



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:

“Don’t ever promise more than you can deliver, but always deliver more than you promised”

- Lou Holtz

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Tips For Surviving The Christmas Holidays



Christmas time is here again and most of us are looking forward to gathering with family and friends to celebrate, and of course, to the food and drinks that come along with such celebrations. Thus, this time of the year can be one of the hardest for someone aiming to lose or maintain their weight or trying to keep a healthy eating regime.

Although the media has led us to believe that there is an extreme excess of weight gain over the Christmas period with some stories quoting an average of five pounds being gained over the festive season, research has shown that this weight gain figure is actually more along the lines of one to two pounds....doesn't sound so bad right? But now take into account that according to a report in The New England Journal of Medicine that 'most people don't ever lose the pound of weight they put on during the holidays' and with the average weight gain during adulthood being determined to be approximately one to two pounds a year, that means that for many persons much of midlife weight gain can be explained by holiday eating over the years. Worst yet, for people who are already overweight, the struggle is even greater at this time of year as studies showed that persons who are already overweight tended to gain a lot more (five pounds or more) during the holiday season. Below are some tips to allow you to still take pleasure in your festive Christmas season and indulge in your favorite holiday treats without becoming a victim of the annual holiday weight gain trap.



◆ Before the Parties/Gatherings

Rest Up - A recent study found that after a short's night sleep adults ate an extra 300 calories and tended to choose higher-fat, higher-calorie foods. Similarly it found that when women lacked sleep they felt less full after eating, while men tended to have an increased appetite. So aim to get your 8 hours of sleep the night before and give yourself a better chance at leaving some of those extra calories on the buffet table instead of adding them to your plate.

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Christmas Combination Body Blast Workout

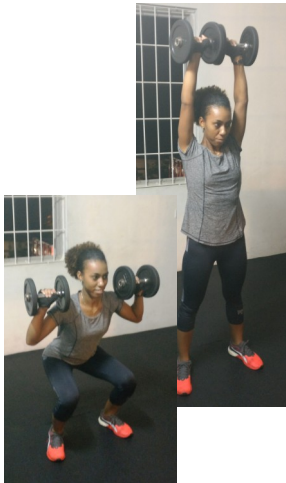
The Holidays, while enjoyable and festive, usually results in workouts taking a backseat. Below is an effective combination workout geared to helping you get a great workout in less time.

Instructions:

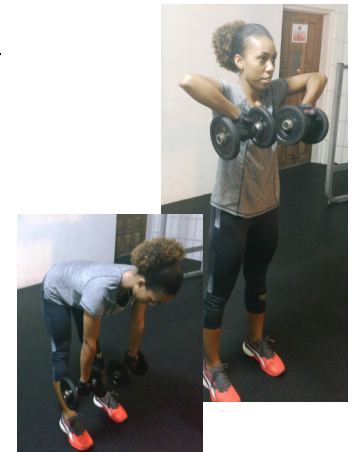
- ◆ Perform each combination superset with the listed cardio exercise three times before moving onto the next set.
- ◆ Warm up for 5 minutes on any cardio machine or with 3 minutes skipping or jumping jacks before beginning the first combination group
- ◆ Rest 2 minutes between groups
- ◆ Take your time with each rep and focus on proper form. If your form starts to falter stop and rest for 30 seconds before continuing

THE WORKOUT

Exercise	Repetitions/Time
Dumbbell Squat to Shoulder Press	20 reps
Mountain Climbers	30 seconds
Push Ups to Dumbbell Row	20 reps (10 each side)
Ski Abs	30 seconds
Dumbbell Walking Lunge to Biceps Curl	20 reps
Power Jacks	30 seconds
Dumbbell Stiff Leg Deadlift to Upright Row	15 reps
Burpees	30 seconds



Dumbbell Squat to Shoulder Press



Dumbbell Stiff Leg Dead lift to Upright Row



Push Ups to Dumbbell Row



Dumbbell Walking Lunge to Biceps Curl

Ask Yourself Answers

1. True
2. False - The best result by the Barbados Football Team in The Caribbean Cup was 4th (2005)
3. True
4. True
5. False - Athletics has the most awardees with 8.

The full list of Barbados Sporting Icons are: Sir Garry Sobers (cricket), Sir Wes Hall (cricket), Sir Everton Weekes (cricket), Gordon Greenidge (cricket), Desmond Haynes (cricket), Joel Garner (cricket), Sir Austin Sealy (athletics), Obadele Thompson (athletics), Jim Wedderburn (athletics), Akela Jones (athletics), Andrea Blackett (athletics), Ryan Brathwaite (athletics), Freida Nicholls (athletics), Tyson Browne (athletics - Special Olympian), Patrick Husbands (horse racing), Darian King (tennis), Roger Skeete (motor sport), Brian Talma (surfing), Leah Stancil (nee Martindale) (swimming), Darcy Beckles (bodybuilding), Phillip Als (rowing), Randall Valdez (rowing), Ronald King (draughts), Julian White (road tennis), Kim Holder (road tennis)

Muscle Activation During Bent-Knee and Modified Sit-Ups



Sit-Ups are the mainstay of abdominal conditioning. William Sullivan and colleagues evaluated abdominal and hip muscle activation by electromyography (EMG) during traditional bent-knee sit-ups and modified sit-ups. Traditional sit-ups resulted in the greatest activation of the rectus femoris (quad muscle that flexes the hip) and external obliques (side ab muscles), while the modified sit-ups activated the rectus abdominis (six-pack muscle). Muscle activation, however, is only part of the picture.

Isometric core exercises such as planks and side bridges might be a better way to develop core strength and stiffness because they build a more functional core and prevent back pain.

(Journal Strength Conditioning Research, 29: 3472 - 3479, 2015)

(Journal Strength Conditioning Research, 29: 1515 - 1526, 2015)

Nuts: Can Be An Important Part of a Healthy Diet



Nuts are high in calories and fat, so they haven't been taken seriously as heart-healthy foods until recently. A review of literature and meta-analysis combined the results of 61 controlled intervention trials, led by Liana Del Gobbo from Tufts University in Boston, concluded that nuts decrease total cholesterol, LDL cholesterol, apolipoprotein B (ApoB) and triglycerides. The amount of nuts in the diet was more important than the type of nuts. Nut intake can therefore promote weight control by

displacing less healthy foods in the diet and by fighting hunger and subsequently can be an important part of a healthy diet.

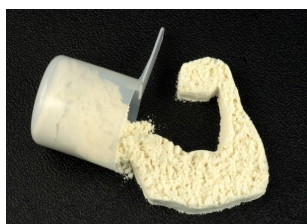
(American Journal Clinical Nutrition, 102: 1347 - 1356, 2015)

Build the Gluteus Medius to Prevent Lower Body Injury

The gluteus medius is one of the three gluteal muscles. The gluteus medius abducts the hip (it moves the thigh away from the midline of the body) and also prevents abduction, so it acts as a powerful stabilizing muscle during sports requiring rapid changes in direction such as football, baseball, basketball, American football and discus throwing. Subsequently developing strong stable gluteus medius muscles is important for preventing lower body injuries and maximizing sprinting, jumping and cutting performances. Petr Stastny from Charles University in Prague, Czech Republic, and co-workers, outlined a training program for building the gluteus medius. Beginning exercises include side-bridge, side plank with hip abduction and clamshells. More advanced exercises include bilateral squat, forward step-ups and forward lunges.

(Strength and Conditioning Journal, 33(3): 91 - 101, 2016)

Creatine Promotes Muscle Glycogen Storage



According to a study by Paul Greenhaff and colleagues from the UK, creatine monohydrate plus carbohydrates increased muscle glycogen restoration following exhaustive exercise better than carbohydrate feeding alone. In the study the test subjects rode a stationary bike to exhaustion at 70 percent of maximum effort and consumed a high carbohydrate diet plus 20 grams of creatine or a placebo for six days. Exercise capacity and fatigue are greatly influenced by glycogen stores in muscle and liver and recovery from repeated intense

workouts depends on restoration of muscle and liver glycogen stores. Similarly glycogen breakdown during exercise is influenced by the intensity and duration of the exercise, physical fitness, and carbohydrate intake before, during, and after exercise. Glycogen depletion causes fatigue, decreased motivation, and increased susceptibility to injury. The test group that consumed the creatine showed higher levels of muscle glycogen during the entire experiment. Therefore, a high carbohydrate diet plus creatine promotes recovery from intense exercise.

(Amino Acids, published online May 19, 2016)

Tips For Surviving The Christmas Holidays

....Continued from Page 1

(on) the buffet table instead of adding them to your plate.

Don't Save Yourself - We are all guilty of doing it, "I know there will be a big buffet later I will skip meals during the day to 'save my calories' for the buffet". Outside of purposely depriving your body of constant nutrients throughout the day starting a holiday feast on an empty stomach puts you at the risk of overeating. So instead of 'starving' yourself you should be doing the opposite and eat regularly as you would have throughout the day, and to additionally help reduce the risk of overeating you should eat a small nutritious snack immediately before leaving for the party as this will also help to take the edge off your appetite during the party and will help prevent overeating.

◆ During the Parties/Gatherings

Choose First Wisely - Research suggests that you will consume the largest quantities of the food you eat first, so set yourself up for success by making your first buffet picks of more low-calorie or healthier options.

Look Over All The Food Offerings Before Deciding What You Will Eat - The further down the buffet line we get the more items we see we want to add and try. By having a full idea of all the items available before hand you can determine which ones are a 'must have' compared to which ones 'you can do without' before you add anything to your plate. Doing this will reduce the number of items you eat and volume of calories you consume.

Keep An Eye On Your Portion Sizes - Yes some foods are healthier than others however it does not mean you have to totally avoid those higher calorie items as in many cases its not what you eat, but how much you eat than can lead to overindulgence and wreck your calorie count for the day. So keep an eye on your portion sizes as you fill your plate and reduce the portions of the unhealthy items as portion control and moderation can be keys to success.

Continues on Page 5



ASK YOURSELF Barbados 50th Sporting Pride - True or False ?

Score: _____ out of 5

- | | | |
|--|------|-------|
| 1. The youngest West Indies Test team captain to date is Jason Holder | TRUE | FALSE |
| 2. The best result by the Barbados Football Team in the Caribbean Cup was 1st place in 2005 | TRUE | FALSE |
| 3. The first time Barbados competed at the Summer Olympics was in 1968 | TRUE | FALSE |
| 4. Sir Garry Sobers is the only person to score over 300 runs and take 20 wickets in a test series on more than one occasion | TRUE | FALSE |
| 5. Of the 25 Barbados Sports Icons awarded in 2016 the sport of cricket has the most awardees | TRUE | FALSE |

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

Tips For Surviving The Christmas Holidays

....Continued from Page 4

Use A Smaller Plate - Research has shown that, without significant awareness, consumption increases with the size of your plate. This is even more true at buffets where we are prone to 'filling' or 'packing' our plate to the brim regardless of the size of the plate. So by reducing the plate size from the standard plate to an appetizer or salad plate you can reduce your calorie intake by nearly 50%. Similarly there is another effect of using a smaller plate as downsizing your plate can help trick your brain into thinking that you are eating more.



Take Smaller Bites & Eat Slower - Studies have found that when you take small nibbles, chew your food longer and eat slower, your brain thinks you've eaten more. So trick your brain and you will naturally eat less, saving calories in the process.

Manage Your Alcohol Intake - Alcoholic drinks are a staple around the Holidays. However, such drinks usually provide nothing but empty calories. Aim to utilize some of the following suggestions or strategies to help manage your calorie intake: drink from a smaller wine glass, sip your beverage slowly and alternate your alcoholic drinks with water. Another special fact to note is while you may try to replace alcoholic beverages with sparkling cider or a similar beverage, you are doing just as much damage as if you were having the glass of wine, so treat such beverages with the same strategies as alcohol.



◆ Throughout The Entire Holiday Season

Stay Holiday Fit - Regular exercise is key during this season of common high calorie intake as burning those extra calories will help compensate for some of the overindulgences that may occur. So even with all the stress and busy schedules which are common at this time of the year, still try to maintain your physical activity as best as possible, striving for at least 150 minutes of moderate to vigorous activity per week. And remember any activity still helps, so if you can't make the gym as planned aim to increase your incidental activity by walking to those close destinations instead of driving, park further from the entrance at work or the grocery store, take the stairs instead of the elevator, the possibilities are endless.

The all or nothing tactic of steering clear of all those special items during the holiday season and only indulging in healthy foods is a tall task to ask for anyone and while great in theory it will probably result in failure in practice. So plan accordingly, use the above tips to increase your chances of success and enjoy the festive season responsibly.

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 flavour.



Chocolate Cherry Bars

Method

1. Preheat the oven to 325°F. Coat an 8 x 8-inch pan with non-stick baking spray.
2. In a medium glass bowl, heat the butter in the microwave for 30 seconds, or until melted.
3. Add the prune puree, brown sugar, sweetener, egg, and vanilla extract and stir until smooth.
4. Sift in the flour, cocoa powder, baking powder, and baking soda. Mix just until combined. Do not overmix. Spoon the batter into the prepared pan and smooth.
5. Bake for 18 to 20 minutes, or until a toothpick inserted into the centre comes out clean. Pour cherry pie filling over chocolate bars and cool.

MAKES 12 BARS

- ◆ ¼ cup margarine or butter
- ◆ ¼ cup prune puree (or small jar of baby food prunes)
- ◆ ¼ cup packed dark brown sugar
- ◆ ¾ teaspoon Stevia sweetener
- ◆ 1 large egg, beaten
- ◆ 1½ teaspoons vanilla extract
- ◆ ⅔ cup all-purpose flour
- ◆ ⅓ cup tablespoon cocoa powder
- ◆ ½ teaspoon baking powder
- ◆ ¼ teaspoon baking soda
- ◆ 1 cup light cherry pie filling

NUTRITIONAL INFORMATION PER SERVING (1 BAR)

Calories: 80 / Carbohydrates: 11g (Sugars: 4g) / Total Fat: 4g
(Saturated Fat: 2g) / Protein: 1g / Fiber 1g / Cholesterol: 20mg /
Sodium: 45mg

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 & diabetic diets

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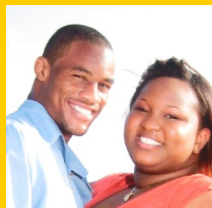
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Let Us Know What You Thought Of This Issue

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

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