



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 are capable of doing. Motivation determines what you do. Attitude determines how well you do it.”

- Lou Holtz

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Dietary Supplements



A dietary supplement is defined by the FDA as a product (other than tobacco) intended to supplement the diet that contains a vitamin, mineral, amino acid, herb or other botanical, any extract, or combination of these. By definition, dietary supplements are ingested in pill, capsule, tablet, or liquid form; are not considered to be conventional foods; and, are not the sole items consumed in a meal. Dietary supplements are widely available through grocery stores, health food stores, and pharmacies, as well as, through the mail and over the internet. A significant portion of the dietary supplement market is now aimed at individuals trying to lose weight.

Most of us think that vitamins and minerals are the only dietary supplements; however, dietary supplements also include 1500 to 1800 herbs, botanicals, metabolic, extracts, and combinations of these.

How Are Dietary Supplements Regulated

The FDA is charged with regulating drugs, cosmetics, dietary supplements, certain kinds of foods, and various medical products. This is done through the Dietary Supplement Health and Education Act (DSHEA). Passed in 1994, the DSHEA puts the legal burden on the FDA to show that a dietary supplement is unsafe, rather than on the manufacture to show that a product is safe before it is marketed. Also adding to the FDA's constraint is the fact that while supplement manufacturers are required to have scientific evidence substantiating claims made about a product, they are not required to provide the FDA with such evidence before marketing the product.

One effect of this casual regulation of dietary supplements is that the US-manufactured dietary supplements do not necessarily follow a standard formula and the same supplements may vary in potency and ingredients from company to company, and even from batch to batch. In fact, the FDA has admitted that it has found many products marketed as “natural” or “herbal” to actually contain harmful ingredients. The US laws contrast significantly...

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Olympic Lifts - The Power Clean

Explosive Olympic-style lifts target the calves, hamstrings, quadriceps, glutes, lower back, upper back and shoulders. They are functional, compound, multi-joint exercises, which use free weights and are performed unsupported, and explosively. Explosive Olympic style lifts are primarily total body exercises and require a lot of energy. This can result in greater fitness levels, increased caloric expenditure and improved total body strength and power development.

Execution:

Phase 1: Starting Position

- Squat down and hold the bar using a closed pronated grip slightly wider than shoulder-width apart.
- The bar should be about 1 inch in front of your shins and over the balls of your feet. Your back should be flat or slightly arched, but not rounded. Keep your chest up and your shoulder blades retracted, with your head in a neutral position and your eyes looking straight forward.
- Inhale during this phase.



Phase 2: Pull Phase

- Forcefully drive into the ground, pulling the bar from the floor by extending your hips and the knees as you exhale.
- Keep your elbows fully extended during this motion, trying to keep the angle of your back constant.
- As the bar raises keep it as close to your shins as possible.
- As the bar begins to cross your knees pull as hard as you can, extending your hips and knees in an attempt to make the bar move as fast as possible.
- When your lower body joints are fully extended, shrug the shoulders upward rapidly without letting the elbows flex yet.
- As your shoulders reach their highest elevation with the bar by your thighs, flex your elbows pulling them towards the ceiling.
- Continue to pull the arms as high as possible and push up onto your toes.



Phase 3: Catch Phase

- At this point where the bar has reached near maximal height, catch the bar at your shoulders by pulling your body under the bar and rotating your arms around and under the bar while simultaneously flexing your hips and knees into a quarter squat position.
- Once the bar has landed on your shoulders lift your elbows to position the upper arms parallel to the floor and rack the bar across the front of your collar bones and front shoulder muscles.
- Catch the bar with an erect and tight torso, a neutral head position and flat feet. Stand up by extending your hips and knees to a fully erect position.



Ask Yourself Answers

1. True - Vitaly Kulikov from Russia (male) and Alicia Weber from USA (female)
2. False - There are 24 different time zones in the world, each 15 degrees of longitude in width
3. False - Each follicle can contain only one hair, and plucking it won't make it able to produce multiple hairs
4. True
5. True

Body Mass Index: Its Use and Disuse



Body Mass Index (BMI) is the most common method for quantifying body composition. It is defined as weight in kilograms divided by height in meters squared (Wt/h^2) and is a measure of the proportion of weight to height. A BMI between 18.5 and 24.9 is classified as desirable; 25 to 29.9 is overweight; and 30 and over is obese. It is widely used as a measure of fatness and as a risk factor for diseases such as coronary artery disease and diabetes. Unfortunately, BMI is a poor measure of the percent fat and a poor predictor of the risk of disease and of premature death. A review of literature by Frank Nuttall from the University of Minnesota concluded that people of Western European extraction are heavier, taller and more likely to be overweight than people in other periods in history. However, they are also healthier and live longer than any other period in history. He therefore questioned the use of BMI as the cornerstone for defining the obesity epidemic.

(*Nutrition Today*, 50: 117 - 128, 2015)

Energy Expenditure Slows During Extreme Caloric Restriction

Ninety-five percent of people who lose weight gain it back again within one year. One reason is that extreme caloric restriction slows metabolism and reduces caloric expenditure. Researchers from the University of Chile found that overweight women on calorie-restricted diets (20 calories per kilogram of body weight per day) reduced resting energy expenditure by 168 calories per day (10.6%). Resting energy expenditure was higher in women with more muscle mass. The study showed that the body adapts to caloric restriction by reducing energy expenditure, which makes it extremely difficult to maintain lost weight

(*Nutricion Hospitalaria*, 31;2428 - 2436, 2015)

High-Rep Kettlebell Snatches Build Aerobic Capacity



Since the 19th-century, people have used kettlebells to build lean, powerful, lightning-fast physiques. The kettlebell snatch is a key exercise in kettlebell training routines. The exercise appears simple, but requires coordinated, linked contractions of the thigh, butt, core and upper body muscles to do it properly. A study from San Jose State University led by Asher Falatic and Peggy Plato found that a high-rep kettlebell workout (15 seconds of snatches followed by 15 seconds of rest for 20 minutes) improved aerobic capacity by 6 percent. For comparison, a control group practiced circuit training and made no improvement in aerobic capacity. Kettlebell workouts can potentially develop strength and aerobic fitness that will improve athletic performance.

(*Journal Strength Conditioning Research*, 29: 1943 - 1947, 2015)

Higher Step Height Triggers Greater Blood Lactate Concentrations

High Blood lactate levels are linked to high-intensity exercise. They reflect the types of motor units recruited and blood lactate clearing capacity. A study by Brian Nguyen and Trevor Gillum found that performing a one-minute step test on a 40-centimeter high step resulted in greater blood lactate concentration than using a 20-centimeter step. The higher step required greater power and the recruitment of more powerful motor units, which resulted in greater blood lactate concentrations.

(*Journal Strength Conditioning Research*, 29: 1578 - 1583, 2015)



Dietary Supplements

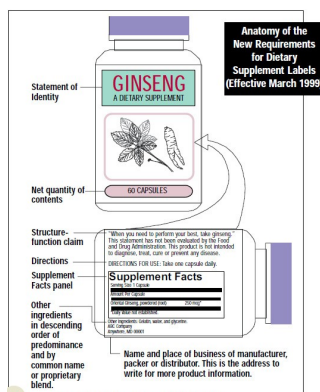
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(significantly) with the strict regulation of dietary supplements in Germany, where herbal supplements are based on identical formulas.

Dietary Supplement Claims

Because dietary supplements are not subject to a rigorous review they cannot claim to treat or cure specific diseases. In March 1999 new labeling requirements came into effect for dietary supplements and affected what could be claimed on its label. The DSHEA permits dietary supplements to make three types of claims about their products:

- 1) Nutrient-content claim — Supplements that contain a specified amount of a nutrient may claim to be “high in” or an “excellent source of” the nutrient.
- 2) Health claims — If scientific evidence has established a link between a dietary supplement and a disease, then this link may be stated. Examples of scientifically valid supplement-health links include folic acid and neural tube defects, calcium and osteoporosis, and psyllium seed husk and heart disease.
- 3) Structure/function claims — Structure/function claims relate to the role of an ingredient in affecting normal human structure or function (e.g. calcium strengthens bones). These claims may also refer to deficiency diseases that result from lack of a nutrient in the diet (e.g. scurvy and vitamin C). All structure-function claims must be true, based on the manufacturer’s interpretation of the scientific literature. The disclaimer “This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease” must accompany structure-function claims.



Requirements of Dietary Supplement Labels

ASK YOURSELF True or False ?

Score: _____ out of 5

1. The most pull ups by a male and female in one minute is 59 and 39 respectively	TRUE	FALSE
2. There are 12 different time zones in the world	TRUE	FALSE
3. Plucking one gray hair will cause two to grow in its place	TRUE	FALSE
4. There are approximately 640 skeletal muscles within the typical human	TRUE	FALSE
5. Women generally have a higher percentage of body fat than men	TRUE	FALSE

[Answers can be found on the bottom of page 2](#)

Dietary Supplements

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How Can Fraudulent Products and Practices Be Avoided?

Consumers should be alert for the following signs, which are good indicators that a product may not do what it claims:

- Use of words like “miracle”, “breakthrough” and “new discovery” — If a real breakthrough in dietary supplements (especially weight loss supplements) had occurred, it would be reported in scientific journals, newspapers and news releases by government health agencies.
- Repeated reference to the word “natural”— Natural does not necessarily equal safe (e.g. toxic mushrooms and berries are natural).
- Suggestions that a product can be used to treat or cure a variety of disorders — It is unlikely that a single supplement could have widespread effects.
- Misuse of medical terms or overuse of pseudomedical terminology — Supplement manufacturers are particularly fond of the terms metabolic and thermogenic.
- Poorly referenced scientific data backing up the product — A lack of references or a listing of references that are impossible to obtain is a sign that no studies exist to back up claims made about a supplement.
- Failure to acknowledge side effects — Anything powerful enough to stimulate the effects claimed by some supplement manufacturers is sure to have side effects.



Identifying Quality in Nutritional Supplements

According to the FDA, most dietary supplement manufacturers are responsible and careful about what goes into their product. Still, manufacturing practices for supplements in the United States are not as standardized as they are in Europe. So, how can consumers who want to use supplements select quality products?

- Buy brands from well-known manufacturers or distributors — Manufacturers who have been in business for many years are likely to have better experience with quality control simply because they market more products.
- Look for the USP Verified Dietary Supplement Mark on the supplement container — This means that the manufacturer has met the US Pharmacopeia’s stringent standards for strength, quality, purity, packaging, and labeling.



USP Verified Dietary Supplement
Mark

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 are still full of flavor.



Classic Creamy Coleslaw

Method

1. To make the dressing, in a medium bowl, whisk together the mayonnaise, sour cream, vinegar, milk, sugar, celery seed, mustard powder, salt, and pepper.

2. For the slaw, in a large bowl, combine the cabbage, carrot, and onion. Pour dressing over cabbage mixture and toss well to coat.

3. Cover and place in the refrigerator. Serve chilled.

MAKES 8 SERVINGS

Dressing

- ◆ ½ cup light mayonnaise
- ◆ ⅓ cup light sour cream
- ◆ 4 tablespoons white vinegar
- ◆ 3 - 4 tablespoons low-fat milk
- ◆ 2 tablespoons granulated sugar or Splenda sweetener*
- ◆ 1 teaspoon celery seed
- ◆ ½ teaspoon mustard powder
- ◆ ¼ teaspoon salt
- ◆ ⅛ teaspoon black pepper

Slaw

- ◆ 8 cups shredded green and red cabbage
- ◆ 1 large carrot, shredded
- ◆ 3 green onions, chopped

* Subtract 3 grams of carbohydrates and sugar and 12 calories with sweetener

DARE to COMPARE

Its hard to believe that just ½ cup of deli coleslaw can contain as much as 230 calories and 23 grams of fat, and a single side portion of the coleslaw at KFC is 180 calories and 10 grams of fat.

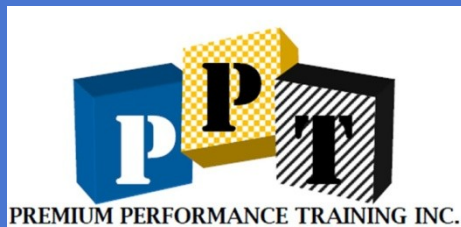
NUTRITIONAL INFORMATION PER SERVING (1 cup shredded, ¾ cup chopped)

Calories: 70 / Carbohydrates: 11g (Sugars: 8g) / Total Fat: 3.5g (Saturated Fat: 0.5g) / Protein: 2g / Fiber 3g / Cholesterol: 5mg / Sodium: 225mg

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 & diabetic diets

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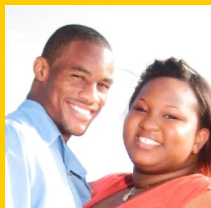
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Let Us Know What You Thought Of This Issue

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

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