



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:

Strength doesn't come from what you can do....it comes from overcoming the things you once thought you couldn't

Rikki Rogers

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## Avoid 'The Diet' - Create 'A Lifestyle' - Part 2

### Part 2 — Creating 'A Lifestyle'

**IT'S NOT A DIET  
IT'S NOT A PHASE  
IT'S A PERMANENT LIFESTYLE CHANGE**

Losing weight, and keeping it off, often means changing and removing different aspects of your life that do not cater to a healthy lifestyle. These lifestyle changes should be ones that you are comfortable with, and over a long period of time are maintainable. In many cases, such changes, especially if many changes are involved, should also be implemented in phases. This step by step approach maybe difficult as it is our human nature to desire immediate results. However, a gradual approach to change may make it easier to adjust to an entirely new way of life.

### Steps to Take When Planning Lifestyle Changes

When trying to make lifestyle changes there are certain steps which help make the possibility of success more favorable:

1. **Make an honest assessment of your current lifestyle** - this is not only limited to assessing your diet, but also many other factors which also have a significant impact on your lifestyle (e.g. your eating patterns, daily routine, quality of sleep and daily activity levels).
2. **Assess any previous attempts or experiences at making lifestyle changes** - in doing these assessments you should note any successful changes you have made in previous attempts, even if such success was only for a short period of time. By doing this you can find successful trends that you can replicate in your new attempts.
3. **Create step by step implementation changes** - this allows you to gradually change poor habits that were identified, while replicating factors that were previously successful.

### 5 Common Lifestyle Changes Catered Towards A Healthier Lifestyle

Ultimately, successful lifestyle changes should be aimed at encompassing good nutrition, frequent exercise and daily activity and a balance among different facets of your life. Below are some key steps to cater towards a healthier lifestyle.

#### 1. Get Active....Stay Active

The main benefit we analyze from exercising is the calories burnt. However, outside of helping to burn extra calories, increasing exercise has numerous other potential health benefits such as strengthening your cardiovascular system, reducing your blood pressure and boosting your mood. Getting more active, is not only limited to formal exercise as many other avenues exist that can increase your daily physical activity (e.g. use the stairs instead of the elevator, walk short trips instead of driving).



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Rev up the intensity of your ab workout by decreasing your angle and going below parallel. By doing this you increase the range of motion of the exercise and, thereby, increase its intensity. Below is an advanced ab circuit with one common factor.... a declined bench for a greater challenge.

**ABS DECLINE CIRCUIT**

Instructions — Complete three (3) sets of the circuit. Rest three (3) minutes between sets

Exercise	Repetitions
Decline Crunches	15
Decline Reverse Crunches	15
Decline Oblique Crunches	20
Decline Leg Raises	10
Decline Hip Thrusts	10

*Get the most out of each repetition by ensuring that your lower back returns to the bench after each repetition.*

**ABS DECLINE CIRCUIT EXERCISE TIPS**



Decline Crunches

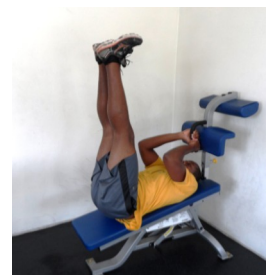
**Decline Crunches** - Keep your abs tightened and engaged throughout the entire exercise

**Decline Reverse Crunches** - Keep the 90° degree angle in your legs constant throughout the entire motion

**Decline Oblique Crunches** - Focus on twisting your torso and on feeling the contraction when you are at the top of the motion

**Decline Leg Raises** - Keep your legs straight and your abs tight through the entire motion

**Decline Hip Thrusts** - Have your legs at a 90° angle to your body (if your body was lying flat) and press your hips straight upwards, avoiding swinging your legs throughout the motion



Decline Leg Raises



Decline Hip Thrusts



Decline Oblique Crunches



Decline Reverse Crunches

**TIPS CORNER**

**Weight loss tip: Remove Temptations From Your House**

For many people food is their drug of choice. One of the best ways to avoid 'relapsing' into a food addiction is by going through your kitchen, (and anywhere else you hide your tasty treats) and removing all the high fat, high sugar, empty calorie foods.

**TIPS CORNER**

**Muscle Building tip: Recover With A Post-Workout Meal**

The purpose of a post-workout meal is to infuse nutrients swiftly and efficiently into your muscles to begin the recovery process. Liquid meals (e.g. protein powder) are highly utilized for this purpose as they provide the nutrients required in a more ready form for absorption compared to real food.

## Meditation Promotes Brain Health



The brain needs exercise just like the muscles of your body and meditation maybe the key to such 'brain exercise'. Many recent studies have shown that meditation promotes health and brain function. Some benefits of meditation are that it strengthens the immune system, increases attention and mental organization, improves sleep and promotes brain management.

*(IDEA Fitness Journal, January 2013)*

## Psychological Stress Impairs Recovery from Weight Training

Hard work and good nutrition promote training gains, but factors such as stress reduction and adequate sleep are also important. A study led by Matthew Stulys-Kolehmainen from Yale University examined the relationship between life stresses (e.g. family deaths, excessive workloads, and financial & relationship problems) and markers of recovery. The results, which were independent of fitness levels, workout intensity or experience, found that people with the highest levels of perceived stress recovered more slowly from weight training.

*(Medicine & Science In Sports & Exercise, 44: 2220-2227, 2012)*

## No Difference Between High & Low Glycemic Index Pre-Game Meals



The body uses carbohydrates as fuel at exercise intensities above 65% maximum effort. It has been well researched that endurance is greater when persons consume high-carbohydrate meals verses high-fat-protein meals; however, less research has been performed in relation to which form of carbohydrates (low-glycemic or high-glycemic) is best for performance. A study from Liverpool John Moores University in Britain discovered that there was no differences in the performance of athletes competing in a one kilometer (km) time trial run regardless of if their pre-performance meal was either a high-glycemic or low-glycemic index meal.

*(International Journal Sports Medicine, 33: 756 - 762, 2012)*

## Competing In Heat Does Not Slow The Recovery Response

Working-out or competing in hot or high humidity environments can be grueling; however, the ability to recover adequately may not be affected at all. Danish scientists examined chemical markers of muscle damage, post-exercise performance, and muscle glycogen levels in semiprofessional soccer players after playing matches in 70° and 109° heat and discovered that the markers of the tested factors were unaffected by competing in high temperatures.

*(Medicine Science Sports Exercise, 45: 860 - 868, 2013)*

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1. **False** — Olive oil contains as much fat as all other oils (100% fat). However, olive oil does contain monosaturated (good) fats.
2. **True**
3. **False** — Our bodies are fairly self sufficient when it comes to removing toxic substances from the body through our sweat and urine, with our kidneys and liver acting as filters.
4. **False** — The color of the egg shell reflects the breed of the hen that produced the egg and does not affect the nutritive value of the egg
5. **True**

## 2. Get Enough Sleep

Adequate sleep is a key part of a healthy lifestyle as, not only does your body need sleep to repair itself properly but, adequate sleep also benefits your heart, weight and mind. Without enough sleep you exhibit more sluggishness and, therefore are less likely to exercise. You also incur a magnified appetite, making you prone to eating more. Research has shown that at least 8 hours of sleep should generally be targeted for optimum bodily function; however, some individuals can function without side effects such as sleepiness or drowsiness after as little as 6 hours of sleep. Other individuals may need as high as 10 hours of sleep nightly to avoid such side effects. It is estimated that more than 40% of adults experience daytime sleepiness severe enough to interfere with their daily activities at least a few days each month.

## 3. Emphasize Water and Reduce Liquid Calories



Many calorie laden drinks (especially soft drinks) are usually high in sugar, with little nutritional value. Soft drinks, while being the main culprit of such liquid calories are not the only culprits as many fruit drinks which are believed to be healthy are made from concentrate, artificially sweetened and are also significantly calorie laden with a poor nutritional value. It is best to aim to replace such calorie laden drinks with 100% fruit juice options, low calorie fruit flavored drinks (e.g. Crystal Light) or simply water.

## 4. Eat More 'Whole Foods'



By reducing the amount of processed foods in your diet, and including more whole foods, you would increase the nutritional value of your entire diet. This is because you are getting the food in its natural state, with all of the vitamins, minerals and other nutrients that are in the food rather than the small percentages of such nutrients that are left over after the refinement process. The nutrients lost are not the only disadvantages of processed foods; additives to processed foods can also be a significant problem. During the processing of foods varying amounts of preservatives and chemicals are added which also drop the nutritional value of the food items. Therefore, although the term 'whole foods' is usually confined to foods which fall under the definitions of vegetables, fruits and grains, reducing the processed

nature of the items you eat should also be a goal in this regard as eating a less processed item (e.g. skinless chicken breast) would be preferred over a more processed item (e.g. chicken nuggets).

## 5. Be Positive

Focus on your progress and not your quest for perfection. There will be setbacks and pitfalls on your journey, but by recognizing the accomplishments you have achieved thus far and analyzing the 'big picture' you will not fall prey to letting small road bumps derail your progress and create massive failures. Similarly, specifically in the case of foods, do not dwell on what you are trying not to eat, but turn your focus to items you enjoy that conform to your new healthier lifestyle .



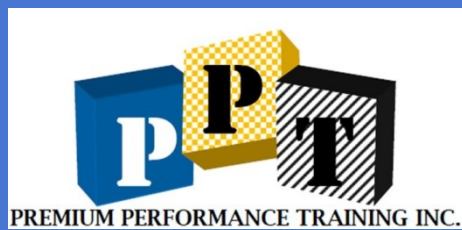
Score: \_\_\_\_\_ out of 5

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

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

- |  |                    |                     |
|--|--------------------|---------------------|
| 1. Olive oil contains less fat than other cooking oils   | <b><u>True</u></b> | <b><u>False</u></b> |
| 2. EAR stands for Estimated Average Requirement  | <b><u>True</u></b> | <b><u>False</u></b> |
| 3. Fasting is the best way to detox the body   | <b><u>True</u></b> | <b><u>False</u></b> |
| 4. Brown eggs are more nutritious than white eggs  | <b><u>True</u></b> | <b><u>False</u></b> |
| 5. A pre-competition meal should provide carbohydrate fuel for your muscles while minimizing gastrointestinal distress | <b><u>True</u></b> | <b><u>False</u></b> |

## CONTACT US



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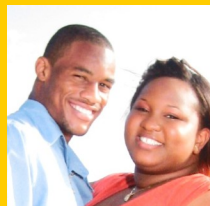
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### **Let Us Know What You Thought Of This Issue**

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

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