



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:

“Strive for progress, not perfection”

- Unknown

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The Misconception about Fruit Juices



Images such as the one above are ingrained in our psyche as a 'healthy start to our day'.

Fruit juices are often consumed for their personal health benefits; for example, cranberry juice is used to relieve urinary tract infection, while orange juice is high in vitamin C. In today's society we are often encouraged to simply substitute whole fruits for fruit drinks to quickly and easily consume the required amount of 'fruit' quota for the day.

Thus, without much thought or analysis persons regularly file fruit juices as a health item.

However, while their perceived health benefits are real, the 'healthy nature' of all fruit juices is one of the largest misconceptions. perpetrated by the health industry.

There are varying levels of quality as it relates to fruit juices, from 100% pure juice options to natural flavored options *(See table 3 on page 5 for common juice designations). Some of these differences, especially with less healthy options are often masked with various marketing techniques, such as appealing advertisements, cheaper pricing, and the inclusion of the health benefits of consuming the whole fruits of the corresponding juice in its labeling. However, depending on the quality of the juice and the manner in which it was created, many of the less healthier fruit juice options may contain very little, or none, of the actual fruit (and its perceived health benefits). In fact, in most cases lower quality fruit juices are significantly made up of added 'flavor packs' to bring back the flavor of the juice after significant alterations during processing, and can be described as being nothing more than fruit flavored sugar water.

Sugar Content



Sugar (Fructose) is a naturally occurring component of fruits. In most fruit juices sold commercially today the manufactures pride themselves on packing their product with multiple servings of a single fruit into one.....

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Unilateral training refers to training one side of the body at a time. Unilateral training is not a commonly used method of training for most body parts, which is unfortunate since research has confirmed that when persons train unilaterally their muscles were able to produce more force and had more active muscle fibers being activated. One study comparing unilateral biceps curls to bilateral (both arms) biceps curls reported that the force produced on bilateral biceps curls was up to about 20 percent less than the sum of the force produced from the left- and right-arm unilateral curls. To take advantage of the added strength that unilateral training offers you should periodically do one-arm and one-leg exercises.



One-arm Triceps Pressdown

Table 1: Examples of Unilateral Exercises

Muscle Group	Exercise
Chest	One-arm dumbbell bench press
Shoulders	One-arm dumbbell upright row
Back	One-arm seated row
Legs	One-leg leg press
	One-leg leg extension
	One-leg, one-arm straight leg deadlift
Triceps	One-arm triceps pressdown
Biceps	One-arm dumbbell preacher curl
Calves	Single leg calf raises



One-leg Leg Press



One-arm Dumbbell Preacher Curl

Table 2: Ratings of the Unilateral Training Method

Rating					
Time	1	2	3	4	5
Length	1	2	3	4	5
Difficulty	1	2	3	4	5
Results	1	2	3	4	5

*Highlighted numbers represent the rating given to the method on a scale of 1 to 5 whereby:

1 = shorter/easier/least effective

5 = longer/harder/more effective

Ask Yourself Answers

1. True
2. True
3. False - Neither raspberries, blueberries or strawberries are actually berries
4. False - 1 (one) cup of air popped popcorn contains more antioxidants (in the form of polyphenols) compared to the average fruit or vegetable
5. True - Sultan Kosen is currently listed as the world's tallest living man at 8 feet 3 inches tall (251 cm)

Tabata HIIT Workouts Build Fitness and Cut Fat Fast



Tabata HIIT involves incorporating 20 seconds of aerobic activity at 100% percent intensity alternated with resting for 10 seconds, for a total of four minutes (8 total segments). Studies of people using this method of HIIT training showed fat loss up to nine times greater than traditional aerobics training and substantial gains in aerobic and anaerobic fitness. Tabata HIIT workouts can be repeated multiple times within a single workout and can use many different exercises based on the participant's preference or abilities. HIIT is an effective and powerful technique for building fitness quickly.

(ACSM's Health & Fitness Journal 18(5): 17 - 24, 2014)

Endurance Athletes Respond Best to Polarized Training

Endurance athletes typically use a combination of HIIT, over-distance training and lactate threshold training to improve performance. HIIT involves repeated bouts of high-intensity exercise followed by rest or light exercise. Over-distance training involves exercising for long distances at relatively slow paces. Lactate threshold training involves exercising at intensities just below the rapid increase in blood lactate that occurs during exercises of increasing intensities. Polarized training involves combining over-distance training and HIIT. A study from the University of Salzburg in Austria found that endurance athletes responded best to polarized training involving a combination of HIIT and over-distance training, while lactate threshold training provided no added benefit to endurance performance.

(Frontiers in Physiology, 5: 33, 2014, published online February 4, 2014)

Protein is Critical for Appetite Control



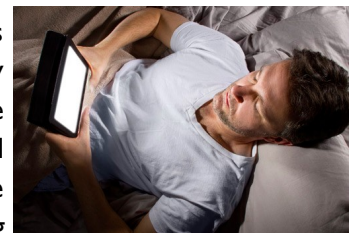
Dietary protein is important for long-term weight control because it helps suppress appetite between meals. Amino acids from protein are converted to blood sugar in the liver by a process called gluconeogenesis. Also, specific amino acids such as leucine trigger biochemical pathways that have a profound effect on metabolism. A research review by scientists from the University of Sydney in Australia examined the effects of dietary protein content on food intake in test subjects who could eat as much as they wanted. This review

found that people consuming the highest amounts of protein consumed the fewest calories.

(Obesity Reviews, 15: 183 - 191, 2014)

Using Electronic Devices Before Bed Can Cause Insomnia

More than half the general population does not get enough sleep. Using electronic devices such as cell phones, laptops and tablets before bed can influence, and in fact be partially responsible for poor sleep habits, as the screens from these devices emit bright light in the blue spectrum, which suppresses the sleep hormone melatonin. In the fast paced world that we live in today the optimum solution of not using these types of devices at bedtime maybe challenging to accomplish so other solutions suggested are to wear blue-blocking glasses or reducing the brightness of the screen on the device. Similarly, reducing mentally challenging activates at bedtime can also positively impact your sleep, allowing you to get a better night's rest.



(Newsday, August 5, 2014)

The Misconception About Fruit Juices

....Continued from Page 1

Sugar Content cont'd

(into one) one bottle of fruit juice, touting the nutritional benefits of the added servings of the fruit found within the bottle. Unfortunately as a result of this fact, fruit juices, even 100% juices and juices which have no added sugar, can contain just as much sugar as many sugary soft drinks and result in increased sugar intakes. This added sugar is even more problematic when you consider the fact that the fiber found in the naturally occurring fruit has been removed. Fiber, in the context of sugar absorption, helps to slow down the absorption of the sugar into our blood stream thus giving the liver more time to metabolize the sugar and minimize the spike or surge in blood sugar. However, with the removal of the fiber, as is done with fruit juices, the sugar consumed in fruit juices is digested in a similar manner, and speed, to sugar when consumed in soft drinks. Therefore, when you consume fruit juices which contain large amounts of sugar due to most drinks being the equivalent of multiple fruits the sugar is absorbed quickly and sent then to your liver. When the liver takes in more fructose than it can handle some is converted into fat, and when this intake becomes too excessive fat droplets begin to accumulate in liver cells. This build up is called non-alcoholic fatty liver disease and is strongly associated with insulin resistance. In fact, controlled metabolic studies have shown that liquid sugar, similar to what is found in most fruit juices, can not only cause insulin resistance but is also linked to other health issues such as higher triglycerides, and LDL cholesterol, as well as increased risk of obesity and type 2 diabetes.

Table 1: Comparison of a 8 oz (240 ml) of a Soft drink and 2 Fruit Juices



	Coca Cola	Mott's Original 100% Apple Juice	Pine Hill Dairy Apple Juice (From Concentrate)
Calories	100	120	120
Sugar (g)	27	28	30

ASK YOURSELF True or False ?

Score: _____ out of 5

- | | | |
|--|------|-------|
| 1. Tongue prints are as unique as finger prints | TRUE | FALSE |
| 2. Walking in water or against the wind can burn approximately 50 more calories an hour | TRUE | FALSE |
| 3. Strawberries, blueberries and raspberries are actually berries | TRUE | FALSE |
| 4. The average fruit or vegetable contains more antioxidants (in the form of polyphenols) than 1 (one) cup of air-popped popcorn | TRUE | FALSE |
| 5. According to the Guinness World Records the world's tallest living man is over 8 feet tall | TRUE | FALSE |

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

The Misconception About Fruit Juices

....Continued from Page 4

Knowing Your Juice Definitions & Labels

100% juice, freshly squeezed, from concentrate, not from concentrate, juice blend...these are examples of the various juice terms and definitions you may find displayed on juice labels. But what do these various terms really mean and how is it beneficial to know the difference. In today's world of juice manufacturing advertising, promotion, presentation and price, in many cases have become more important than actual juice content in luring the potential customer to purchase the product. However, consumers should be able to look past such ploys to at least understand the differences in the quality and classification of the juice. For commercial purposes manufacturers have to define the differences between their juice products carefully to insure that specifications and labeling are correct and up to regulatory industry standards. Table 3 lists some common juice designations, as classified and required by the juice manufacturing industry, which can assist consumers in determining the quality of juice they are consuming. Similarly, consumers should be able to analyze the ingredients list on fruit juice/beverage containers to avoid products with additional added sugars. To this respect, if searching for healthier juice options consumers should avoid products whose ingredients lists have in words such as sugar, high fructose corn syrup, honey or other synonyms for sugar.



Table 3: Common Juice Designations

Term	Criteria	Remarks
Pure Juice 100%	All juice	No adjustments, not from concentrate
Fresh Squeezed	Not pasteurized	Held refrigerated (Food safety concerns)
Chilled, ready to serve	All juice	Held refrigerated, made from concentrate or pasteurized juice
Not from Concentrate	Single strength	Pasteurized after extraction
From Concentrate	Made from concentrate	Reconstituted and pasteurized
Fresh Frozen	Unpasteurized	Single strength, frozen after extraction
Juice blend	All juice	a mixture of pure juices
Juice drink	Low in juice	Contains 10% - 20% juice*
Juice beverage	Low in juice	Contains 10% - 20% juice*
Juice cocktail	Low in juice	Contains 10% - 20% juice*
Juice extract	Water extract	Fruit extracted by water, then concentrated*
Fruit + ade	Lemonade	Contains > 10% fruit juice, sugar & water*
Fruit punch	Token juice	1% juice & natural flavors
Natural flavored	Token juice	Usually > 1% juice

* Required minimum varies from country to country

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.



Warm Cinnamon Apple Crisp

Method

1. Preheat the oven to 375°F. Coat an 8-inch baking dish with cooking spray.

2. In a large bowl, mix the apples, 1/4 cup of the sweetener, 1/2 teaspoon of the cinnamon, and 1 (one) tablespoon of the flour.

3. In a medium bowl combine the remaining 1/2 cup sweetener, 3/4 teaspoon cinnamon, and 1/4 cup flour with the oats, graham cracker crumbs, walnuts, and brown sugar. Cut in the margarine (using a pastry blender or by hand) until the mixture resembles coarse meal and butter is the size of peas.

4. Pour the apples into the prepared pan. Top with the crumble mixture.

5. Bake for 30 minutes, until the top is crisp and apples are fork tender.

MAKES 6 (SIX) SERVINGS

- ◆ 5 cups peeled apple slices (approx 2 pounds)
- ◆ 3/4 cup Splenda granulated sweetener, divided
- ◆ 1/2 teaspoon plus 3/4 teaspoon cinnamon, divided
- ◆ 1 tablespoon plus 1/4 cup all purpose flour, divided
- ◆ 6 tablespoons old-fashioned oats
- ◆ 1/4 cup graham cracker crumbs
- ◆ 1/4 cup walnuts (optional)
- ◆ 1 tablespoon brown sugar
- ◆ 3 tablespoons cold margarine or butter, cut in to 1/2-inch pieces

DARE to COMPARE

An order of Warm Apple Crisp can vary greatly as on the higher end, at the popular American restaurant 'The Cheesecake Factory' this dish contains 1305 calories, 28 grams of saturated fat and 193 grams of carbohydrates, while the scaled back recipe found in the Joy of Cooking still carries a high calorie tab of approximately 400 calories, 16 grams of fat, and 70 grams of carbohydrates (mainly from sugar).

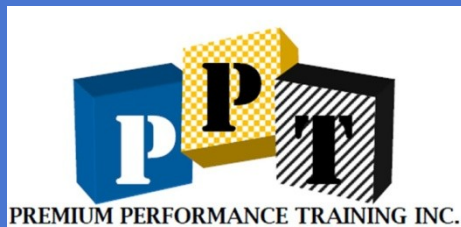
NUTRITIONAL INFORMATION PER SERVING (3/4 cup)

Calories: 185 / Carbohydrates: 32g (Sugars: 20g) / Total Fat: 7g (Saturated Fat: 4g) / Protein: 3g / Fiber 3g / Cholesterol: 15mg / Sodium: 25mg

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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