels, straightening your legs and simultaneously pulling the dumbbells up to your shoulders. As the dumbbells reach your shoulders bend slightly at your knees and rotate your arms until your elbows are pointing outward. Extend forcefully at your knees and press the dumbbells straight overhead.

FULL CRUNCHES - 30 repetitions



Execution: Curl upwards, lifting your shoulders and upper back off the floor (Basic Crunch), while bringing your knees towards your chest by lifting your hips and glutes off the floor and curling them towards your chest (Reverse Crunch).

CROSSOVER CRUNCHES - 15 repetitions (each side)



Execution: Cross your left ankle over your right knee. Curl your right shoulder and upper back upwards while twisting your right elbow across your body as close towards your left knee as possible.

Tip: Replace right with left and vice versa to work the opposing side. Do all the repetitions for your right side then repeat on the left side.

JUMPING JACKS - 60 seconds



Tip: Try to keep a constant rhythmic pace for all the repetitions completed.

TIPS CORNER

Weight loss tip: *Eat Smaller Meals More Often*

Instead of eating one large meal, eat several small nutritious meals. This will help to increase your metabolism. It will also prevent you from consuming far too many calories throughout the day, as it curbs hunger pangs and, thereby, decreases the probability of binge eating.

TIPS CORNER

Muscle Building tip: *Consume More Calories*

In order to gain muscle mass you need to create a calorie surplus by eating more calories than your body burns. The extra calories acquired will be used by your body to repair muscle tissue that was damaged by your weight lifting workouts, and to build new muscle.

The Importance Of A Healthy Breakfast



It's the old saying, "Have breakfast like a king, lunch like a prince and dinner like a pauper" which symbolizes the sentiments by many nutrition professionals that 'breakfast is the most important meal of the day'. Unfortunately, out of these 3 meals, breakfast is the most often neglected.

A healthy breakfast is extremely important to your overall wellbeing since breakfast is the first chance the body has to refuel its glucose/blood sugar levels after an extended period without a meal or snack. (Glucose is the main energy source for the brain and central nervous system; it fuels the muscles needed for physical activity.) Studies have proven that skipping, or eating a poor breakfast, generally results in persons having shorter attention spans, decreased alertness, lower blood sugar levels and overall decreased work productivity, compared to when they ate a healthy breakfast. Studies have also linked long term benefits, such as, less chronic diseases and increased longevity to constant healthy breakfast habits. A healthy breakfast can also be essential in weight management as it can help to reduce hunger temptations and binge eating.

A Healthy breakfast includes:

- ◆ whole grains (e.g. whole grain cereal);
- ◆ low-fat proteins (e.g. lean slices of meat, eggs);
- ◆ low-fat dairy (e.g. skim milk, low-fat yogurt); and,
- ◆ fruits and vegetables (either in the form of fresh fruit/vegetables or fruit/vegetable juices).

Questions & Answers

Is it better to do cardio before weights or to do weights before cardio?

There is scientific research supporting both sides of this argument; however, I would advise you to order your workout based on:

- (1) The portion of the workout you want to emphasise most during your session; and;
- (2) The portion that is more essential to your overall workout goals.

Remember, you will be fresher at the beginning of your workout; thus, you are likely to get better results for work done in the earlier phases of your workout session.



What is the best order for weight exercises?

There is no "best order" to perform weight exercises. However, as a general rule, it is best to train your larger muscles (e.g. chest, back, legs) before your smaller muscles (e.g. biceps, triceps, calves). Many of the smaller muscles are used as stabilizing or assisting muscles when you train your larger muscles; therefore, if these smaller muscles are fatigued you will not be able to effectively train your larger muscles due to the premature failure of the stabilizing or assisting muscles.

In this same manner, compound exercises (those that work more than one muscle group and joint at one time) - e.g. chest press, leg press, squats - should be done before isolation-type exercises - e.g. leg extension, biceps curl, triceps press, leg curl.

Have a question you want answered? Read something you disagree with? Send your questions or comments to jamiljones@jandsacademy.com and we will try to answer them for you in our next issue.

NEWS, UPCOMING NOTICES AND EVENTS

◆ **Errol Barrow Day (21st January) - Gym Opening Hours: 7 a.m. — 12 p.m.**

◆ **Wall Of Fame**

Beginning in February 2010, J & S Academy will have a 'Wall of Fame' on which we will place the best 25 results (Male & Female) for standard tests of Strength and Cardio Endurance. Test standards are listed below:

Strength Endurance (most repetitions completed in 60 seconds):

Push-ups (Male)

Modified push-ups (Female)

Cardio Endurance (fastest time completed):

Concept 2 Rower: 500m

Treadmill: 1 mile

**** More information can be obtained from the reception area.****

The Management and Staff of J & S Health, Fitness and Sports Academy wishes all its members and associates a blessed and prosperous New Year!

CONTACT US



**J & S Health, Fitness and Sports
Academy**

6 Holders Hill

St. James

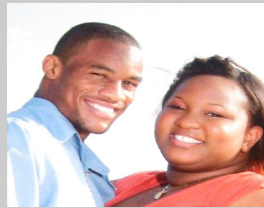
Barbados

Tel: (246) 231-6792

Website: www.jandsacademy.com

E-mail: admin@jandsacademy.com

ACKNOWLEDGEMENTS



Writer: Jamil Jones

Editor: Janielle Jones

Photography: Janielle Jones &
Jamil Jones

Special thanks to Tammy Bryan and Jasmein Shallow for their assistance with this issue.

WANTED...

Models for the next publication of the Health & Fitness Newsletter

Contact Jamil Jones at 231-6792 (w), 233-6433 (c)

or jamiljones@jandsacademy.com.

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@jandsacademy.com