



# Health & Fitness Newsletter

## 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:

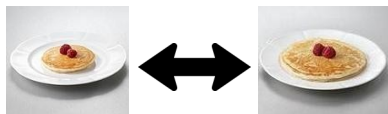
We do not stop exercising because we grow old — we grow old because we stop exercising.

Dr. Kenneth Cooper

## INSIDE THIS ISSUE:

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## Estimate Your Serving Size, Regulate Your Portion Size



Serving Size or Portion Size

The terms 'portion size' and 'serving size' are often used interchangeably. However, these terms have very different meanings. A 'serving size' is a standard measurement (e.g. cups, ounces) developed by the United States Department of Agriculture (USDA), which defines a specific amount of a food item that is recommended for one sitting. A 'portion size' however, is the amount of a food item that you eat at any one time. Thus, there is no standard portion size. Understanding how the portion size of various foods

you eat compare, to the recommended serving size is essential in determining the amount of calories and nutrients that you are consuming with each meal.

The serving size of an item is listed on the first line of its Nutrition Facts label, and should be used in conjunction with the 'Servings per Container' reference which is listed immediately below it. In most cases the amount of food in one package is not one serving of the item, and without paying attention to these two guides you might be surprised to discover how much more, servings you eat in one sitting than recommended. Thus the use of these two reference guides would help you to determine how many servings you are actually consuming, and subsequently determine a more appropriate portion size for each item you consume.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 110

Unfortunately however, many people generally struggle with portion sizes as, most of the time, persons eat portions that are too large without realizing it. In fact, within the last 20 years the term 'portion distortion' has become more of an issue. Portion distortion is the term used to refer to situations where people tend to regard excessive portions as normal amounts. This issue has gradually occurred mainly due to the 'super-sizing' of food items which has occurred over time. In fact, the portion sizes of most items served throughout today's society have now increased to an extent that it is on average 2 to 5 times larger than when it was originally introduced (see figure 1). This increase, and subsequent acceptance of larger portions, has also been one of the reasons for a significant increase in daily calories consumed today compared to 20 to 30 years ago, and is also determined to be one of the reasons for the subsequent rise in obesity and health related diseases which has occurred over this time.



**Figure 1: The Portion Size Comparison of 2 food items 'now' to '20 years ago'**

### Estimating Serving Sizes

Knowing the standard serving size for various items can help you determine a more appropriate portion size for items within your meal, and subsequently allow you to better estimate how much food and calories you are consuming with each meal. To make the determination of serving sizes for food items easier the estimated serving sizes for many common food items have been determined against household items to allow for easy visualization. The table on page 4 provides a list of common food items from each food group, with their subsequent everyday references that you can use to more accurately estimate a serving size of the food item.

For many men the lower half of the body seems to get neglected. Below is a workout totally dedicated to your 'legs' day at the gym to help target and improve your lower body.

Exercise	Sets	Repetitions
Barbell Squats	4	8
Leg Press	4	10
Leg Curl	4	12
Leg Extension	4	12
Dumbbell Straight Leg Deadlift	4	12
Seated Calf Raises	3	15
Standing Calf Raises	3	25
Jump Squats	3	15

\* Complete the bracketed exercises as a superset (alternate the exercises in the superset until desired amount of sets for each exercise are completed)



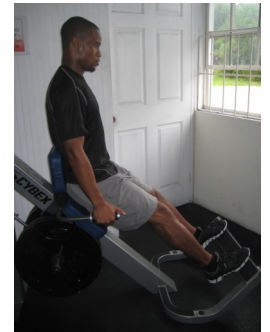
Barbell Squats



Leg Curl



Leg Press



45° Standing Calf Raises

### TIPS CORNER

#### Weight loss tip: *Limit Total Carbohydrate Intake*

The intake of carbohydrates is important in keeping your energy levels high. However, optimal carbohydrate intake varies by individual. Subsequently, there is a fine line between successfully limiting your carbohydrate intake and feeling energized compared to rendering yourself to a state where you feel like you are constantly lacking energy.

### TIPS CORNER

#### Muscle Building tip: *Vary Your Exercise Order*

Many people start every workout for a particular body part with the same exercise every time. This practice allows your muscles to adapt to the exercise order, and reduces speed of the potential muscle and strength gains which can be achieved. Change your exercise order (and the exercises used) regularly so that your muscles can't easily adapt to a particular routine.

## Weight Training Results Increase At Altitude

Many endurance athletes use training at altitude or the use of simulated altitude tents to enhance their training due to the promotion of oxygen transport and improved aerobic capacity which occurs. Japanese scientists researching such facts discovered that weight training also benefits from similar lower oxygenated conditions as they discovered that weight training while breathing 13% oxygen (a condition which occurs at approximately 14,000 feet above seas level) caused significantly greater increases in growth hormone than training at seas level  
(*Journal Strength Conditioning Research, published online February 3, 2012*)

## Frequent Dieting Increases The Possibility Of Weight Gain



A study from the university of Helsinki in Finland examined the effects of dieting on the risk of obesity and weight gain over a 25-year period. This study found that despite the fact that genetic factors are an important in the risk of obesity, frequent dieting promoted weight gain, independent of genetics, due to the fact that dieting encouraged a preoccupation with food, the suppression of the metabolic rate and placed an emphasis on weight loss/gain instead of weight maintenance which resulted in persons who dieted more frequently becoming at a greater risk of not only weight gain, but obesity.

(*International Journal of Obesity, 36: 456 - 464, 2012*)

## Best Exercise Intensity For Losing Body Fat

Fat stores are the principal fuel at exercise intensities less than 65% of maximum effort, however the ideal exercise intensity for fat reduction is controversial as various studies have produced very different results. An example of such would be the comparison of well-controlled studies from Laval University in Canada, which showed that intense exercise training caused more weight loss than moderate-intensity exercise to a 12-week Korean study which produced different results, as that study concluded that intense and moderate-intensity exercise were equally effective for weight loss and decreasing body fat.

(*International Journal Sports Medicine, published online March 4, 2011*)

## White Rice Consumption Linked To Diabetes



A 22 year Harvard Study incorporating more than 350,000 people, consisting of Asians living in China and Japan, and persons living in the United States and Australia found that higher consumptions of white rice increased the risk of developing type 2 diabetes. The risk of type 2 diabetes was determined to have increased approximately 11% for each bowl of rice consumed per day. This study did not take into effects other external factors (e.g. exercise) and subsequently the researchers also stressed the importance of weight management in preventing the development of type 2 diabetes.

(*British Medical Journal, March 15, 2012*)

1. **False** — Legal pesticides can be poisonous to people, animals, and plants depending on the amount of pesticide
2. **True**
3. **True**
4. **False** — Vitamin C has never been proved to prevent colds; at best, it may reduce the severity of cold symptoms.
5. **True**

# Know Your Serving Size, Regulate Your Portion Size

Continued from Page 1

## Grains

Food Item	One (1) serving is:	Approximately the size of:
Bread	1 oz	Cassette Tape
Dry Cereal	½ cup	Pool (Billiard) Ball
Pancake	1 medium size	Compact Disc (CD)
Cooked Grains (e.g. Rice, Pasta)	½ cup	Cupped Palm



## Fruits & Vegetables

Food Item	One (1) serving is:	Approximately the size of:
Raw Leafy Vegetables	1 cup	Baseball
Cooked Vegetables (e.g. Broccoli)	½ cup	Computer Mouse
Medium Fruit (e.g. Apple, Orange)	1	Tennis Ball
Dried Fruit (e.g. Raisins, Prunes)	¼ cup	Golf Ball



## Milk, Dairy Products, Fats, Oils & Sweets

Food Item	One (1) serving is:	Approximately the size of:
Cheese	1 oz	Pair Of Dice
Milk or Yogurt	1 cup	Tennis Ball
Ice Cream	½ cup	Light Bulb
Butter/Maragrine/Oil	1 teaspoon	Stamp
Salad Dressing	2 tablespoons	Table Tennis (Ping Pong) Ball



## Meat, Beans & Nuts

Food Item	One (1) serving is:	Approximately the size of:
Cooked Meat & Poultry (E.g. Chicken, Fish)	3 oz	Deck Of Cards
Cooked Beans	½ cup	Light Bulb
Peanut Butter	2 tablespoons	Table Tennis (Ping Pong) Ball
Almond Nuts	1 oz	Shot Glass



For a larger array of references on estimate serving visit: <http://www.webmd.com/diet/healthtool-portion-size-plate>

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

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

Answers can be found on the bottom of page 3

- |                                                                                                                |             |              |
|----------------------------------------------------------------------------------------------------------------|-------------|--------------|
| 1. Legal pesticides are poisonous only to pets, not to people.                                                 | <u>True</u> | <u>False</u> |
| 2. Substances in a mother's milk can protect the infant against diseases to which the mother has been exposed. | <u>True</u> | <u>False</u> |
| 3. People who fail to exercise regularly are more likely to fall prey to degenerative diseases.                | <u>True</u> | <u>False</u> |
| 4. Vitamin C supplements prevent colds.                                                                        | <u>True</u> | <u>False</u> |
| 5. A person's blood cholesterol level is a predictor of the person's risk of having a heart attack.            | <u>True</u> | <u>False</u> |

# NEWS, NOTICES AND EVENTS

## 2012 BABBFF NATIONAL BODYBUILDING & FITNESS COMPETITION.

- ◆ Congratulations to J&S representatives Ramona Morgan (1st - Ladies Body Fitness), Nicholas Harris (1st - Heavyweight Division), Rene Griffith (3rd - Light Heavyweight Division) and J&S member Tamesha Lewis (2nd - Ladies Body Fitness) on their performances at the 2012 BABBFF National Body Building & Fitness Championships.

## INDEPENDENCE FITNESS RETREAT

- ◆ Premium Performance Training Inc, in association with J&S Academy, will be hosting a 3– Night fitness retreat over the Independence weekend of Thursday November 29th 2012 through Sunday December 2nd 2012. Spaces for this retreat are limited so book early.
- \* for further information, or to reserve a space, please visit [www.jandsacademy.com](http://www.jandsacademy.com) or [www.premiumperformacetraining.com](http://www.premiumperformacetraining.com) or contact Jamil Jones (233-6433)

## 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



### J & S Health, Fitness & Sports Academy

6 Holders Hill

St. James

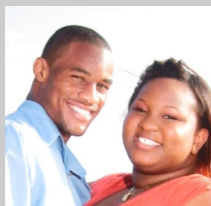
Barbados

Tel: (246) 231-6792

Website: [www.jandsacademy.com](http://www.jandsacademy.com)

E-mail: [admin@jandsacademy.com](mailto:admin@jandsacademy.com)

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**Writer:** Jamil Jones

**Editor:** Janielle Jones

**Photography:** Janielle Jones &  
Jamil Jones

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