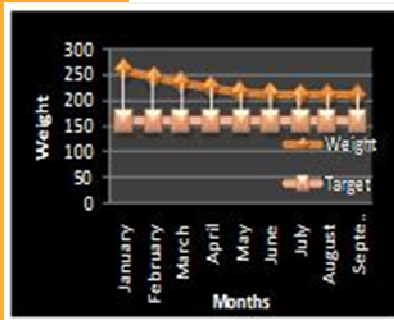




Breaking Through The Weight loss Plateau



You have that special target weight in mind so, you've begun exercising and you've reduced your calorie intake. For a while, everything is going great. The pounds are falling off, your clothes are feeling

loose, and your enthusiasm is at an all time high. Then, all that remarkable progress comes to a screeching halt. You are stuck at the same weight for days, weeks or even months. You have hit a **WEIGHT LOSS PLATEAU** and despite your best efforts you are stuck. But what exactly causes a weight loss plateau and, perhaps more importantly, how can you get over them?

Intensity - the difficulty level at which you workout
There are various ways in which you can increase the intensity of your workout; however, as with frequency, intensity levels must be balanced (especially on multiple consecutive workout days) to allow for suitable adaptation, while still allowing enough recovery time between high intensity workouts.

Heart rate and workload are the primary measures of intensity in aerobic (cardio) and resistance training activity respectively. In both types of training, intensity can be gradually increased to produce the same challenge to your body, regardless of whether you are a seasoned exercise enthusiast or an exercise novice.

Time - how long your workout sessions last
By increasing the length of your workout sessions you challenge your body over a longer period of time. However, beyond a particular length of time your workout benefits become minimized and the risk of overtraining and injury increases. Thus, once again a balance must be maintained. Nevertheless, the general consensus is that the upper time limit in an effective workout is approximately 60 minutes for both cardio and resistance exercises.



Type - the kind of exercise performed
There are numerous types of exercises that can be performed to vary a workout regiment while producing similar desired results. However, it should be noted that some forms of cardio and resistance exercises may be better suited for particular individuals based on their; (1) fitness level, (2) experience level and (3) workout goals. Generally the best type of cardio or resistance exercises are those which make use of as many large muscle groups as possible such as jogging for cardio and compound exercises such as clean-and-press for resistance training.

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Causes of the Plateau

The human body is incredibly resilient and it is naturally programmed to respond to most stresses. Such resiliency causes the body to adapt to repetitive training regimes. The workouts no longer challenge our body and the gains obtained become reduced, and may ultimately stop. Hence, you reach a plateau.

Overcoming the Plateau

So how do you keep challenging your body to break through that plateau, or better yet, to prevent the plateau from ever occurring? One word.... **VARIETY**.

Variety is the key ingredient to continual weight loss success as by regularly varying your workout routine your body never becomes adapted to the workouts. There are four main adjustments that can be made to add variety to your workout program. These adjustments are generally known as the F.I.T.T principle- Frequency, Intensity, Time and Type.

Frequency - how often you workout
By increasing the frequency of your workouts your body is challenged more regularly. However, there must be a

Quote to remember:

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

Unknown

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PLYOMETRIC WORKOUT

Shake up your workout with this high intensity plyometric routine which is high on effort and short on time. Do the exercises (in the order shown) as a circuit. Take approximately 30 seconds rest between exercises and 3 minutes rest after each circuit. Complete the circuit 3 times. **IMPORTANT** - Perform moves on adequate shock-absorbing surfaces. Make sure that you have a good base of strength and fitness before attempting this workout, and persons with knee or lower body arthritis problems should not attempt this workout.

POP UP PUSH-UPS - 10 repetitions



A



B



C

Execution: Start in the push-up position on the floor with your hands wider than shoulder-width apart. Push quickly through your palms to explode upwards, lifting your hands off the floor while keeping your toes planted. As your hands come back to the floor have your elbows slightly bent and return to the starting position in one smooth motion.

*Modified pop up push-ups can be performed by individuals who lack the strength to do a standard pop up push up by keeping your knees on the ground during the exercise

JUMP LUNGES - 10 repetitions



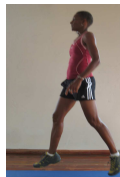
A



B



C



D



E

Execution: Start in a slightly swatting position with your arms down at your sides and eyes forward. Jump up explosively and land in a lunge position. Jump up again and scissor your legs this time landing in the opposite lunge position. This is one repetition. Continue jumping and scissoring your legs until all the required repetitions have been completed.

Tip: Don't pause between lunges or let your back knee touch the floor.

SQUAT THRUST WITH JUMP (BURPEES) - 10 repetitions



A



B



C



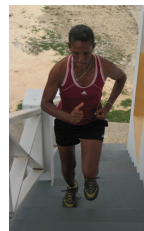
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E

Execution: Begin with your legs slightly closer than shoulder-width apart in a crouching position, hands on the floor alongside your knees. Explosively kick your feet back to move into the top position of a push-up. Quickly return to the starting position and push upwards explosively jumping upwards as high as you can. As you land bend your knees and return to the starting position. This is one repetition.

STAIRS RUNS - 3 / 5 runs



Execution: Run up a flight of stairs (at least 10 steps high) as quickly as possible, hitting each step on the way up. Walk down slowly. As soon as you reach the bottom of the stairs immediately begin the next stair run.

TIPS CORNER

Weight loss tip: *Eat Slower*

It takes your body approximately 20 minutes to realize that it is full. If you eat too fast you will eat excess calories while your body is determining whether you are still hungry and, by the time your body realizes that you are full it's too late.

TIPS CORNER

Muscle Building tip: *Use Basic Compound Exercises*

The best way to train for optimal strength gains and muscles mass is to ensure that your workout consistently contains basic compound exercises which use many different muscle groups simultaneously.

Healthy Snacks



During a discussion with a gym member the topic of healthy snacks came up. With a puzzled look on her face, her response was, "Healthy snacks? There are such things as healthy snacks?". The resounding answer is **yes, healthy snacks do** exist.



When one thinks of snacks the first things that come to mind are high fat, high sugar foods such as potato chips, cookies, candy bars and doughnuts. Such foods are low in nutrients and add unhealthy fats and calories to your diet and can easily lead to fat gains and increased insulin levels. Healthy snacks on the other hand are snacks which are nutrient rich and low in calories. Such snacks offer the additional benefit of satisfying your hunger and fuelling your body throughout the day without the unwanted weight gain. In fact, although not commonly recognized, snacks can be incorporated into being an essential part of your diet. The inclusion of well planned healthy snacks between meals can help keep your energy levels up while also helping to manage your hunger and to prevent overeating at meal time.



When choosing snacks focus on easy to prepare and carry foods from the following food groups:

- ◆ **Fruits & Vegetables** - provides a feeling of fullness with no fat and only a small number of calories in comparison to nutrient density
- ◆ **Whole Grains** - are rich in fibre and complex carbohydrates and is a good source of energy while providing a feeling of fullness
- ◆ **Nuts & Seeds** - provides proteins and although they may be high in calories and fat per volume most of the fats present are monosaturated
- ◆ **Low-fat Dairy Products** - are good sources of calcium and protein while also providing other vitamins and minerals



Below is a list of some healthy snacks that, in some cases, can still appeal to your sweet tooth while still being low in calories:



- 1 pack granola bar (2 bars) - 180 calories
- 1 medium apple - 96 calories
- 1 medium banana - 105 calories
- 1 cup seedless grapes - 110 calories
- 1 cup air popped popcorn (plain) - 31 calories
- 1 cup sugar free JELL-O - 160 calories
- 1 oz raw mixed nuts - 178 calories
- 1 oz almond nuts (approximately 20 nuts) - 164 calories
- 1 oz whole wheat pretzel - 103 calories
- 5 whole wheat crackers - 90 calories



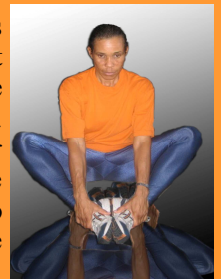
* calorie totals are approximate and may vary based on brand, item size or quantity
 *1 cup = approximately 8g, 1 oz = approximately 28g



Questions & Answers

During my warm up I would normally include some stretching exercises, however I recently discovered that research shows that pre-workout stretching reduces workout results. Should I still stretch before I workout?

The research you are most likely referring to specifically relates to static stretching. Due to this research there is a divide between fitness professionals on the importance of pre-workout stretching. Personally, I believe that you should always include some form of stretching exercises in your warm-up as stretches are likely to provide the improved range of motion your muscles need for working out and they reduce the overall risk of injury. These warm-up stretches however, should be primarily dynamic in nature (i.e. involving moving parts of your body with the aim of increasing reach and, or speed of movement with each repetition while, mimicking the movement of your intended activity) and not static (i.e. involving movement where the stretch is held for 20 to 30 seconds). In short, you may still include stretching exercises in your warm up but, make sure that they are dynamic stretches. Leave the static stretches for your cool down.



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, NOTICES AND EVENTS

- ◆ **Saturday 26th June - Gym Opening Hours: 7 a.m. - 12 p.m.**
- ◆ **Remember that you can download previous editions of the Health & Fitness Newsletter from the J & S Academy website (www.jandsacademy.com)**
- ◆ **J & S Health, Fitness and Sports Academy wishes to congratulate Michal Broome on his 4th place finish in the Novice Division of the Mr. and Ms. Bridgetown/Novice/Teenager Competition.**



CONTACT US



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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