



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:

*"It's not whether you get knocked down; it's whether you get up"*

- Vince Lombardi

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## Appropriate Shoes: Your Most Important Workout Equipment



During exercise your feet are subject to more injury risk than any other part of your body. However, one of the most common contributors to feet injuries is not the exercise itself but the shoes worn during exercise. In fact, according to Mr. Mike O'Neil, from the Society of Chiropodists & Podiatrists, serious back, knee and hip pain, Achilles tendonitis & shin splints are common injuries that are also associated with persons wearing inappropriate shoes.

With this knowledge it is advised to invest in the correct pair of shoes for the exercise you are participating in, as speciality shoes are created specifically for various fitness activities.

### Sport & Specific Shoe Characteristics

- **Squash/Tennis** — These shoes are equip with flexible soles and stiffer sides, with added stability on the inside and outside of the shoe. They are built for quick lateral movements as well as sudden stop and go movements.



- **Cycling** — These shoes have clips which allow you to secure them into a bike pedal. This helps to maximize the effectiveness of each pedal stroke/revolution.



- **Netball/Basketball** — These shoes have added ankle protection, along with a combination of flexibility and thick soles. Designed to provide support against quick lateral movements as well as ankle and foot injuries caused by constant, sudden jumping.



- **Running** — These shoes are built with support and stability catered to constant straight forward movement through the running gait cycle. There are further subsets of running shoes based on added factors such as foot pronation (the degree your foot rotates towards the inside when you run)



*Continues on Page 4*

# Bodyweight Tabata Workout

**Christmas time....no equipment?....no time?....No Problem!**

Try the below Tabata workout to get a high intensity full-body workout.

But what exactly is Tabata?

Tabata = alternating 20 seconds of an exercise with 10 seconds of rest, non-stop for 8 sets

**04:00**

## TABATA Training

**04:00**

### Instructions:

- Alternate 20 seconds of an exercise with 10 seconds of rest, non-stop for 8 sets
- There are 3 variations for each exercise. Use the exercise which best suits your experience/fitness level
- Rest 2–3 minutes between exercises

### Tips:

- Use an interval timer with alarms to ensure you adhere to the 20 seconds work — 10 seconds rest, time periods
- If you become too fatigued to continue with the more experienced variety of the exercise continue the sequence replacing the higher intensity option with a lower intensity option.

#### Push Up Exercise Options

- Modified Push Ups
- Push Ups
- Plyometric Push Ups

#### Squats Exercise Options

- Squats
- Jump Squats
- Tuck Jumps

#### Sit Up Exercise Options

- Sit Ups
- Diamond Sit Ups
- Jackknife Sit Ups



**Plyometric Push Ups**



**Jump Squats**



**Jackknife Sit Ups**

### Ask Yourself Answers

1. **False** — More than 200 viruses can cause the common cold
2. **False** — Your shoulder muscle is divided into 3 heads; anterior, medial & posterior
3. **True**
4. **True**
5. **False** — The Dung beetle can pull 1,141 times its own body weight compared to 30 - 50 times for the ant

### Strategies for Weight-Loss Maintenance

Consistent weight loss requires a caloric deficit of 300 calories per day, made up of a combination of reduced calorie intake and caloric expenditure. In theory, weight maintenance should not be a problem, however most people can't do it, as ninety-five percent (95%) of people who lose weight gain it back within a year. Iranian scientists, in a review of literature, summarized successful weight-maintenance techniques, which included consuming meal replacement beverages several times per week, reducing high-sugar drink consumption, low-carbohydrate diets, high-protein diets, low-fat diets, and regular exercise. Based on their findings, none of these techniques employed individually work consistently in the general population. The National Weight Control Registry in the United States maintains a database of people who successfully lost weight and maintained the weight loss (persons who have maintained at least a 30 pound weight loss for one year or longer). The most common trait in such persons within the database were that they exercised at least 1 hour a day, consumed smaller portions, and limited the consumption of desserts, bread and high-sugar drinks

*(Journal Research Medical Sciences, 19: 268 - 275, 2014)*

### Napping Has No Effect on Short-term Exercise Performance



Athletes may often nap prior to practice or competition because they believe it will improve performances. This is particularly true in jet-lagged athletes. French researchers found that a 20 minute nap taken several hours before high-intensity exercise had no effect on performances at local time or simulated jet lag. Napping before practice or competitions therefore does not improve performance, however such practices were found to alter the basic sleep characteristics of the individual at night resulting in sleep disturbances during the night.

*(European Journal Applied Physiology, 114: 305 - 315, 2014)*

### Weight Training is Safe for Kids

Many pediatricians have been reluctant to recommend weight training to children and young adolescents because they feared damage to the bone growth centers, since the growth plates are weaker than the surrounding bone and could theoretically suffer injury during heavy weight lifting. Michael Malone from the University of Pennsylvania and colleagues surveyed the literature and 500 experts in sports medicine about their opinions on weight training for children. From their findings they concluded that there was no evidence that weight training damages bone growth centers, as the literature and the majority of experts supported the belief that strength training is safe for children and young adolescences.

*(The Physician and Sports Medicine, 41 (4): 101 - 105, 2013)*

### Non-Nutritive Sweeteners Trigger Metabolic Changes Linked to Obesity



By definition, non-nutritive sweeteners do not contain any calories. A study on mice from Oita University in Japan showed that consuming sugar-sweetened water increased blood sugar levels in animals, while consuming water containing non-nutritive sweeteners triggered reduced blood sugar levels. However, animals consuming the non-nutritive sweeteners gained body fat and had increased leptin and triglyceride levels, and also experienced decreases in coupling proteins in brown fat, which decreased the metabolic rate and promoted fat deposition. This study provided some insight into the reason why chronic consumption of items which are high in non-nutritive sweeteners, such as diet sodas, actually promote weight gain.

*(Metabolism Clinical and Experimental, 63: 69 - 78, 2014)*

# Appropriate Shoes: Your Most Important Workout Equipment

....Continued from Page 1

- **Cross Trainers\*** — These shoes combine several factors such as stability, cushioning and support and are catered to allow its adequate use in multiple sports

\*If you participate in the same activity twice or more times per week it is suggested to invest in a sports specific shoe



- **Walking** — These shoes are constructed for straight forward movements similar to running shoes, however they have more rigidity in the front and due to more regular heel contact they also are equip with added shock absorption in the heel



- **Aerobics** — These shoes are designed to be light-weight and provide extra support and shock absorption beneath the ball of the foot since this is the area where the most stress occurs.



## Common Mistakes

Wearing the correct type of shoes for the exercise you are doing is in your best interest, however, after the correct pair of shoes have been acquired their are several common pitfalls or mistakes persons commonly make which you should avoid:

### 1. Using your shoes for non-sporting activities

After purchasing specialized shoes many persons commonly wear them for other non-designed activities such as; going to work, running errands or going out, with reasons being given such as the shoes “feel so comfortable” or “they are all I could find”. However, by using them for such non-designed purposes the shoes ‘break/wear down’ at a much faster rate due to added (unnecessary) usage.

### 2. Not replacing your shoes in a timely manner

Many persons only replace their workout shoes when they begin to ‘look old’ or are aesthetically less pleasing. However, in most cases the support — the designed part of the shoe which helps make the shoe unique and specifically designed for its activity/sport — has long broken/worn down, and as a result the shoes are no longer efficiently protecting you as they should.

## ASK YOURSELF ..... True or False ?

Score: \_\_\_\_\_ out of 5

1. The common cold is caused by one (1) type of virus	TRUE	FALSE
2. Your shoulder muscle is divided into two (2) heads; the anterior and posterior heads	TRUE	FALSE
3. Over-pronation occurs when after heel-strike, your foot rolls more than 15° inwards to meet the ground	TRUE	FALSE
4. Your resting heart rate can be used as an indicator of your current fitness level	TRUE	FALSE
5. The ant is proportionately the strongest animal on the planet	TRUE	FALSE

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

*....Continued from Page 4*

Based on shoe type and activity level there are general suggested usage/timeframe guidelines for replacing your shoes (e.g. It is advised to replace running shoes every 300 - 500 miles or 3 - 6 months). In most cases shoes with casual usage should be replaced once a year, however, with increased usage 6 months is generally considered the upper limit before shoes should be replaced.

However, if constraints prevent the replacement of shoes within the suggested timeframe an option would be to use sports insoles within the shoes to assist with added shock absorption, stability and support.

### **3. Wearing the wrong size shoes**

The shape and fit of specialized shoes can vary based on the shoe design, with differences even being found between different models/brands designed for the same activity. When trying specialized shoes (or any fitness shoe) adhere to the following suggestions to obtain your preferred shoe size;

- (a) There should be a firm grip of the shoe to your heel
- (b) The shoes should not feel too tight or too loose
- (c) There should be a small space between the end of your longest toe and the tip of the shoe (to allow comfortable movement of your toes)

Many persons use one pair of specialized shoes for many sporting activities, and while this is a practical and cost-effective idea it is not the safest or best option. In such situations you should aim to invest in a shoe for your most common activity and a cross-trainer to use for all the other activities.

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 flavor.

*In lieu of the season, this edition introduces a healthier version to the traditional Holiday Eggnog. We hope you enjoy*



## Holiday Eggnog

### Method

1. In a medium pot, mix together the milk, 1/2 cup of the half-and-half (reserve 1 cup of the half-and-half in the refrigerator to keep cold), and the sweetener.

2. In a small bowl, whisk together the liquid substitute, egg yolks, cornstarch, and nutmeg. Add to the milk mixture and cook for 5 - 8 minutes over low heat, stirring constantly, until the mixture is thick enough to coat the back of a spoon.

3. Immediately turn off the heat and add the remaining cup of the chilled half-and-half and the vanilla. Allow to cool slightly, then refrigerate until thoroughly chilled.

### MAKES 8 SERVINGS

#### Ingredients:

- ◆ 2 1/2 cups low-fat milk
- ◆ 1 1/2 cups non-fat half-and-half, divided
- ◆ 2/3 cups Splenda granulated sweetener
- ◆ 1/2 cup liquid egg substitute
- ◆ 2 large egg yolks
- ◆ 2 teaspoons cornstarch
- ◆ 1/2 teaspoon nutmeg
- ◆ 2 teaspoons vanilla

#### DARE to COMPARE .....

The richest of homemade eggnogs are made out of equal parts heavy cream and whole milk, egg yolks, a pinch of nutmeg and lots of sugar, ultimately resulting in up to 300 calories in as little as a half cup, inclusive of 16 grams of fat (9g saturated fat) and 37 grams of sugar.

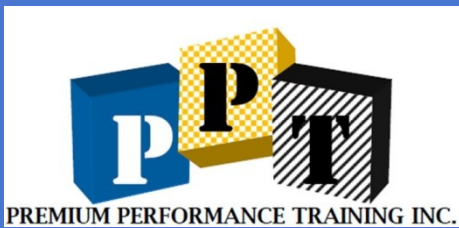
#### NUTRITIONAL INFORMATION PER SERVING (1/2 cup)

Calories: 90 / Carbohydrates: 10g (Sugars: 8g) / Total Fat: 2g (Saturated Fat: 1g) / Protein: 7g / Fiber 0g / Cholesterol: 55mg / Sodium: 115mg

#### 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 & diabetes diets

## CONTACT US



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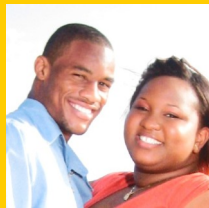
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### **Let Us Know What You Thought Of This Issue**

Read something that you disagreed with, that you did not understand or that was really helpful? Send your feedback to

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