



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:

"There is no one giant step that does it, it's a lot of little steps."

- Peter A Cohen

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Focus On Creating A Fitness Habit

EXERCISE

Some motivation required



"People say that motivation doesn't last. Well, neither does bathing — that's why we recommend it daily."

-Zig Ziglar

When we decide to take on a fitness goal, whether it be to lose weight, gain size, or run a race, we all start out highly motivated, oozing commitment and excitement. We believe that we can take on the world and success is the only logical outcome. However, no matter how 'strong' we start, at some point, our motivation will waiver. This lack of motivation can occur for a wide range of reasons including family commitments, not seeing the results we had hoped fast enough, or, simply a lack of desire.

Unfortunately, many times we only realize we are wavering in our commitment after it is too late. Subsequently, we have to restart from the beginning, re-motivating ourselves to aim for our goal once again. This is often more challenging than it was initially due to the previous failed attempt impacting our physic.

However, **there is one sure technique of overcoming this lack of motivation: it is critical that we create a "fitness habit"**. By cultivating a habit, fitness becomes an essential part of our lifestyle and therefore we are not relying on our motivation, or even on results obtained, fitness becomes a way of life. It is now entrenched in our daily or weekly routine: it forms an integral part of us.

In theory, creating a habit is a very simple process — repeat an activity over and over until it becomes a fixture in our life. However, in actuality it is not that simple, especially when it comes to a fitness related habit. In this case, the process can be slow and challenging . It is human nature to desire instant results; thus, this slow, long process of developing a fitness habit can cause us to either: (a) bite off more than we can handle; or, (b) go too hard too soon. This in turn usually results in us giving up before a new habit is created.

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Below is a ‘Cardio & Core Workout’ to give you a leg up in your six-pack abs quest.

Churning out hundreds of reps of abdominal exercises will do nothing to show those six-pack abs if you don’t include cardio to remove the fat covering them. Similarly, doing hours of endless cardio may reduce the size of your mid-section, but you need to include abdominal exercises to strengthen and define the muscles of your mid-section.

INSTRUCTIONS

Complete one exercise and immediately move onto the next until you have completed all of the exercises in the circuit. Complete three (3) sets of the circuit, resting three to five minute between circuits. When doing cardio the level on the intensity should be challenging, resulting in a heart rate of 75% to 85% of you maximum heart rate.



A



B

Touch Toes



A



B

Lying Straight Leg Raises



A

Russian Twists with medicine ball

Core Exercise / Cardio Machine	Repetitions / Time
Stepper	3 minutes
Touch Toes	30
Lying Straight Leg Raises	30
Arc Trainer	2 minutes
Russian Twists with medicine ball	50
Scissors	50
Concept 2 Rower	1 minute
Bosu Ball Front Plank	60 — 90 seconds
Treadmill	3 minutes



B

Russian Twists with medicine ball



A



B



C

Scissors



Bosu Ball Front Plank

***Warm-up on any cardio machine for at least 10 minutes prior to beginning the workout**

Secrets of Nutrient Timing

Fifty years ago sports nutrition knowledge was such that athletes were advised to eat plenty of protein, including beef and raw eggs, and to drink lots of juice. Since then, it was recognized that the systematic application of sports nutrition principles improves adaptation to exercise and sports training, and also speeds recovery. Subsequently, sports nutrition has become a sophisticated, developed science, with the quantity, quality and timing of post-exercise nutrition becoming critical for maximizing sports performance. Keith Wheeler summarized the important sports nutrition principles on nutrient timing for maximizing recovery and gains from training — After training, consume 20 to 25 grams of protein and 60 to 100 grams of carbohydrates, either as whole foods or supplements.

(*IDEA Fitness Journal*, March 2013)



Increased Protein Intake Important During Weight Loss



Metabolic rate and muscle mass decrease during weight loss, thereby making it more difficult to maintain lost weight. A study from Maastricht University in the Netherlands found that protein intake was critical during weight loss for maintaining normal metabolism. In the six month study, overweight individuals (aged 18 to 80 years) were aiming to lose weight through the use of a low-calorie diet. Half of the persons consumed 0.8 grams of protein per kilogram of bodyweight per day (normal protein intake), while the other half consumed 1.2 grams per kilogram of body weight per day (high protein intake). After the six months the lean mass and metabolic rate was highest (and the diastolic blood pressure was lowest) in the high protein group. Subsequently the study found that persons trying to lose weight should aim to increase their protein intake above 'normal' levels.

(*Journal of Nutrition*, 143: 591—596, 2013)

The Mediterranean Diet may preserve Bone Mass and maintain Bone Health

The Mediterranean diet is high in fruits, vegetables, olive oil, lean meats, fish and red wine. People following the diet have a reduced risk of heart disease, cancer, high blood pressure and obesity. Spanish researchers also discovered that the Mediterranean diet, with olive oil, reduced the risk of osteoporosis (bone loss) as in their research persons following this diet showed increased levels of markers of bone formation without a change in calcium levels. Subsequently it was determined that following the Mediterranean diet is a good way to maintain bone health.

(*Journal Clinical Endocrinology Metabolism*, 97: 2012—2221, 2012)



Long-term Weight Maintenance Depends More on Caloric Expenditure and Food Intake than the Proportion of Carbohydrates and Proteins in the Diet

The research has shown that persons lose more weight on low-carb diets than on low-fat diets over 6 to 12 months. However, after 12 months of weight loss such a significant focus on dietary composition is not as important or beneficial, and may actually increase health risk (e.g. long-term use of low-carbohydrate diets might increase the risk of coronary artery disease). After 12 months, or the point whereby the focus shifts to weight maintenance success depends more on caloric expenditure and food intake than on proteins and carbohydrates in the diet.

(*Integrative Medicine*, 15 (11) 21—123, 2012)

ASK YOURSELF True or False ?

Score: _____ out of 5

- | | | |
|--|------|-------|
| 1. Agility ladders, weight vests, medicine & stability balls are examples of functional training equipment. | TRUE | FALSE |
| 2. The Push-up and Sit-up tests are standard test procedures for measurement of muscular endurance. | TRUE | FALSE |
| 3. Cycling at 10 mph and running at 10 mph have the same MET value. | TRUE | FALSE |
| 4. Flexibility refers to the range of motion of a muscle. | TRUE | FALSE |
| 5. In a resistance program the typical exercise order is to perform exercises which target larger muscles prior to exercises which target smaller muscles. | TRUE | FALSE |

[Answers can be found on the bottom of page 4](#)

Tips on Creating and Maintaining Fitness Related Habits

- **Change One (1) Habit At A Time:** Avoiding your desire for big drastic changes immediately is key. Attempt to change only 1 thing at a time in your fitness regime and focus on succeeding at it for an extended period of time (e.g. 1 month) before adding another habit to change.
- **Start Slowly with Small Habits:** Yes, the ‘bigger’ habits that are the ones we really want to change the most; however, these also require the greatest amount of dedication, time and effort. Start small and build your confidence before expanding and attempting larger changes.
- **Have Patience:** As they say ‘Rome wasn’t built in a day’, you are trying to make changes that you plan to keep for the remainder of your life. In the grand scheme of things taking 1 month, or even 1 year to accomplish the change isn’t as long a period compared to how long you will keep the habit.
- **‘X’ Your Calendar:** Everyday you maintain your habit ‘X’ it off; by doing this you can create a visual reminder of how well you are progressing and provide a continued stream of motivation. Similarly it can let you realize if you have not been progressing as well as you would have hoped and allow you the ability to recommit your efforts.
- **Choose Enjoyable & Fun Exercises:** The more enjoyable the activity the better your ability to maintain it over the long term.
- **Prioritize It In Your Schedule:** Don’t put fitness activities in time slots where it can easily be pushed aside for something more important.
- **Make It Social:** Having a social aspect to your fitness regime has been shown to boost your commitment level and accountability as it allows you to get support from other persons attempting to make similar changes to their lifestyle. So, find a workout buddy, workout group or join a social fitness network as this way you won’t feel like you are doing it alone.

Ask Yourself Answers

1. True
2. True
3. False — Cycling at 10 mph has a MET value of 7.0, while running at 10 mph has a MET value of 15.21
4. False — Flexibility refers to the range of motion available at a joint
5. True

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 still full on the flavor.



Cowboy Spaghetti

Method

1. Cook the pasta according to the package directions while preparing the sauce, and set aside.

2. Add the bacon to a large sauté pan over medium-high heat, and cook for 5 to 6 minutes, or until slightly crisp. Add the onion, bell pepper, garlic, and oregano and cook for 3 to 4 minutes or until vegetables are slight softened. Add the ground beef and turkey. Break the meat up as it cooks for 5 to 7 minutes, or until browned.

3. Add the black pepper, hot sauce, Worcestershire, chopped tomatoes, and tomato sauce. Stir and allow to simmer for 10 minutes.

4. Serve hot spaghetti topped with the cowboy sauce and shredded cheese.

MAKES 6 SERVINGS

- ◆ 8 ounces spaghetti
- ◆ 3 slices centre-cut bacon (chopped)
- ◆ 1 medium onion (chopped)
- ◆ 1 medium green bell pepper (chopped)
- ◆ 3 to 4 garlic cloves (minced)
- ◆ 2 teaspoons dried oregano
- ◆ 1/2 pound lean ground beef
- ◆ 1/2 pound lean ground turkey
- ◆ 1/8 teaspoon black pepper
- ◆ 1 teaspoon hot sauce
- ◆ 2 teaspoons Worcestershire sauce
- ◆ 1 can (14 ounces) chopped tomatoes
- ◆ 1 can (15 ounces) tomato sauce
- ◆ 3/4 cup (3 ounces) reduced-fat shredded cheddar cheese

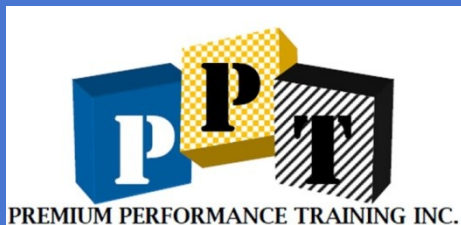
NUTRITIONAL INFORMATION PER SERVING (1 1/2 CUPS)

Calories: 350 / Carbohydrates: 39g / Total Fat: 9g
 (Sat Fat: 3g) / Protein: 29g / Fiber 6g /
 Cholesterol: 33g / Sodium: 600mg

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

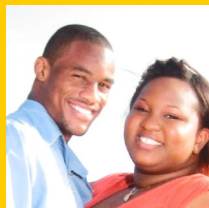
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Let Us Know What You Thought Of This Issue

Read something that you disagreed with, that you did not understand or that was really helpful? Send your feedback to **jamiljones@premiumperformancetraining.com**