



J & S HEALTH, FITNESS & SPORTS ACADEMY

Health & Fitness Newsletter

VOLUME 3, ISSUE 6

NOVEMBER / DECEMBER 2012

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:

Take care of your body. It's the only place you have to live.

Jim Rohn

INSIDE THIS ISSUE:

Christmas Eating Tips	1
12 Days of Christmas Challenge	2
Research The Facts	3
Tips Corner	3
News, Notices and Events	4
Ask Yourself... True or False ?	4
Thank You and Acknowledgements	5
Contact Us	5

Christmas Eating Tips



When I was younger, as part of a Christmas play, I remember singing a song that went something like this:

*“Christmas time, Christmas time is no time to diet:
It’s the time for putting on weight.
You love ham, you love turkey, so don’t deny it.
Come along and full up your plate.”*

As humorous as this song is, it is also very true. Many of us find it difficult to control our eating over the holidays with Christmas lunches, work parties, church socials and the likes providing lots of tasty temptations. Unfortunately, for many of us, the holidays normally end with a feeling of remorse as we recount how all of our hard work over the year to stay in shape was negated in just a few short weeks. Though this thought is normally an exaggeration, (studies have shown that the holiday weight gain is, on average, only one to two pounds) it is still important to execute some control over the holiday season. So, here are a few tips to help you enjoy yourself without over indulging.

Go slow on the buffet

Many Christmas parties have an ‘all-you-can-eat’ buffet. This commonly leads to an over excitement of the senses as we want to try a little of everything. In situations like this, you end up eating a lot more than you realize. Try identifying only three to four items that you would like to try. Don’t over fill your plate the first time around. Take a seat to eat and when you are finished, wait a while, to test if you are full. If you are still hungry go ahead and have ‘seconds’, but only take as much as you think you need to full you.

Don’t stuff your fridge



Whether you are hosting a party or house guest, during the Christmas season it always seems like your fridge is stocked to its fullest. We want to be prepared for all eventualities. Nevertheless, studies have shown that the more food in our fridge, the more we eat. So, while it may be common to have a few more items in your fridge this time of year, be warned: if your fridge is consistently stuffed full of food, in most cases, you will be too.

Take a little of many items rather than a lot of one item

When we overload our plate with one item it is usually a high fat, high sugar, high calorie item. Instead of doing this make a conscious effort to partake in small servings of many items (remember our three to four rule) compared to significantly large servings of only your favorite items. In most cases, this method can significantly reduce your total calorie intake for the meal/ However, it should be noted that, the positive effects on calorie reduction by employing this method may be minimal depending on the food items available .

Limit your indulgence

The Holiday season provides a host of possible gatherings — work parties, family dinners, New Year’s party, New Year luncheons and the list goes on — and, in each case, there is a perfect opportunity for overindulgence. If you know that you can’t restrain for the entire holiday season, choose one event at which you will allow yourself to indulge. But try just to indulge: overindulgence is never a good thing.





Hitting the gym is simply not an option for you over the holidays?
Try our **12-day Christmas Challenge**.

Day #1

- ◆ 500 Jumping Jacks

Day #2

- ◆ 200 Crunches

Day #3

- ◆ 250 Squats

Day #4

- ◆ 100 Push Ups

Day #5

- ◆ Run or walk 2 total miles

Day #6

- ◆ 75 Burpees

Day #7

- ◆ 10 mins total of Front Plank

Day #8

- ◆ 100 Walking Lunges

Day #9

- ◆ 200 Reverse Crunches

Day #10

- ◆ 150 Lying Back Extension (Superman)

Day #11

- ◆ 100 Triceps Dips

Day #12

- ◆ 7 mins 30 seconds of Side Plank (each side)

Ask Yourself Answers

1. **True**
2. **False** — Essential nutrients cannot be made by the body and must be obtained from food
3. **False** — 'Soft' water is higher in sodium and may increase the risk of high blood pressure
4. **False** — Sodium is an essential nutrient, but excess sodium should be avoided
5. **True**

Cash Cuts Cheat Foods

According to research from led by Manoj Thomas, an assistant professor at Cornell University, the form of payment used by shoppers can actually have an influence on how much impulse buying they do on cheat foods. The researchers looked at register receipts, over a 6 month period, from a random sample of 1000 shoppers at a supermarket chain. The results showed that when shoppers used a credit card or debit card they made more impulse buys on 'unhealthy' food products compared to when they used cash.



(Journal of Consumer Research, published online: Oct 06, 2010)

Partners In Dining



Fitness enthusiasts commonly say the phrase, "You are what you eat". However, a study conducted by researchers at McMaster University maybe adding fire to a new catch phrase: "You are who you eat with". This study showed that when women ate with a male companion, they chose foods of significantly lower caloric value than they did when dining with a female companion. The results in group settings were similar as, when women ate in all-female groups their food was significantly higher in calories compared to when women ate in mixed gender groups.

(ScienceDaily, August 10, 2009)

Pilates Builds Core Muscles

Pilates training has been shown to be an effective way to improve core fitness and stabilize the spine. Spanish researchers found that 36 weeks of Pilates training increased the volume of the rectus abdominis muscle by 21% and the obliques and transverses abdominis by 8% in a group of non-active healthy women. Pilates also helped balance muscle size and strength in the oblique muscles on the left and right sides of the body.

(Medicine & Science in Sports & Exercise)

Weight Training May Improve Mental Function in Older Adults

A University of British Columbia study showed that older women (age 65 through 75) showed improved memory function after participating in a weight-training program two times per week for 12 months. The MRI scans taken also showed improvements in several brain areas of women who trained with weights. Unfortunately, the study had a high dropout rate; therefore, more research is needed to assess the validity of this treatment for preventing memory loss in older persons. Nevertheless the initial 'small sample' results do look promising.



(Annals of internal Medicine, 172: 666-668, 2012)

TIPS CORNER

Weight loss tip: *Don't Get Discouraged*

Remember that it didn't take 2 weeks to pack on those extra 20 pounds, so it will not take 2 weeks to lose them. Have a solid fitness & nutrition plan and adhere to it for at least 8 weeks.

TIPS CORNER

Muscle Building tip: *Take a Different Angle*

Changing the angles you use while training will help you hit different muscle fibers in each major group. This theory applies to your grip as well (where possible). These small adjustments can make a big impact on your muscle gains.

NEWS, NOTICES AND EVENTS



2012 DARCY BECKLES BODY BUILDING INVITATIONAL CLASSIC & FIGURE CHAMPIONSHIPS

♦ ***Congratulations to Ramona Morgan on winning the figure competition at the Darcy Beckles Classic on October 27th.***

Ramona Morgan (right) posing at the Darcy Beckles Invitational

Source: <http://www.nationnews.com/index.php/articles/view/dur-rant-delivers-at-darcy-classic/>

2012 HUNTSMAN WORLD SENIOR GAMES

♦ ***Congratulations to Jennifer-Swanston-Jones who won 4 gold medals (400m, Javelin, Long Jump, Standing Broad Jump) and 4 silver medals (50m, 100m, 200m Shot Putt) at the 2012 Huntsman World Senior Games in Utah, USA from October 8th - 10th.***

EARLY GYM CLOSURE ON FRIDAY'S THROUGH THE END OF 2012

♦ ***Commencing Friday 7th December through the end of 2012 J&S Academy will close at 8 pm on Fridays.***

GYM CLASSES

♦ ***There will be no gym classes after Saturday, 15th December 2012.***

*All classes will resume on Monday, 14th January 2013. The fees of all active members registered under the 'Class Combo' package will be frozen from Sunday 16th December 2012 until Sunday 13th January 2013.

HOLIDAY CLOSURE

♦ ***J&S Academy will be closed for a Holiday break from Sunday, 23rd December 2012 through Wednesday, 2nd January 2013.***

*The fees of all active monthly members will be frozen during the period of closure and will be automatically restarted on Thursday, 3rd January 2013.

PAST NEWSLETTER EDITIONS

♦ ***Past editions of J&S Academy's Health & Fitness Newsletter can be downloaded from the gym's website (www.jandsacademy.com).***

ASK YOURSELF True or False ?

Score: _____ out of 5

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

- | | | |
|--|-------------|--------------|
| 1. The % Daily Value for nutrients listed on food labels is based on a 2,000 calories per day diet. | <u>True</u> | <u>False</u> |
| 2. Essential nutrients are those nutrients that can be made by the body. | <u>True</u> | <u>False</u> |
| 3. 'Soft' water is healthier than 'hard' water. | <u>True</u> | <u>False</u> |
| 4. Sodium is bad for the body and should be avoided. | <u>True</u> | <u>False</u> |
| 5. When a person does not eat enough food to meet the body's energy needs, the body devours its own protein. | <u>True</u> | <u>False</u> |

Thank You

Dear Members,

We hope that you have enjoyed the third installation of the J&S Academy's Health and Fitness Newsletter and that you have continued to find it informative and insightful. We want to take this opportunity to thank all those who have contributed to the newsletter over the period. Without your help this Newsletter would not have been possible. In addition, on behalf of the J & S Family, we want to wish all our readers a *Merry Christmas* and a blessed and prosperous New Year.

Sincerely

Jamil & Janielle Jones

CONTACT US



J & S Health, Fitness & Sports Academy

6 Holders Hill

St. James

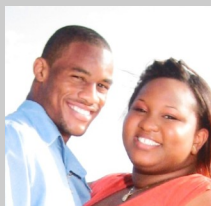
Barbados

Tel: (246) 231-6792

Website: www.jandsacademy.com

E-mail: admin@jandsacademy.com

ACKNOWLEDGEMENTS



Writer: Jamil Jones

Editor: Janielle Jones

Photography: Janielle Jones &
Jamil Jones

WANTED...

Models for the next publication of the Health & Fitness Newsletter

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

or jamiljones@jandsacademy.com.

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