



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:

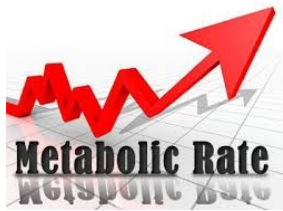
Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz

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Tips To Maximize Your Metabolism



Your metabolism (or metabolic rate) is the process by which your body breaks down food to produce energy or, simply put it is the rate at which your body burns calories. Your metabolism is affected by various factors; some which you can control and change and some that you can't. The factors that can affect your metabolism are Age, Gender, Proportion of lean body mass, & DNA (hereditary factors).

Table 1: The Effect of various Factors on Your Metabolic Rate

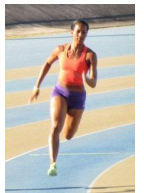
Factor	Effect on Metabolic rate
Age	Metabolic rate slows down as we age mainly due to a decrease in muscle mass
Gender	Males generally burn more calories at rest compared to females
Lean Body Mass	An increase in muscle mass results in a higher resting metabolic rate
Heredity	You can inherit your metabolic rate from previous generations and an underactive (hypothyroidism) or overactive (hyperthyroidism) thyroid gland can slow down or speed up your metabolism
Thyroid Disorder	

- **Increase Your Lean Muscle Mass**

Muscle burns more calories than fat, thereby the more muscles you have the higher your resting metabolic rate, as well as the greater number of calories you burn during exercise and normal everyday activities.

- **Integrate High Intensity Interval Training (HIIT) Cardio Into Your Workout**

HIIT cardio has been shown to increase the 'after burn effect', subsequently resulting in a higher energy demand and more calories burnt up to 24 hours after the cardio workout.



- **Don't Skip Meals — Eat Small, Frequent (Healthy) Meals & Snacks**



By eating small, frequent meals and snacks approximately every 3 hours you consistently feed your muscles and reassure your body that you aren't going to starve. However, by skipping meals your body begins to store fat as a precaution and your metabolism gradually slows down to compensate, ultimately attempting to hold onto every calorie you consume while in this starvation state. It should be noted that if meal skipping occurs only occasionally there won't be a lasting effect on your metabolic rate, however if such practices are a way of life it will result in a lower metabolic rate.

Continues on Page 4

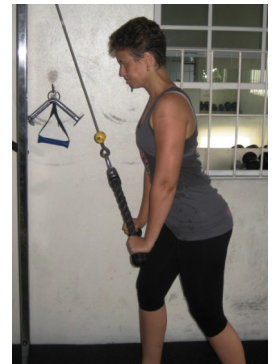
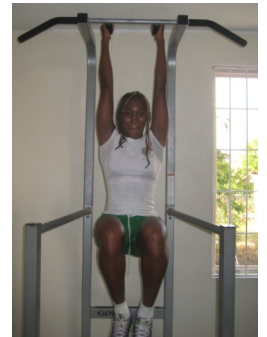
PAGE 2 Full Body Super Circuit

- Instructions:** (1) Warm Up with 10 minutes of cardio before beginning the circuit
 (2) Complete 3 sets of the circuit
 (3) Do not rest between exercises, moving immediately from one exercise to the next within a circuit
 (4) Rest 3 - 5 minutes between sets

*Use weights which will be challenging within the last 3 - 5 repetitions of each set of the respective exercises, but that does not prevent you from using proper form



Exercise	Repetitions
Incline Dumbbell Chest Flys	12
Leg Press	12
Pull Ups	12
Leg Curl	15
Triceps Pushdown (rope)	15
Cable Biceps Curls (rope)	15
Isometric Squats	30 seconds
Jump Squats	15
Hanging Knee Raises	15
V-twists (with medicine ball)	30
Front Plank	60 seconds



TIPS CORNER

Weight loss tip: *Diagnose Your Food Issues*

Many persons have 'triggers' which result in massive cravings or binge eating of unhealthy foods. By finding these 'triggers' (e.g. a depressed or angry emotion) you can help yourself diagnose and overcome such issues and start developing improved habits and behaviors that would help conquer the unhealthy eating patterns. When these triggers occur.

TIPS CORNER

Muscle Building tip: *Reduce Your Cardio*

Don't try to build muscle and lose fat at the same time. Performing intense cardio daily will greatly hamper your muscle building efforts as cardio interferes with strength gains and has a detrimental effect on mass building.

Vibration Training is Ineffective For Weight Loss



Vibration training involves doing basic exercises (e.g. squats, push-ups, lunges) on a vibrating platform. The vibration is transferred to the feet, hands or butt, which are in contact with the vibration plate or handle bars and activates stretch receptors in the muscles, which in turn, trigger thousands of small muscle contractions. However, despite vibration training did result in an increased blood flow, according to Darryl Cochrane from Massey University in New Zealand, the addition of the vibrations did not create a surplus of calories burnt to promote weight loss.

(Scandinavian Journal Medicine Science In Sports 22: 705-713, 2012)

Time Under Tension Triggers Hypertrophy

Researchers from McMaster university in Canada studied the effect of a single workout using either slow reps (6 seconds up and 6 seconds down) or fast reps (1 second up and 1 second down) with a light load of 30 percent of the participants one repetition maximum. The results showed that the rate of protein synthesis was greatest during the slow repetitions thereby leading to the conclusion that prolonged muscle contraction was a more important stimulus for increasing muscle size compared to speed and hence, based on repetition speed, slower repetitions which maximized time under tension was a better method of making muscles grow.

(Journal of Physiology, 590: 351-362, 2012)

Ginger Increases Calorie Burning



According to a study from Sat. Luke's Roosevelt Hospital in New York City, not only is ginger a healthy food that fights inflammation, promotes blood sugar control and stimulates the digestive system it can also help you lose weight due to its thermogenic nature (it increases the calorie burning associated with digesting foods). The researchers determined this fact through a study which showed that when overweight men were fed a hot ginger beverage the results showed that they had an elevated metabolism, while also reporting reduced feeling of hunger.

(Metabolism, 61: 1347-1352, 2012)

Eggs for Breakfast Decreases Hunger

Researchers from the Pennington Biomedical Research Center conducted a study involving matching two breakfast meals for calories and nutritional content, changing only the protein source (eggs versus cereal). What they found was that not only did the eggs have a higher biological value than protein in breakfast cereals but that they also helped increase satiety (feeling of fullness) and therefore helped decrease food intake and suppress hunger throughout the day.



(Paper presented at European Congress on Obesity, May 18, 2012)

1. **True**
2. **False** — Most cases of food poisoning are the result of improper handling of food after it leaves the processor or manufacturer.
3. **False** — Fiber intake is not desirable immediately before physical exertion because it stays in the digestive tract too long and draws water out of the blood
4. **True**
5. **False** — To be fit means not only to be at a desirable weight and to have strong muscles, but also to be flexible and to have muscular and cardiovascular endurance

- **Take Advantage Of Thermogenic Food Items**



When you eat your metabolism temporarily increases as your body burns more calories to digest the meal. Certain meals however, have been shown to boost your metabolism more than others in this manner (e.g. hot peppers, green tea, broccoli, cabbage, celery, grapefruit), as they require more effort to digest.

- **Eat high-protein Diets**

Compared to high-carb or high-fat diets high-protein diets have been shown to be the most thermogenic in nature due to the fact that protein is harder to breakdown so the body has to spend more energy during digestion.

- **Drink Iced Water**

When you drink iced water your body burns more calories warming it to body temperature than if the water was already at your core temperature.



- **Get Appropriate Rest**

Skimping on sleep can negatively alter your metabolism as your resting metabolic rate represents 60 — 75% of your total daily calorie burning.

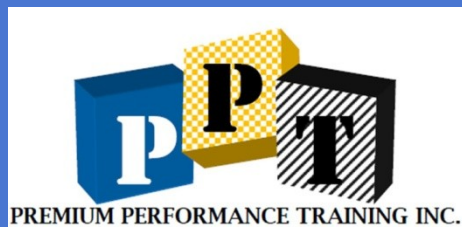
ASK YOURSELF True or False ?

Score: _____ out of 5

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

1. In the fruit exchange system a 1/2 cup of orange, apple or grapefruit juice is equal to 1 small orange or apple or 1/2 a large grapefruit	<u>True</u>	<u>False</u>
2. Most foods that cause food poisoning are contaminated by the manufacturer or processor.	<u>True</u>	<u>False</u>
3. Fiber intake is desirable immediately before physical exertion.	<u>True</u>	<u>False</u>
4. Based on your weight category there are different recommended weight gain ranges for pregnant women	<u>True</u>	<u>False</u>
5. Essentially, to be fit means to be at a desirable weight and to have strong muscles	<u>True</u>	<u>False</u>

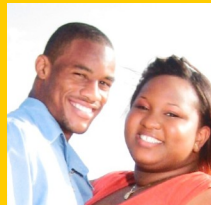
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Let Us Know What You Thought Of This Issue

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