



## 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.

### Quote to remember:

The difference between try and triumph is just a little umph!

Marvin Phillips

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## Can Low - Moderate Intensity Cardio still be Effective?

The July/August and September/October 2010 issues of this *Health & Fitness Newsletter* focused on the many benefits of High Intensity Interval Training (HIIT). From these articles it was clear why HIIT has taken over the fitness industry as the preferred option for improving cardiovascular fitness. Subsequently, steady state cardio (low to moderate intensity) is now considered by many to be obsolete. However, this form of cardio should not be discarded from your workout regime as it still has an integral part to play in not only the improvement of your cardiovascular level, but also in the formation of a well-rounded complete cardio regimen.

Low to moderate intensity steady state cardio refers to cardiovascular workouts during which the aim is to maintain your heart rate between approximately 60% - 80% of its maximum (3 - 6 on the rate of perceived exertion scale). These types of workouts are comprised of lower overall intensity levels, and as such generally require a longer workout durations to result in a similar calorie output compared to shorter higher intensity interval workouts. The longer workout duration required to produce similar calorie expenditures may be a deterrent for many persons; however, these types of cardio workouts do provide various advantages over its higher intensity counterparts. Examples of such are that steady state workouts: (1) can be performed more effectively with a greater number of activities, (2) are significantly less taxing on your body thereby resulting in less injury possibilities, (3) are more effective cardio tools for persons with physical/motivational limitations as well as those with low fitness levels, and (4) result in a greater level of workout program adherence and consistency.

It should be noted that despite the fact that in steady state cardio workouts your heart rate level remains within a set percentage, the workout intensities can be increased to prevent reaching a plateau. This is done by gradually increasing the percentage of time spent at the higher end of the heart rate range scale; therefore, over the same workout duration you would receive a more challenging and effective workout and would have burnt a greater number of calories.

### General Steady State Cardio Program Guidelines

- ◆ Workout Consistency: 3 - 5 times per week
- ◆ Workout Duration\*: 30 - 60+ minutes
- ◆ Workout Intensity\*: 60% - 80% of your maximum heart rate (MHR)

\*When steady state workouts are performed effectively and efficiently workout duration and intensity are generally inversely related



### Sample 4 Day Steady State Cardio Program

Day	Duration	Intensity
1	30 mins	75% - 80% MHR
2	60 mins	60% - 65% MHR
3	45 mins	65% - 75% MHR
4	30 mins	75% - 80% MHR

## PAGE 2 Weighted Abs Workout

Are you tired of crunching out 30, 40 or even 50 repetitions of ab exercises and not 'feeling the burn'? Your abs, just like any other body part, needs some added resistance to increase the workout intensity and really challenge your muscles. Below is an advanced ab workout using some basic exercises but incorporating added resistance to increase the exercise intensity.



### EXERCISE BALL CABLE CRUNCH: 3 sets x 15 repetitions

**Positioning:** Lie face-up on the ball with your lower and middle back supported, knees bent and feet flat on the floor. Grasp the rope attachment securely with each hand near your neck and lean over the ball arching your back over the ball.

**Execution:** Crunch upwards as far as you can, raising your head and shoulders as you curl your chest towards your pelvis. Contract your abs at the top of the crunch before slowly lowering your torso and returning to the starting position. Once your shoulder blades touch the exercise ball immediately crunch upwards to start the next repetition.



### DUMBBELL HIP THRUST: 3 sets x 15 repetitions

**Positioning:** Lie face-up on the floor with your hands extended at your sides. Place a dumbbell between your feet and extend your legs upwards so that they are roughly perpendicular to the floor.

**Execution:** Contract your abs, and thrust your hips upwards, raising your hips and glutes off the floor. Maintain the perpendicular positioning between your legs and the floor as you raise your hips and glutes. Pause at the peak of your motion before lowering your glutes back to the floor. Once your glutes touch the floor immediately thrust upwards to start the next repetition.



### DECLINE CABLE TWIST: 3 sets x 10 repetitions (each side)

**Positioning:** Place a decline bench in between the cable crossover machine, with a D-handle attached at the lowest cable height. Sit on the bench in a half sit-up position and hold the D-handle with both hands out in front of you.

**Execution:** Rotate your torso towards the weight stack until your forearm is approximately parallel to the floor (the weight stacks should not touch). Pause for a moment before returning to the starting position. Once you have completed the desired number of repetitions either rearrange the decline bench or place the D-handle attachment on the opposite weight stack, thereby allowing you to target the opposite side of your abdominals with the same movement.



### WEIGHTED PLANK: 3 sets to failure

**Positioning & Execution:** Lie face-down on the floor with your body straight and arms extended in front of you. Contract your abs and slowly lift your body off of the floor so that your body weight is supported by your forearms and toes (front plank position). Have someone place a weight plate (10 lbs - 45 lbs) on your middle - lower back. Keep your abs pulled in tight and maintain a flat back for as long as possible. Once you can no longer hold the correct positioning (your hips start to slowly drop towards the floor) slowly drop your hips and forearms and return your entire body to the floor.

### TIPS CORNER

#### Weight loss tip: Use Healthier Cooking Oils

When using cooking oils choose ones high in mono-unsaturated fat (e.g. olive oil, sunflower oil, canola oil) and stay away from oils high in saturated fat (e.g. coconut oil, corn oil, palm oil). An even better option is to use Cooking Spray when possible.

### TIPS CORNER

#### Muscle Building tip: Eat A Pre-Workout Meal

Eat a small pre-workout meal consisting of low - medium glycemic carbohydrates and a protein 1 - 3 hours before your workout (Carbohydrates are the main source of energy during your workout, and protein is the essential building blocks of muscles)

## Blood Sugar Control Is Improved By Weight Training

Blood sugar control declines with age, and is influenced by genetics, diet and physical activity. Laurie Black and colleagues from the Arizona State University studied the effects of weight training intensity and volume of blood sugar control in adult men and women (average age of 30 years) with slightly elevated resting blood sugar levels (100 - 125 mg/dL). The study found that high-intensity, multiple set weight training resulted in lowered resting blood sugar levels (without affecting blood insulin levels) better than single-set, low-intensity workouts.

*(Journal Strength Conditioning Research, 24: 1109 - 111, 2010)*

## Cereal & Nonfat Milk Speeds Up Post-Exercise Recovery

Researchers at the University of Texas found that consuming cereal with nonfat milk after intense exercise promoted post-exercise recovery in a similar manner as the consumption of a commercial sports drink in similar circumstances. In fact, the cereal/nonfat milk post exercise combination was actually found to be better than the sports drink in stimulating one of the markers of protein synthesis (mTOR).



*(Journal International Society of Sports Nutrition, 6: 11, 2009; published online)*

## Circuit Training Is More Strenuous For Men than Women

A Southeastern Louisiana University study discovered that circuit training resulted in men having a greater absolute and relative oxygen consumption, systolic blood pressure, perceived effort, and recovery oxygen consumption, compared to women. The results therefore showed that circuit training was more strenuous for men than women. In this study both genders performed 10 repetitions of 6 exercises for 3 circuits using a weight equal to a 12 repetition maximum for each participant. It is unknown however, if similar results would be obtained if any parameters of the circuit (e.g. resistance, repetitions, kind of exercises) were altered.

*(Journal Strength Conditioning Research, 23: 932-938, 2009)*

## Popcorn Is High In Polyphenols



Polyphenols are powerful antioxidants that help prevent cancer, heart disease and stroke. A University of Scranton study found that popcorn is high in polyphenols, with levels that are equal to most fruits and vegetables, thereby adding more credibility to its designation as a healthy snack food. It should be noted however that in such cases the type of popcorn being considered is minimally salted, air-popped popcorn which is low in calories and fat, and not highly buttered and, or, salted oil popped popcorn .

*(Science Daily, August 19, 2009)*

## Questions & Answers

### ***Is there any way for me to estimate my 1 rep max (RPM) without attempting the actual weight?***

Yes there is. You can attempt a weight (to failure) that is less than your 1 rep max, and based on the number of repetitions completed you can extrapolate your 1 rep max with the use of the following formula:

$$\text{*1 Rep Max} = (\text{Weight Lifted} / \text{percentage lifted}) \times 100$$

Repetitions completed	=	Percentage lifted	Repetitions completed	=	Percentage lifted	Repetitions completed	=	Percentage lifted
1	=	100%	5	=	87.5%	9	=	77.5%
2	=	95.0%	6	=	85.0%	10	=	75.0%
3	=	92.5%	7	=	82.5%	11	=	72.5%
4	=	90.0%	8	=	80.0%	12	=	70.0%

\* This method is not as accurate as performing a 1 rep max, however, it does give you an estimation of your approximate rep max

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

## Condiments - They Add A Lot More Than Taste



Condiments are sauces or seasonings that are added to food to enhance its taste. In fact, condiments are so much a staple of certain meals that those such meals are just not complete without them. After all, as Timmy put it in his 2007 soca hit 'De sweetness is in de sauce'.....but unfortunately, so are the calories! Thus, in your journey to improved taste you may not realize how much these dashes and spoonfuls of added extras are adding hundreds of calories to your daily calorie diet over the course of a day.

Within the wider population condiments are usually perceived to be limited to those toppings added after foods have already been cooked or prepared. However, the addition of these similar items during food preparation also have a glaring effect on its overall health content (e.g. you consider the ketchup, mustard and relish you add to your hotdog but have you ever considered the barbeque sauce you use for basting when preparing barbequed meat?). It is true that not all sweet and savory additions are bad choices (e.g. many yellow mustard brands contain 0 - 5 calories per serving), however the truth is that most of our commonly used condiments contain significant amounts of high-fructose corn syrup, sugar, sodium and oil, resulting in items which have high calorie counts and significant volumes of saturated fat, and, or sugar.

Below is a glimpse at some of the more popular condiments which may be negatively effecting your diet in ways you may not have considered:

### Ketchup (1 tablespoon: 15 calories)



The 'king of condiments' may seem as a low calorie, healthy option at just 15 calories per tablespoon. However, when you consider that 1 tablespoon is approximately equivalent to a single squirt of the ketchup bottle it is easy to see why ketchup can be considered 'fool's gold' as it relates to calories. When you start to count the tablespoons you use you may realise that those squirts of ketchup can add up faster than you imagined.

### Mayonnaise (1 tablespoon: 99 calories)



This thick creamy sauce most commonly added to sandwiches or salads is a calorie nightmare at around 100 calories per tablespoon (and over 10g of fat!). For healthier options where mayonnaise is, in your opinion, essential to the preparation of your food substitute the full fat variety for reduced fat or fat free options. This can reduce your calorie intake from mayonnaise by at least 50%. In cases where mayonnaise is not 'essential' (e.g. on sandwiches) you can try replacing it with hummus (1 tablespoon: 23 calories, 1g fat).

### Cream Cheese/Blue Cheese/Ranch Dressing (1 tablespoon: 73 - 76 calories)



These cheeses and dressings are highly popular additions to salads or as dipping sauces for everything from buffalo wings to celery sticks. These high calorie 'flavour makers' can easily negate any healthy intensions you had for your meal, transforming it into an amazingly fatty and unhealthy dish. Low calorie versions of all 3 types of dressings would reduce its negative impact, but best of all maybe to substitute them for salsa dip (1 tablespoon: 5 calories) when using them as a dipping sauce, or vinaigrette (1 tablespoon: 35 calories) when using them as a salad dressing.

### Barbeque Sauce (1 tablespoon: 24 calories)



Barbeque sauce is only 24 calories per tablespoon, so if used as a dipping sauce the calories consumed from this type of condiment would be potentially significantly less compared to other condiment options, once moderation is exercised. However, when applied in the popular manner to food items (e.g. chips and meat) during consumption, or when used for basting when barbequing meat, the volume of barbeque sauce used can easily result in unhealthy food options. A great alternative, especially in the cases of meat during consumption is Tabasco sauce.

### Pancake/Maple Syrup (1 tablespoon: 47 - 52 calories)



Eating waffles, pancakes or French toast for breakfast? Then the syrup isn't usually far behind and so are an additional approximate 50 calories per tablespoon. Now stop and think for a second about how many calories you are really consuming when you not only pour the syrup over these items, but also add a little on the side to dip as well. If you didn't realise, it's a calorie disaster! Significantly healthier options in these instances are plain low fat yogurt (1 tablespoon: 9 calories) or fruit flavoured low fat yogurt (1 tablespoon: 15 calories).

# NEWS, NOTICES AND EVENTS

## **BANK HOLIDAY OPENING HOURS**

- ♦ *May Day (May 2nd, 2011): 7 a.m. - 12 p.m.*

## **MR. BRIDGETOWN NOVICE/TEENAGER COMPETITION**

- ♦ *The Combermere School - April 30th, 2011 - 7.00 p.m.*

## **COMMON ENTRANCE EXAMINATION 2011**

- ♦ *Good luck to all gym members, or children of gym members, who will be sitting the Common Entrance Examination on Tuesday May 3rd, 2011!*

## **PAST NEWSLETTER EDITIONS**

- ♦ *Past editions of J&S Academy's Health & Fitness Newsletter can be downloaded from the gym's website ([www.jandsacademy.com](http://www.jandsacademy.com)).*

## **CONTACT US**



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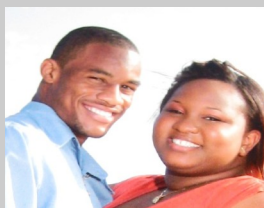
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## **WANTED...**

*Models for the next publication of the Health & Fitness Newsletter*

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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@jandsacademy.com](mailto:jamiljones@jandsacademy.com)