



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:

Health is the thing that makes you feel that now is the best time of the year.

Franklin P. Adams

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Enjoy Your Holiday Treats.....Responsibly



“ It’s the most wonderful time of the year, with the kids jingle belling, and everyone telling you ‘be of good cheer’, it’s the most wonderful time of the year ”
‘ It’s The Most Wonderful Time Of The Year ’ - Andy Williams

We are all familiar with this Andy Williams classic; however, for persons who are trying to lose weight, maintain weight, or simply trying to continue to eat healthy this ‘most wonderful time of the year’ can be more challenging and frustrating than any other. In fact, the Holiday Season has become synonymous with ‘the Season for Weight Gain.’ During this festive period we are often exposed to a steady dose of parties and other social gatherings offering lots of high calorie, high fat, sweet tasting treats. So, lets be realistic: unless you are a hypochondriac, you are a dedicated athlete with a competition on the horizon, or you are allergic to all things high in fat, your average calorie intake is going to inevitably spike during this yuletide period. So, here are a few tips which may help you to enjoy those special Holiday goodies without regret.

1. Eat Moderately & Exercise Self Control

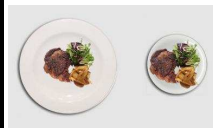


There is nothing wrong with sampling some, most, or even all of the wide variety of treats you will be presented with during the Holiday season. However, the important word here is **SAMPLE!!** If your plan is to ‘throw all caution to the wind’ and indulge to your heart’s content be prepared for a tough January and February (and even March) as you attempt to return to you pre-Holiday figure and weight.

2. Only 1 or 2 Treats

If you don’t think that you can be a successful sampler. Try selecting only one or two high fat treats that you enjoy eating, and stick to your selection during the engagement. Generally, the more selections of food available, the more you eat. Combine this with the fact that most of the choices available around the Holidays are high calorie in nature, a good option for keeping your calorie intake in check would be to limiting your treats to only one or two items.

3. Use Smaller Serving Plates & Bowls



Research has shown that, without significant awareness, consumption increases with the size of the plate, packet or serving bowl. So, when the opportunity arises choose the smaller plate as you will generally consume less without even recognizing it.

4. Limit Your Alcoholic Beverage Refills

Alcoholic drinks are a staple around the Holidays. However, such drinks usually provide nothing but empty calories. So, while there is nothing wrong with enjoying a glass of wine, do just that and set a limit of 1 or 2 glass before switching to glasses of water.



And remember..... **Any Exercise Is Better Than No Exercise** - so even though you may be busier this time of year still try to stay active. Engage in some form of physical activity during this period, as every little bit will help when you step on the scale in January to assess the ‘damage done’ over these few festive weeks.



Not all people enjoy getting onto a cardio machine and grinding out 40, 30, or even 20 minutes of continuous cardio. In fact, for many people, especially those who are unable to be encouraged by external stimuli (e.g. music or television), doing cardio on a gym machine can be one of the most boring exercises to perform. With those specific people in mind below are two cardio circuits (to be executed using gym machines) that may be more appealing to attempt compared to a standard 40-minute bout of continuous cardio.

Gym Machine Cardio Circuit A

Arc Trainer - Interval 4 - 10 mins (when resistance is at 40 go all out; when resistance is at 25 keep stride rate (st/min) between 100 and 110)

Rest 3 mins

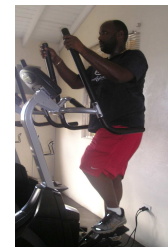
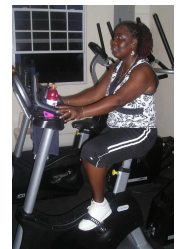
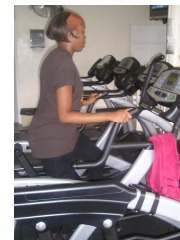
Treadmill - 10 mins - speed 6.0

Rest 3 mins

Concept 2 Rower - 10 mins (level 7)

Rest 3 mins

Bike - 10 minutes - Cardio 3 (rpm: 70 - 75)



Gym Machine Cardio Circuit B

Treadmill - 10 mins - alternating running 30 sec @ speed 8.0 and walking 30 sec @ speed 3.8

Rest 3 mins

Stepper - 10 mins - level 45

Rest 3 mins

Arc Trainer - 10 mins - Weightloss 5 (Keep stride rate (st/min) between 120 and 130)

Rest 3 mins

Concept 2 Rower - 10 minutes (level 7)

** Both Cardio Circuits were devised for persons with similar fitness levels. Where the intensity levels suggested within these circuits are too easy or hard alter the suggested program levels to ensure that your rate of exertion (RPE) is between 7 and 9 (out of scale of 10 with 10 being the highest) for the majority of your workout.**

TIPS CORNER

Weight loss tip: *Be Honest & Realistic With Yourself*

Certain periods throughout the year may be more challenging as it pertains to weight loss. Being honest and realistic about goals during such periods can be more beneficial to your overall success compared to having false expectations. Do you know that many fitness professionals advocate weight maintenance instead of weight loss during the Holiday season?

TIPS CORNER

Muscle Building tip: *No Cardio Before Weight Training*

Never do long, or intense cardio before you weight train! Cardio, especially intense cardio, taps into your glycogen stores and using this much need fuel before your muscle building session can result in a less effective weight training session. Instead simply do a short cardio warm up (5 - 10 mins) at a very low intensity before your weights session.

What Are You Feeling... Hunger or Appetite?

Our consumption is stimulated by two main factors: hunger and appetite. In many cases people cannot differentiate between the two despite they are two entirely distinctive processes. But what is the difference between hunger and appetite? Well, simply put.....

Hunger is the physiological need for food

Appetite is the psychological desire for food

During hunger your body signals your brain that it requires an input of energy to continue to function effectively. As a result you have an appetite for food because your body requires it. Therefore, when hunger occurs your appetite increases as food then becomes more desirable since your body demands it. Common physical manifestations of hunger are headaches, lack of concentration, stomach pains and stomach growling. However, in some cases your appetite can be stimulated even though you are not hungry.

Appetite is a psychological desire which occurs in response to the sight, smell, or even thought of food and it may not be directly related to a bodily need for food. Appetite is the main cause of overeating for many individuals as even when appetite and hunger occur together what is required to satisfy your hunger may be far less than what you actually consume due to the presence of your appetite. For example, you go to eat a slice of pizza, only one pizza slice is required to satisfy your hunger, however after your first slice your appetite leads you to consume three more slices due to the appealing taste and smell of your first slice.

When appetite occurs without the manifestation of hunger it is usually the case where the desired item is one that you enjoy to eat. More often than not, it is likely that this desired item will be a high calorie, high fat item. So, the next time you get the growing urge to eat a particular food stop and ask yourself one simple question..... "Is this hunger I am feeling or just my appetite?" You may be surprised at how many times you consume foods just because you want to and not because you need to.

NEWS, UPCOMING NOTICES AND EVENTS

FRIDAY DECEMBER OPENING HOURS

- ◆ *During the month of December J&S Academy will close at 8 pm on Fridays*

GYM CLASSES

- ◆ *There will be no gym classes after Saturday, 11th December 2010.*

*All classes will resume on Monday, 10th January 2011.

HOLIDAY CLOSURE

- ◆ *J&S Academy will be closed for a Holiday break from Friday, 24th December 2010 through Sunday, 2nd January 2011.*

*The fees of all active monthly members will be frozen during the period of closure and will be automatically restarted on Monday, 3rd January 2011.

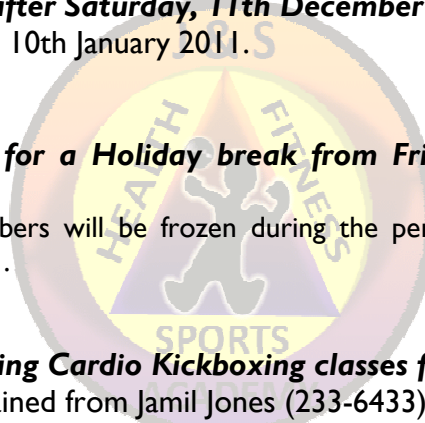
CARDIO KICKBOXING

- ◆ *J&S Academy will be introducing Cardio Kickboxing classes from January 2011*

*Additional information can be obtained from Jamil Jones (233-6433) or jamiljones@jandsacademy.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).*



Thank You

Over the past year, it has been our pleasure to bring you the first volume of J&S Academy's Health and Fitness Newsletter. The questions asked, emails received and words of encouragement provided throughout the year have been greatly appreciated. A special thank you goes out to all models who made themselves available for the various pictures displayed within our Newsletter issues and, to all individuals who provided topic suggestions, ideas and, or recipes. Such assistance is greatly appreciated and we hope that your enthusiasm and willingness continues within the coming year. Without your help this Newsletter would not have been possible.

We take this opportunity to wish all of the J & S Family a *Merry Christmas* and a blessed and prosperous New Year.

Thank You

Jamil & Janielle Jones

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WANTED...

Models for the next publication of the Health & Fitness Newsletter

Contact Jamil Jones at 231-6792 (w), 233-6433 (c)

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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