



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:

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted"

- Denis Waitley

INSIDE THIS ISSUE:

Popular Diets 101:	1, 3,
Weight Watchers &	4
The Mediterranean Diet	& 5
Research The Facts	2
Ask Yourself...	2
True or False ?	
Healthy & Great Recipe — "Oatmeal Chocolate Chip Cookies"	6
Contact Us	7

Popular Diets 101:

Weight Watchers & The Mediterranean Diet

This is part two of the Popular Diets 101 series. Part one focused on The South Beach & Atkins Diet (see Volume 5, Issue 2). This issue takes an in-depth look into two more popular 'weight loss' diets: the Weight Watchers diet and, the Mediterranean diet.



Weight Watchers Diet

History

Weight Watchers was founded in 1963 by Jean Nidetch. After taking part in several fad diets, Jean had managed to lose 20 pounds; however, she was concerned that her 'weak resolve' would result in her return to her previous weight. Consequently, Jean got in touch with several friends and started a support group. This support group soon evolved into weekly classes which, developed into the international "weight loss mega" that we know today.

Theory

Weight Watchers core philosophy is to assist members in losing weight by providing a supportive environment which encourages members to form helpful habits, eat smarter and get more exercise. Participants lose weight by creating a calorie deficit with the Weight Watchers points based counting system. In this regard, all foods are assigned a points value while, individuals are assigned a personalized daily points target based on their height, weight, age and gender. A deficit is achieved when the individual's total daily food consumption points amass to less than the individual's daily point target.

Over time the points based system has been modified with the current model being called the "PointsPlus" plan. Weight Watchers points system was designed to make it easier to change your habits long-term by being flexible enough to adapt to every lifestyle. There are no food restrictions and you are not required to buy any pre-packaged meals. Thus, the Weight Watchers plan can easily accommodate various dietary preferences.

Continues on Page 3

Glycemic Index & Recovery From Endurance Exercise



Glycemic index is a measure of how fast your body absorbs carbohydrate foods and increases blood sugar. High-glycemic meals increase blood sugar rapidly, while low-glycemic meals increase blood sugar more slowly. Carbohydrate availability is critical for performance during high intensity exercise, however a British study found that the glycemic index of a meal had no effect on recovery. In the study male cyclists performed an exercise test to exhaustion, rested three hours, and then performed a



5-kilometer sprint on a road bike. During their rest interval the participants consumed either a high- or low- glycemic index meal. While the blood sugar was higher for participants who consumed the high-glycemic index meal, there was no increase in their bike sprinting performance.

(Journal Science Medicine Sport, 16: 450 — 454, 2013)

Including Kettlebell Training In Your Weight Program?

Kettlebell training uses high speed, ballistic motions that derive power from the hips and legs, while sparing and stabilizing the back. Most kettlebell movements start from the basic athletic position, with knees bent, hips back, arms forward, chest out and spine and head neutral. Kettlebell exercises build strength from this position, which transfers to almost everything we do. Bill Campbell and William Otto discussed the pros and cons and kettlebell training, as while it helps people perform functional movements there is little evidence that it is superior to other strength-training techniques, and while it is a proven effective tool within a training arsenal, many people also perform kettlebell exercises improperly, which could result in serious back and shoulder injuries.

(Strength and Conditioning Journal, 35(5): 27—28, 2013)

Caffeine Decreases Post-Exercise Muscle Soreness



Weight training involving eccentric contractions often causes delayed onset muscle soreness, which is caused by muscle injury and tissue inflammation. A study from the University of Rhode Island, led by Disa Hartfield found that caffeine (5 milligrams per kilogram of bodyweight, at an average of 380 milligrams) not only increased preacher curl performance, but also reduced the subsequent post-exercise muscle soreness.

(Journal Strength Conditioning Research, 27: 3101—3109, 2013)

ASK YOURSELF True or False ?

Score: _____ out of 5

1. There are 8 B-complex Vitamins (B Vitamins).	TRUE	FALSE
2. Dry fruits (e.g. raisins, prunes) are lower in calories than fresh fruit	TRUE	FALSE
3. The type of rice (e.g. white, brown, wild, basmati) affects its calorie total	TRUE	FALSE
4. The 5km world record for a road race is slower for both men and women compared to the similar distance (5000m) world record for the track equivalent	TRUE	FALSE
5. Your maximum heart rate decreases as you age	TRUE	FALSE

[Answers can be found on the bottom of page 3](#)

...Continued from Page 1

The Diet

There are 2 primary ways individuals can work with Weight Watchers: (1) via in-person meeting, and (2) an online-only program.

In-person meetings: Weight Watchers encourages members to select goal weights that result in a “healthy” BMI (18.0 — 24.9). Once a member then reaches their goal weight, they start a six-week maintenance period. During this maintenance period, the member adjusts his or her food intake until they no longer lose or gain weight with the ultimate goal being to weigh within 2 pounds of their goal weight at the end of the period. This would result in the member achieving “Lifetime” member status, whereby the member would be allowed to attend meeting free of charge once he or she weighs in at least once per calendar month and does not weigh more than 2 pounds more than his or her goal weight.

Online Program: Weight Watchers has a fully online program available through the Weight Watchers’ website. Similarly there is also a *eTools* web-based service for members that include access to support materials and tracking tools. The support system for Weight Watchers Online includes a message board where members can post support and share advice. This message board is available free of charge to the general public.

Summary

The Weight Watchers plan’s ability to incorporate and accommodate various dietary preferences makes it an effective option with significant flexibility compared to other popular diet plans. This fact, along with the inclusion of the in-person meetings and online support options have resulted in Weight Watchers participants having a higher compliance level and continued participation for periods longer than 1 year compared to other popular diets which have stricter meal restrictions and no support system included. Persons however must be willing to track and record their daily and weekly points values for every item they eat to ensure the greatest level of success. Thousands of recipes are also provided on the official Weight Watchers website (www.weightwatchers.com) complete with serving size, preparation and cooking time to help you control your portion sizes and tweak your favourite recipes to make them healthier.



Continues on Page 4

Ask Yourself Answers

1. **True**
2. **False** — Dried fruits are higher in calorie content compared to fresh fruits as dried fruits are generally more compact and calorie-dense, while fresh fruits are generally high in water content.
3. **True**
4. **True**
5. **True**

....Continued from Page 3

The Mediterranean Diet

History

Although it was first publicized in 1945 by American scientist Ancel Keys who was stationed in Italy at the time, the Mediterranean Diet failed to gain widespread recognition and popularity until the 1990s when it started to be followed elsewhere by nutritionally conscious people, after objective data from the Seven Countries Study showed that the diet was healthy. There isn't a single Mediterranean Diet, however, as there can be many variations or versions which may fall under the term 'Mediterranean Diet' due to the fact that despite its name, this diet; (1) is not typical of all Mediterranean cuisine — as it originally focused on the nutritional habits of the people of Crete, Greece, and southern Italy, however, this expanded as time passed as currently areas or countries such as Spain, southern France, and Portugal are also included.—and (2) does not have a finite food list — as persons from the different various included areas/countries eat differently.

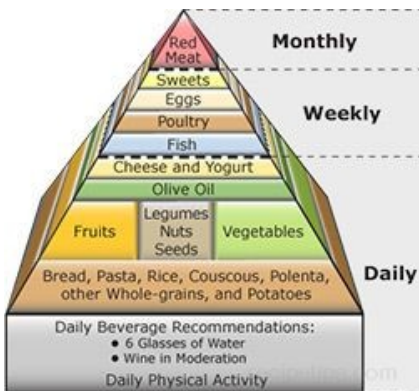


Source: <http://www.examiner.com/article/mediterranean-diet-promotes-weight-loss-and-prevents-heart-disease-and-cancer>

Theory

The Mediterranean Diet can be seen as a paradox as, despite the high fat consumption prevalent in the Mediterranean Diet (25—35% of the overall calorie intake consists of fat), the prevalence of diseases such as hypertension, cardiovascular disease, obesity, cancer and diabetes has always been significantly lower in Mediterranean countries than northern European countries and the United States. The diet's principal aspects place emphasis on proportionately high consumptions of items such as olive oil, legumes, unrefined cereals, fruits and vegetables, moderate amounts of fish and dairy products (mainly cheese and yogurt), moderate to low amounts of wine, and low amounts of meat and meat products. So despite being high in overall fat content a significant amount of its fat content comes from healthy monosaturated fat, with saturated fat generally making up no more than 8% of its overall calorie intake. The dietary factors are only part of the reason for the successful health benefits and lower instances of disease seen in certain Mediterranean cultures however as these cultures also engage in a notably physically active lifestyle (through general recreation and/or labour) compared to Western regions.

The Diet



The Mediterranean Diet does not have a set regiment of items required to be eaten, however, all diets touted as being a Mediterranean style diet do share common factors, and would have characteristics such as:

- A high proportionality and emphasis on the consumption of plant foods such as legumes, nuts, whole grain cereals and seeds, and fresh fruit
- Olive oil as the main source of dietary fat
- Cheese and yogurt as the main source of dairy foods
- Moderate amounts of fish and poultry
- Small amounts of red meat each week
- Low to moderate amounts of wine

<http://www.recipe-tips.com/glossary-term/t--38810/mediterranean-diet-pyramid.asp>

Also included in any recommendations of a Mediterranean style diet would be the daily inclusion of physical activity.

Continues on Page 5

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Summary

The Mediterranean Diet was not designed as a weight loss diet, however once a calorie deficit occurs within the diet based on your requirements weight loss would occur. Studies have confirmed however that the diet has been associated with multiple health benefits which ultimately not only improve the participant's quality of life but reduces mortality rates and allow participants to live longer. Examples of such health benefits were: (1) reduced blood pressure, blood sugar, LDL cholesterol and subsequently a decreased risk of heart disease, (2) substantial protection against type 2 diabetes, (3) decreased risk of cancer, and (4) a reduced risk of developing certain diseases to which persons may have been genetically susceptible (e.g. Parkinson's, Alzheimer's and stroke).

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.



Oatmeal Chocolate Chip Cookies

Method

1. Spray a baking pan with cooking spray and preheat the oven to 350° F.

2. In a small bowl, combine the flour, oats, raisins, baking soda and cinnamon, and stir until well mixed.

3. In a large bowl, beat the butter and brown sugar until light and creamy. Beat in the egg whites, applesauce, vanilla and sweetener. Stir in the flour mixture.

4. Drop the dough by level tablespoons onto a baking sheet, 2 inches apart. Flatten the cookies by pressing down on the dough with a spatula.

5. Bake for 7 to 9 minutes, or until light brown on top.

MAKES 20 COOKIES

- ◆ 1/2 cup whole wheat flour
- ◆ 1/4 cup all-purpose flour
- ◆ 1 1/2 cups old-fashioned rolled oats
- ◆ 1/3 cup mini chocolate chips
- ◆ 1/2 teaspoon baking soda
- ◆ 1 teaspoon ground cinnamon
- ◆ 1/3 cup softened margarine or butter
- ◆ 6 tablespoons brown sugar
- ◆ 2 large egg whites
- ◆ 2 tablespoons unsweetened applesauce
- ◆ 1/2 teaspoon vanilla extract
- ◆ 6 tablespoons Splenda granulated sweetener

NUTRITIONAL INFORMATION PER SERVING (1 cookie)

Calories: 80 / Carbohydrates: 12g (Sugars: 4g) /

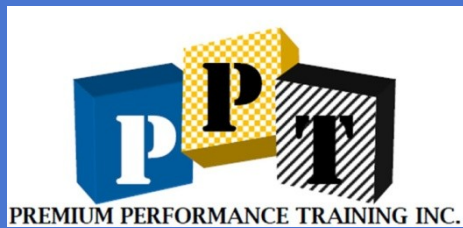
Total Fat: 2.5 g (Saturated Fat: 0g) / Protein: 2g /

Fiber 1g / Cholesterol: 0mg / Sodium: 65mg

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

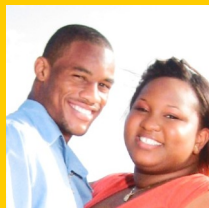
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Let Us Know What You Thought Of This Issue

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

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