



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:

The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.

Anthony Robbins

INSIDE THIS ISSUE:

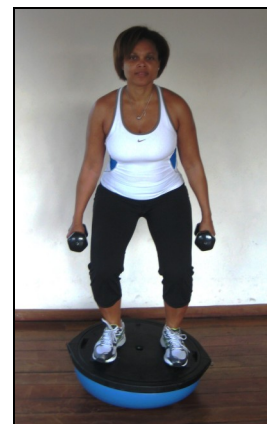
An Introduction To Functional Training	1 & 4
Meet Ramona Morgan - The Figure/ Fitness Enthusiast	2
Research The Facts	3
Ask Yourself... Nutrition True or False ?	4
Tips Corner	4
News, Notices and Events	5
Contact Us	5

An Introduction To Functional Training

Within the fitness industry, the trend of functional training has rapidly grown in popularity during the latter part of the last decade. In fact, the American College of Sports Medicine's *Worldwide Fitness Trends* listed functional training among the top ten fitness trends in five of the last six years. (It was listed at number 11 in 2009.) However, this growth in popularity has come with parallel growth of diverse opinions as to what the term functional training actually means. At one extreme, it is believed that functional training refers to the exercises or movements which mimic the explosive, ballistic activities of high level, professional athletes. At the other extreme, it is believed that functional training is limited to simple exercises included in the fitness programs of the elderly to help them maintain their independence. While both of these descriptions may be valid this article will take a broader approach to the term functional training.

So, what Is Functional Training?

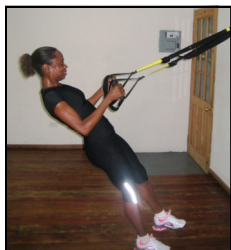
For the purpose of this article, **functional training refers to performing strength or weight bearing exercises or movements, that are specific — in terms of mechanics, coordination and/or energetic — to one's daily living, such that, they enhance the performance of the movements, resulting in the individual's targeted activities becoming easier to perform.** Thus, the range of exercises/movements to which the term functional training can be applied is extremely broad, despite being very individualistic, based on the daily activity or specific sporting event, it is applied to. An **'entirely functional exercise'** is one which exactly mimics the motion of the daily activity, or sporting event, being targeted.



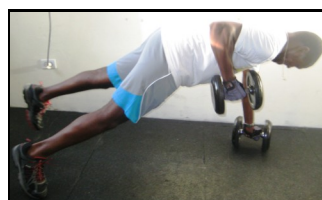
The Instability of the Bosu Ball often makes it a useful tool for Function Training

Benefits & Limitations Of Functional Training?

Functional training based workout programs have been proven to result in improved muscular balance, improved core and joint stability, increased range of motion, and a decreased potential for injuries (related to both sports and general daily activities) when compared to training programs which focus primarily on fixed training equipment. (Exercises based on fixed movement patterns rarely mimic natural movements and tend not to engage the stabilizers and peripheral muscles that are involved in real life situations and sporting activities.) In 2008, Keith Spennewyn published the results of a study in the *Journal of Strength and Conditioning Research* (Volume 22, Number 1, January 2008) which compared free-form exercise equipment to fixed-form devices. The results of the study showed substantial gains in the functional training (free-form) group when compared to fixed-form group. The functional training group showed a 58% greater increase in strength, a 196% improvement in balance, and an overall decrease in joint pain by 30%.



Single Leg TRX Standing Rows



Alternating Arm and Leg Dumbbell Push Up and Row

Anyone who has followed the body fitness competition in Barbados over the last 4 years would know the name Ramona Morgan. Ramona has been a force to be recon with in the local arena, placing in the top two in every local competition she has competed in since her debut in 2008. The 'Runner-Up Queen', as she affectionately refers to herself, has aspirations of securing her IFBB Pro Card in Body Fitness to become just the 5th Barbadian female (fitness or body fitness category) to achieve this honor- behind Rosalind Vanterpool (2005), Carol King (2007), Nicole Carter (2010) and Vicki Borman (2011). After winning the "Under163 cm" division at CAC in 2009 and 2010, Ramona has come painfully close to fulfilling her Pro Card dream and in 2012 she is more determining than ever to see it come through.

Here is brief insight into the life of the body fitness competitor Ramona Morgan. We wish Ramona all the best success in 2012 and beyond.



Name: Ramona Morgan
Date of Birth: 1977/12/29
Height: 5ft 3in (160cm)
Weight (Contest weight): 115 lbs
(Out-Of-Season weight): 120 lbs
Occupation: Florist
Wedding Coordinator

2011 Figure Competition Results
Barbados National Championships: 2nd
CAC Championships (163cm Class): 2nd
Darcy Beckles Championships: 2nd

Photograph compliments Karl Branch: www.visionphotographyinc.com

Contact : info@visionphotographyinc.com

The most enjoyable aspect of being a fitness competitor is.....

Seeing the transformation of your body for competition after all the hard work

What do you dislike about being a fitness competitor ?

Nothing that I can think of

The most challenging aspect of being a fitness competitor is.....

Trying to continually improve each year

What is your general training schedule like ?

It varies depending on the portion of the season I am in but I usually workout between 4 to 6 days per week

My favorite body part to train is my..... And my favorite exercise is the

Back, T- Bar Row

My least favorite body part to train is my.....

Chest

The longest time I have taken off from the gym is approximately.....

One week (laugh): I practically live in the gym

What is your general meal plan consist of when you are preparing for a show?

Six to seven small meals a days which are high in protein, low in carbs and consists of a lot of green vegetables

What is your favorite 'cheat' meal?

Pastries....Definitely pastries

My Favorite Quote is.....

Focus And Determination

What is the best advice you can give to someone who is considering entering 'figure' ?

Don't let outside negativity deter you from striving for and achieving your goals



Ramona, with her trainer Gareth Norris, backstage at Barbados National Bodybuilding & Fitness Championships 2011

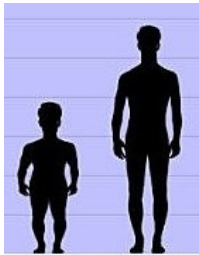
Photographer: Richard Boyce
Contact: photographflair@hotmail.com

Training After An All-Night Fast Does Not Promote Weight loss

Many bodybuilders and persons trying to lose body fat train first thing in the morning without eating breakfast, with the belief that the lack of carbohydrate stores will cause their body to utilize a significantly larger amount of fat stores during these workouts. Upon analysis of this practice, strength coach Brad Schoenfeld concluded that it is ineffective for weight loss as, when carbohydrate depletion occurs, exercise capacity and the desire to train decreases. Also in such circumstances there is a greater use of protein as fuel, which could lead to a decrease in muscle mass.

(Strength and Conditioning Journal, 33 (1): 23 - 25, 2011)

Shorter People Are More Pone To Heat Attacks



A meta-analysis of 52 studies on the risk of heart attacks, conducted by the researchers from the University of Tampere in Finland, found that men shorter than 5'6" and women shorter than 5' were 1.5 times more likely to develop coronary artery disease and had a 52% higher chance of having a heart attack. The shorter group also had a 55% chance of dying prematurely from all heart related problems. Thus shorter people should pay extra attention to modifiable risk factors of heart disease such as lack of exercise, obesity, smoking and high-fat diets.

(European Heart Journal, 31: 1802 - 1809, 2010)

Carbohydrates Do Not Add To Post-Exercise Benefits Of Protein

Researchers from McMaster University in Canada found that stimulating insulin release with carbohydrates after exercise did not augment protein synthesis greater than consuming a protein supplement alone. These results therefore showed that consuming extra carbohydrates with a whey protein supplement is no more effective than protein alone. Carbohydrates however, is the principal fuel for intense exercise, so post-exercise carbohydrate consumption will maximize liver and muscle glycogen storage and is an especially valuable for intensely training athletes.

(Medicine Science Sports Exercise, published online November 16, 2010)

Exercise Protects The Aging Brain



A Columbia University study lead by Joshua Willey analyzed the relationship between physical activity and brain health in more than 1200 men and women using brain MRI. The study showed that inactive people were more susceptible to silent brain infarcts that could lead to stroke and mental deterioration with age. In fact, the study found that physically active people decrease their risk of brain injury by 40 percent.

(Neurology, 76: 2112 - 2118, 2011)

- 1. False — Only protein, carbohydrate, and fat supply calories
- 2. False — Too much or too little of a nutrient can be equally harmful
- 3. True
- 4. True
- 5. True — 100 calories

However, there are some limitations, to a primarily functionally based training program. Many functional exercises are not as effective in achieving the muscular overload desired for activities or sports where significant increases in muscular size and strength are essential (e.g. body building). This is due to the fact that for many functional exercises the weights used are generally significantly lower than the individuals true capacity making it difficult to improve strength. Most functional exercises also fail to supply constant variable resistance throughout the entire range of motion, therefore in situations where muscular strength is improved it will not be done throughout the entire range of motion. Finally, although functional training can decrease potential for injuries, during the actual execution of the functional exercises the risk of injury is increased resulting from the need to compensate for a more unstable environment (e.g. stability ball) or a more complex movement (e.g. cleans).

Common Equipment Used In Functional Training

- Dumbbells
- Medicine Balls,
- Bosu Balls
- Swiss (Stability) Balls
- Kettlebells
- Balance Boards
- Suspension Systems
- Resistance Bands (Tubes)
- Cable Machines



Common Equipment Used In Functional Training Exercises

Conclusion

When properly integrated into a general fitness program, functional training will serve as an excellent supplement to improve the effective of performing a specific activity. It can also increase the exercise variety of your training program.

ASK YOURSELF True or False ?

Score: _____ out of 5

[Answers on bottom of page 3](#)

- | | | |
|---|-------------|--------------|
| 1. Vitamins and minerals supply calories. | <u>True</u> | <u>False</u> |
| 2. When it comes to nutrients, more is always better. | <u>True</u> | <u>False</u> |
| 3. If a food label claims that a product is low in fat, you can believe it. | <u>True</u> | <u>False</u> |
| 4. Nutrients are absorbed in the small intestine | <u>True</u> | <u>False</u> |
| 5. A 12-ounce light beer, 5-ounce glass of wine, and 1 1/2 -ounce shot of tequila all contain the same amount of alcohol. | <u>True</u> | <u>False</u> |

TIPS CORNER

Weight loss tip: *Make a Grocery List....And Stick To It*

Make a detailed grocery list every time you go shopping. Include on this list specific healthy or low fat options of common high calorie/fat items. By writing a detailed list it will be much easier for you to stick to your healthy food choices and avoid making impulse purchases.

TIPS CORNER

Muscle Building tip: *Ensure A Solid Foundation*

The best muscle building exercises are compound exercises (e.g. squats, deadlifts, leg and bench press) that target multiple muscles at once. Many persons base the core of their workout program on isolated exercises (e.g. curls, kickbacks) and become frustrated with slow results. To increase your possibility of success, base the core of your workout program on compound exercises before adding in the isolated exercises.

NEWS, NOTICES AND EVENTS

ADDITIONAL SPIN CLASS

- ♦ **Due to an increase in demand, J&S Academy has added an additional spin class on Mondays at 7:15 pm.**

Members are reminded that they can sign up for classes from the Monday 1 week in advance, and that they should cancel their space if they have signed up for a class but cannot attend.

PREMIUM PERFORMANCE TRAINING INC. BOOT CAMP CLASSES

- ♦ **Premium Performance Training Inc. will be conducting two boot camp classes per month (1 indoor class & 1 outdoor class). The indoor boot camp class will be held at J&S Academy on the second Wednesday of every month.**

For more information about these classes you can contact Jamil Jones at 233-6433 or jamiljones@premiumperformancetraining.com.

PAST NEWSLETTER EDITIONS

- ♦ **Past editions of J&S Academy's Health & Fitness Newsletter can be downloaded from the gym's website (www.jandsacademy.com).**

CONTACT US



J & S Health, Fitness & Sports Academy

6 Holders Hill

St. James

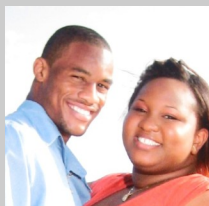
Barbados

Tel: (246) 231-6792

Website: www.jandsacademy.com

E-mail: admin@jandsacademy.com

ACKNOWLEDGEMENTS



Writers: Jamil Jones

Editors: Janielle Jones

Photography: Janielle Jones &
Jamil Jones

Special thanks to Ramona Morgan, Andre Scantlebury, Tammy Bryan & Judy Jackson, for their assistance with this issue

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.

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