



PREMIUM PERFORMANCE TRAINING INC.

Health & Fitness Newsletter

VOLUME 8, ISSUE 3

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:

“Small daily improvements are the key to staggering long-term results”

- Unknown

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Consistency Is Key For Fitness Results

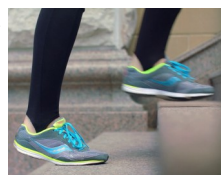


Consistency is commonly a key factor in becoming successful. This is especially evident in the fitness world when trying to achieve results - whether it be adding muscle mass, toning up or losing weight, your attempts will more than likely be futile if you are not consistent with your efforts. In fact, when it comes to our physical well-being consistency is of the utmost importance. Sporadic strenuous exercise puts a great deal of strain on your body, as when not used to high intensity exercise the risk of extreme muscle soreness and injury is increased. From a mental perspective a consistent workout regimen can reduce your stress levels: when you exercise regularly your body releases endorphins that enhance your mood. On the flip side, you may find that going for an extended period of time without exercise can cause decreased energy levels and depression.

Tips to Building Consistency in Your Fitness Regime

◆ Start Small

Being encouraged and excited to begin or restart a fitness regime is a good feeling; however, for many people this leads to over zealotness. Such over zealotness, often leads to many persons starting their workout programs at a level that is not suitable for their fitness level. In most cases, when this occurs they end up not completing the workout effectively, or they are extremely sore for multiple days after. This leads in turn to feelings of not wanting to continue with their exercise regime. Thus, one should choose something more low key to start a new exercise regiment. This can give you room to develop goals for the future, which, in itself, can be added motivation and it will help prevent injury.



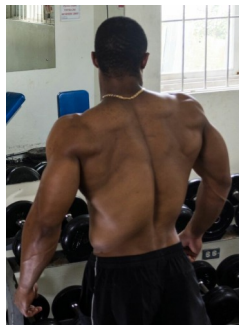
◆ Be Realistic

Being realistic with yourself about the time you have available to commit to your workouts, as well as the goals you can achieve within a particular timeframe, is essential to maintaining consistency. Therefore, even if your preference would have been to workout 5 days.....

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'Build Your Back' Workout



In many gyms, Monday is unofficially known as 'International Chest Day'; however, despite being a larger collection of muscles that literally takes up half of the posterior portion of your body, most persons do not signify the importance of their back compared to other body parts such as the chest. Below are 2 Back workouts that you can incorporate into your Back routine to help target and improve your overall back development.

WORKOUT OPTION #1

Exercise	Sets	Reps
Barbell Deadlifts	4	6
Barbell Bent Over Rows	4	8
Reverse Grip Lat Pull Downs	3	8
Barbell Shrugs	3	12
Straight Arm Lat Pull Down	3	10

WORKOUT OPTION #2

Exercise	Sets	Reps
Wide Grip Lat Pull Downs	3	8
Dumbbell Pull Overs	3	10
Single Arm Dumbbell Rows	3	10
Barbell Shrugs	3	12
Reverse Grip Chin Ups	2	failure



Reverse Grip Lat Pull Downs



Jump Squats



Dumbbell Pull Overs



Barbell Shrugs

Ask Yourself Answers

1. True
2. False - You will burn more total fat calories training for 20 minutes in the cardio burning zone compared to the fat burning zone.
3. True
4. False - BMI can be used to screen for weight categories that may lead to health problems but it is not a diagnostic of the level of body fat or the health of an individual
5. True - This was achieved by Alex Segura Vendrell of Spain on 28th February 2016

Caffeine Slows Fatigue During High-Power Training



A team of Brazilian scientists led by Beatriz Ribeiro carried out a study to determine the effect of caffeine on power output. The study used the sport of handball players and compared the power output of the players during 4 sets of 30 seconds of repeated vertical jumps with 60 seconds of rest between sets. In the study the caffeine group which took 6 milligrams per kilogram of bodyweight had an increased power output of 5.3% compared to the placebo group. It was noted that even with the increased power output, training with caffeine did not produce more muscle damage, as measured by blood levels of creatine kinase. The conclusion determined from the study was that weight trainers and power athletes should take caffeine before training sessions to increase the quality of workouts, as consuming caffeine supplements 30 to 60 minutes before training will increase power output during training sessions without causing tissue injury.

(Journal Strength Conditioning Research, 30: 2354 - 2360, 2016)

How to Prevent Lower Back Pain



In most cases back pain stems from poorly trained core muscles that put pressure on nerve roots leaving the spine. A literature review and meta-analysis led by Daniel Steffens Sydney Medical School in Australia concluded that exercise plus proper spinal biomechanics are moderately effective for reducing the incidence of lower back pain. In fact the studies by Stuart McGill, a Canadian biomechanist, showed that core stiffening exercises such as side-bridges, bird-dogs and Pallof presses are extremely effective for treating and reducing the incidences of back pain, and that persons should do these exercises regularly to get results.

(JAMA Internal Medicine, published online January 11, 2016)

Specific Amino Acids in Whey Protein Suppress Hunger

In a study of college-aged women who were normal weight, researchers from Massey University in New Zealand, found that individual amino acids within whey protein were responsible for decreasing appetite and promoting satiety (fullness). Researchers compared food intake following a whey protein supplement or an amino acid blend that simulated whey protein, and found no difference in feelings of hunger or satiety. The liver can convert amino acids into blood sugar, which suppresses appetite, thus making whey protein an effective weight-control supplement.

(British Journal of Nutrition, 116: 1666-1673, 2016)

Cinnamon Improves Blood Sugar Regulation



Cinnamon is a popular kitchen spice used to flavor a wide variety of foods. It also promotes insulin metabolism and improves blood sugar control, as it contains antioxidants called phenols that decrease inflammation and promote blood vessel health. Chinese researches determined from their studies that even small doses of cinnamon were helpful in improving blood sugar regulation in persons with type 2 diabetes. In the study persons who consumed 120 milligrams per day of cinnamon for three months showed reduced blood sugar triglycerides (blood fats) and hemoglobin A1c (a marker of long-term blood sugar regulation). Thus including cinnamon in your diet might reduce the risk of heart disease and diabetes.

(Nutrition Research, 32: 408-412, 2012)

Consistency Is Key For Fitness Results

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(days) per week, be realistic with yourself about the time you have available. If you can only constantly adhere to 3 workout days per week, temporarily only schedule 3 workout days, as an effective 3 day plan will be more beneficial than a poorly adhered to 5 day plan. Then, as your schedule allows, add additional days to make your preferred quota. Similarly, be realistic in the goals you set as progress goals which are unrealistic can lead to disappointment when these goals are constantly going unattained.

◆ **Create A Fitness Plan Which Includes A Planned Schedule Or Routine**



For many persons it is common to be initially energized about beginning to workout but unless there is a long-term plan in place on how you will maintain or sustain your fitness activity, there is regularly a drop off in enthusiasm and subsequent inconsistency. The creation of a fitness plan helps to maintain your consistency as it has been shown that, by developing a schedule for your workouts you are more likely to stick to, or maintain, a workout routine. Although challenging at first the ability to maintain your

schedule will eventually become easier and possibly a constant routine in your day or week. Your routine should be based on what fits best into your daily schedule and therefore may have to encompass multiple occasions, timeframes, forms of exercise or equipment to be efficient and most effective.

◆ **Find A Method of Accountability and Engage With Others**

You should try to incorporate various options which would incorporate a level of accountability to your routine. One such method is finding a workout partner, as it has been shown that persons who workout with others are more likely to continue and maintain their workout regime. Another option, once it can fit in your budget, would be to hire a personal trainer. This would make you accountable to someone else, whose job would be to assist you in reaching your fitness goals. While both of the above examples also remove the isolation aspect of your workout no scenario does this better than joining a group class. The interaction within such classes usually allows for an encouraging atmosphere that can assist with constant compliance within a workout regime. Ultimately any, or all, of these options can be incorporated to allow you to avoid the feeling of isolation on your fitness journey.

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ASK YOURSELF True or False ?

Score: _____ out of 5

- | | | |
|---|------|-------|
| 1. The human body has over 40 miles of nerves | TRUE | FALSE |
| 2. Training for 20 minutes in the fat burning zone will burn more total fat calories than training for 20 minutes in the cardio burning zone. | TRUE | FALSE |
| 3. The greater strength of men compared to women is primarily due to larger muscle fiber cross-sectional area | TRUE | FALSE |
| 4. Body Mass Index (BMI) is a diagnostic of the body fatness or health of an individual | TRUE | FALSE |
| 5. The longest time breath held by a human underwater is 24 mins 3 seconds | TRUE | FALSE |

Consistency Is Key For Fitness Results

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◆ **Incorporate Enjoyable Activities**

Research has shown that it is easier for us to commit to activities when we find them enjoyable. Thus, if you enjoy hiking, riding, kickboxing, sports, or any other specific form of physical activity try to incorporate such activities into your workout regime as much as possible. However, on a note of caution, be sure the activity you select will still get you the results you desire.



◆ **Have A Back-Up Plan**



Things do not and will not always go according to the plan when it comes to your workout schedule. Even the best laid out plans and intentions can sometimes go astray as life may get in the way. Whether it be the weather, an unexpected commitment or a personal challenge, there is always the possibility of your workout plan being derailed.

Though it may not always be feasible, it is a good idea to have a backup workout plan that can be utilized. This may involve you completing a workout at home. So consider purchasing some fitness DVDs, fitness equipment such as a stability ball, resistance bands, skipping rope or sets of dumbbells that allow you to achieve an effective replacement workout when the time becomes available in your day.

◆ **Appreciate The Small Victories**

Everyone has their end target or goal, however, there are many small victories and accomplishments that persons achieve on the way to their end target. Such victories are worthy of being acknowledged. These small changes may seem insignificant but they are evidence of progress and remembering this is a way to stay motivated each step of the journey.



Remember Your Diet And To Get Appropriate Rest & Recovery

◆ **Your Diet Is Important**

Depending on your fitness goals your diet will play a significant role in your ultimate success or failure. Being consistent in your diet is essential as without proper and effective nutrition your body will not be fueled effectively to assist in your progress. An effective and appropriate diet would vary depending on a number of factors, such as; your weight, height, sex, physical activity level, and especially your goals. However, whatever your effective and appropriate diet maybe, once again being consistent with it would give you the best chance of success.

◆ **Get Rest & Recovery**

Appropriate rest and recovery is often overlooked in fitness programs however properly factoring in and accounting for rest and recovery is extremely important in preventing overtraining and to allow the healing of muscles after a taxing workout.



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 flavour.



Rotisserie Chicken Noodle Soup

Method

1. Heat the oil in a large soup pot over medium-high heat. Add the carrots, celery, onion, and garlic. Sauté for 5 to 6 minutes, or until the onion is softened and vegetables are beginning to brown. Use your fingers to crush the thyme into the vegetables, and stir.

2. Add the chicken broth, cover, and simmer for 5 minutes. Remove the lid and add the noodles. Cover and cook for 10 minutes, or until the noodles are tender.

3. While the noodles are cooking, remove the skin from the chicken breasts and thighs and shred the meat to equal about three cups. Add the shredded chicken and black pepper to the pot and simmer for 5 minutes.

MAKES 1 SERVINGS

- ◆ 1 tablespoon olive oil
- ◆ 2 medium carrots, sliced thick on the diagonal (about 1 cup)
- ◆ 2 celery stalks, sliced thick on the diagonal
- ◆ 1 small onion, diced
- ◆ 2 garlic cloves, minced
- ◆ 1 teaspoon dried thyme
- ◆ 3 (14-ounce) cans, or 6 cups, reduced-sodium chicken broth
- ◆ 2 cups uncooked wide noodles
- ◆ 1 store-bought rotisserie chicken
- ◆ ¼ teaspoon black pepper

NUTRITIONAL INFORMATION PER SERVING (1 ¼ cups)

Calories: 215 / Carbohydrates: 13g (Sugars: 3g) / Total Fat: 6g
(Saturated Fat: 1g) / Protein: 26g / Fiber 2g / Cholesterol: 75mg /
Sodium: 550mg

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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ACKNOWLEDGEMENTS



Writer: Jamil Jones

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**Special thanks to Ferdinand Griffith for his assistance
with this issue**

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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