



PREMIUM PERFORMANCE TRAINING INC.

Health & Fitness Newsletter

VOLUME 9, ISSUE 1

PREFACE

This is a quarterly publication of Premium Performance Training Inc. aimed at providing general information regarding current health and fitness trends.

Quote to Remember:

“Don’t follow someone else’s way. Find what works for you and stick to it”

- Unknown

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Training and Eating For Your Body Type

There are three basic human body types: Ectomorph, Mesomorph, and Endomorph. Despite what it might feel like at times, persons are not completely bound to one category or the other, but it is a case that we carry more tendencies toward one group or the other. So while your lifestyle, genetics, history, and training style all play a part in how you look you can change your body over time regardless of your body type. Knowing which of the three basic body types you are closest to, by understanding your individual bone structure, fat and muscle distribution will help you better tailor your diet and exercise plan to meet your training and diet needs, while setting realistic, attainable goals that pave the way for your success.

Ectomorph

General Characteristics

- ◆ Good at processing carbohydrates into energy
- ◆ Tends to have a lean build with long limbs, small joints and small muscle bellies, particularly in the calves and forearms
- ◆ Tends to have a fast metabolism and lower levels of body fat
- ◆ Struggles to gain weight as either body fat or muscle (often known as hardgainers)
- ◆ Can lose weight easily



The goal for most persons with Ectomorph body types is to gain weight

General Training Advice

- ◆ Prioritize strength training over cardio
- ◆ Focus on high intensity strength workouts at least 3 days per week that work all the major muscle groups
- ◆ Train in the 6 - 12 repetition range to build strength and add muscle mass
- ◆ Incorporate mainly compound exercises, and movements that involve more muscle groups to maximize growth hormone release
- ◆ Do not overdo aerobic activities

General Diet Advice

- ◆ A diet high in (healthy) calories will aid you in your quest for muscle gains
- ◆ Aim to eat more frequently - 6 smaller meals spread over the course of the day instead of 3 larger ones
- ◆ Avoid skipping meals
- ◆ Include at least 2g per kg of body weight of protein in your diet daily
- ◆ Eat a greater amount of healthy, complex carbs especially post workout
- ◆ Optional to supplement with mass gainers for additional calories

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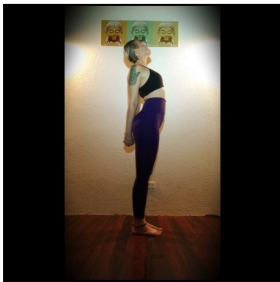
Total Yoga Flow Workout

Flexibility is a very important aspect of overall fitness. It assists with injury prevention, joint mobility, pain relief, muscular cramps and pains, stress relief, and more. Subsequently, you should try to include at least 15 minutes of stretching after every workout. Below is a Yoga designed workout to help you get your stretch on.

Some important points to note::

- ◆ Yoga should never be painful; listen to your body and only go as far into a pose as your body will allow.
- ◆ Each pose should be held for 5 slow, deep breaths. Be sure to stay connected to your breathing through all poses.
- ◆ Make sure to warm up for at least 5-10 minutes before beginning this flow.

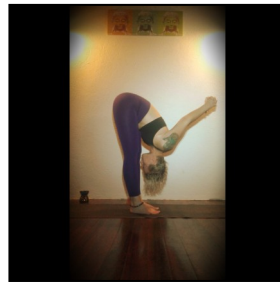
1. Standing Chest Stretch



1. Stand with feet hip distance apart
2. Interlace fingers behind your back, pressing palms together
3. Draw your shoulder blades together and push your knuckles towards the floor
4. Gently arch through your upper back, lifting your chest towards the sky

Muscles stretched: Chest & Shoulders

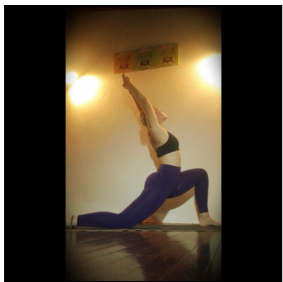
2. Forward Fold



1. From the Standing Chest Stretch, gently fold over from the hips, taking your head towards your knees
2. You may keep your hands clasped and take them overhead (as in picture) or you may choose to release your hands and take them to the floor. Remember to listen to your body

Muscles stretched: Chest, Shoulders & Hamstrings

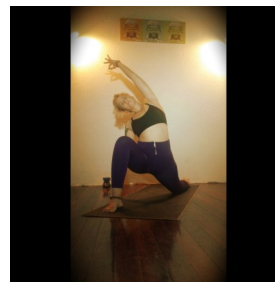
3. Low Lunge



1. Moving from Forward Fold, place your hands on the floor and step your left leg to the back of your mat
2. Sink your left hip to the floor, making sure to keep your right knee directly over your ankle
3. Reach your arms overhead and gently sink deeper into the left hip
4. Keep your core engaged.
5. Repeat on the opposite side.

Muscles stretched: Hip flexors & Latissimus Dorsi

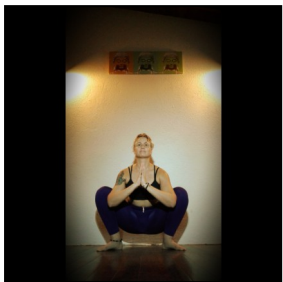
4. Low Lunge with Psoas Stretch



1. Repeat the low right side lunge but this time place the right hand on the floor beside you.
2. Reach the left arm overhead and to the right of the body, feeling the stretch through the left side.
3. Do the reverse with the left side low lunge

Muscles stretched: Hip Flexors, Latissimus Dorsi & the Psoas

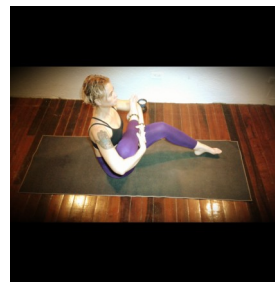
5. Deep Squat Groin Stretch



1. Move to an upright position. Standing with your feet wide apart
2. Squat down and sink your hips as close to your heels as possible. It is alright if you cannot get all the way down.
3. Place your arms on the inside of your thighs and gently press your knees apart using your elbows
4. Keep your spine long, your chest up and your core engaged.
5. This is an advanced one and helps stretch both sides at once

Muscles stretched:
Groin, Adductors & Achilles

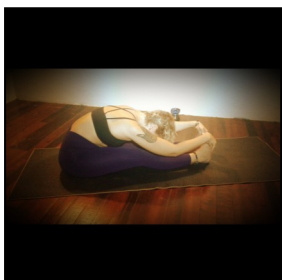
6. Cradle The Baby



1. Come to a seated position and hug your right knee in toward your chest.
2. You have the option of keeping your left leg bent or straight
3. If your body allows, place your right foot into the crook of your left elbow, safely supporting the ankle joint
4. Wrap your right arm around your right knee and clasp your hands to support your right leg
5. Sit up tall and gently rock the right leg back and forth to open the hip and glutes
6. Repeat with the left leg

Muscles stretched:
Hips & Glutes

7. Seated Forward Fold with Calf Stretch



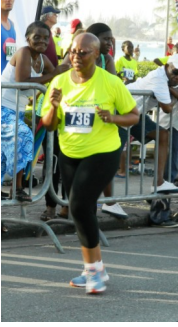
1. In seated position, extend your legs straight in front of you
2. Sit up with your spine straight
3. Lean the upper body forwards, extending from the lower back as the upper body moves towards the thighs
4. Hold your toes (you can place a towel around the backs of your feet if you can't reach your toes) and draw them in towards your shins.

Muscles stretched:
Lower Back, Hamstrings & Calves



For More Yoga Information Like and Follow KGFitt on Facebook and @kerrileeg1122 on Instagram

Research the Facts



Run To Extend Your Life?

Running is a popular and convenient leisure-time physical activity, however according to research published in 'Progress in Cardiovascular Diseases' incorporating as little as 2 hours a week (12 miles at a 10-minute-mile pace) of running into your weekly workout regiment can have positive impacts on longevity. The research study showed that runners that crossed this threshold generally had a 25% - 40% reduced risk of premature mortality and live approximately 3.2 years longer than non-runners, whose weekly running totals were below this threshold.

(Progress in Cardio Vascular Diseases 2017, Jun - July; 60 (1): 45 - 55

Apply Heat After Intense Exercise



Cold has been the post-exercise modality of choice for more than 30 years. However a study led by Jerrold Petrofsky from Loma Linda University found that heat worked slightly better than cold for reducing post-exercise muscle soreness and decreases in performance. In the study researchers applied ThermaCare cold or heat wraps following 15 minutes of squatting. The ice was found to reduce bleeding, but it also decreased inflammation, angiogenesis (new blood vessel formation) and the release of tissue growth factors. So while ice did decrease the pain and spasm following an injury, it might delay the healing process compared to the application of heat.

(Journal Strength and Conditioning Research, 29: 3245 - 3252, 2015)

Low Vitamin D Levels Prevent Weight Loss



People should get 400 - 800 units of vitamin D from their diet, supplements or sun exposure. The initial vitamin D level can be a good predictor of weight loss during calorie restriction. In fact, according to a meta-analysis by Brazilian researchers, vitamin D deficiency can make it difficult to lose weight as it was found that vitamin D deficiency is 35% higher than normal in obese people, and 24% higher in overweight people. Specifically related to weigh loss statistics in the meta-analysis, the statistics showed that people with low vitamin D levels had difficulty losing weight, while those with the highest levels lost the most weight. Low vitamin D levels are

a problem in many persons because they spend much of their time indoors and shun vitamin D-fortified milk in favor of other beverages.

(Obesity Reviews, 16: 341 - 349, 2015)

Ask Yourself Answers

1. True
2. True
3. False - Muscle is denser than fat but weighs the same
4. True
5. True - 12 year old Layla Haynes won the fun mile

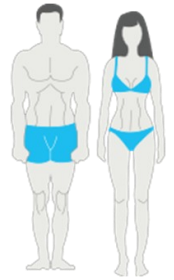
Training and Eating For Your Body Type

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Mesomorph

General Characteristics

- ◆ Have a natural tendency to be athletic, fit and relatively muscular
- ◆ Tends to have wide shoulders, a narrow waist, relatively thin joints, and round muscle bellies
- ◆ Generally have a faster metabolism compared to the other two body types and can therefore gain muscle and burn fat with comparative ease
- ◆ Responds quickly to exercise and has the ability to "bounce back" from being out of shape more easily than the other two body types,



General Training Advice

- ◆ Combine an equal mix of cardio and strength training weekly for best results
- ◆ Train athletically incorporating power moves & plyometric exercises as a staple in your workout routine

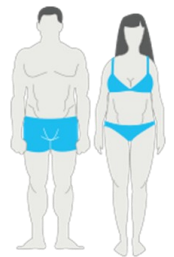
General Diet Advice

- ◆ Focus on getting a healthy mix of complex carbs, proteins, and fats

Endomorph

General Characteristics

- ◆ Have a wider build and more muscle than the other two body types
- ◆ Characterized by a thick ribcage, wider joints and hips, and shorter limbs
- ◆ Has a slower metabolism which can make weight loss more challenging compared to the other two body types
- ◆ Tends to gain weight more easily, and keep it on compared to the other two body types



The goal for most persons with Endomorph body types is to lose or maintain their current weight

General Training Advice

- ◆ Focus on utilizing moderate weights in your strength sessions and maintaining a relatively fast training pace.
- ◆ Make cardio an essential part of your program by including some form of cardio activity on a near daily basis.
- ◆ Incorporate interval based conditioning into your cardio routine and do not focus solely on long, slow steady-state cardio

General Diet Advice

- ◆ Focus on consuming a low-carbohydrate diet that is high in protein and fiber

Continues on Page 5

ASK YOURSELF True or False ?

Score: _____ out of 5

- | | | |
|--|------|-------|
| 1. An average Christmas meal generally contains more than 3000 calories (not including other meals eaten that day) | TRUE | FALSE |
| 2. On average, women have the testosterone level of a 10 year old boy | TRUE | FALSE |
| 3. Muscle weighs more than fat | TRUE | FALSE |
| 4. Without tracking your meals most people underestimate how many calories are actually consuming | TRUE | FALSE |
| 5. A 12 year old was the first female to cross the finish line at the 2017 Run Barbados Series fun mile | TRUE | FALSE |

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

Training and Eating For Your Body Type

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Falling In-Between Categories

Although there are three clear body types, it's important to be aware that:

- (1) These categories aren't set in stone, and
- (2) We all have some aspects of Endomorphy, Mesomorphy and Ectomorphy, so it's a case of identifying your own body type and how it fits into each category

Below are 2 methods to help you identify which body type you most closely relate to.

Health-Carter Method

The concept of body types (somatotypes) was introduced by Dr. William H. Sheldon in the 1940s, with his initial research being further developed by his assistant Barbara Heath, and later Lindsay Carter, to create a formulaic approach that is used today in determining or rating a person's body type based on the three general distinctions. This measurement system became known as The Heath-Carter method, and is a system for rating what mix of types you are. In this system you are given a score between 1 and 7 for each body type. You are scored in an order of Endomorph - Mesomorph - Ectomorph. Therefore, under the Health-Carter method an extreme Ectomorph would be rated 1-1-7, an extreme Mesomorph, 1-7-1, and an extreme Endomorph 7-1-1. It should be noted that while the Heath-Carter method has academic credit and can be used to classify someone's body type at a given point in their life, it is by no means a final assessment as diet and physical activity can result in someone changing their classification over time.

A Coarse Approach to Estimating Your Body Type

Knowing whether you have a small, medium, or large frame can indicate which of the body types is a close fit. Small frames tend to be primarily Ectomorphs, medium frames tend to be primarily Mesomorphs and large frames tend to be primarily Endomorphs. Measuring the circumference of your wrist in relation to your height is a simple and straight forward way to estimate your frame size.

Female Wrist Measurements:

- ◆ If your height is less than 5ft 2":
Small frame = wrist size less than 5 ½"
Medium frame = wrist size 5 ½" to 5 ¾"
Large frame = wrist size over 5 ¾"
- ◆ If your height is 5ft 2" to 5ft 5":
Small frame = wrist size less than 6"
Medium frame = wrist size 6" to 6 ¼"
Large frame = wrist size over 6 ¼"
- ◆ If your height is more than 5 ft 5":
Small frame = wrist size less than 6 ¼"
Medium frame = wrist size 6 ¼" to 6 ½"
Large frame = wrist size over 6 ½"

Male Wrist Measurements:

- ◆ If your height is less than 5ft 5":
Small frame = wrist size less than 6 ¼"
Medium frame = wrist size 6 ¼" to 6 ¾"
Large frame = wrist size over 6 ¾"
- ◆ If your height is more than 5 ft 5":
Small frame = wrist size 5 ½" to 6 ½"
Medium frame = wrist size 6 ½" to 7 ½"
Large frame = wrist size over 7 ½"

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.



Soft Frozen Strawberry Yogurt

Method

1. Place one-third of the strawberries into a food processor. Process until the fruit is chopped into small pieces. Transfer contents into a large bowl and set aside. Continue processing the strawberries in thirds until all the strawberries are chopped. Return all the berries to the processor.
2. Add the sweetener, yogurt, and extract to the food processor. Process until smooth, scraping down the sides.
3. Serve immediately for soft-serve, or cover and freeze to firm up for 30 to 45 minutes.

MAKES 6 SERVINGS

- ◆ 1 (16-ounce) package frozen unsweetened strawberries, slightly thawed
- ◆ 1 ½ teaspoon Stevia sweetener
- ◆ 1 cup low-fat plain yogurt
- ◆ ½ teaspoon almond extract

NUTRITIONAL INFORMATION PER SERVING (½ cup)

Calories: 100 / Carbohydrates: 18g (Sugars: 16g) / Total Fat: 1g (Saturated Fat: 0.5g) / Protein: 4g / Fiber 3g / Cholesterol: 5mg / Sodium: 45mg

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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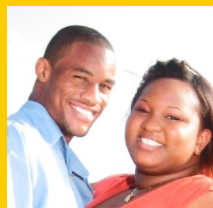
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ACKNOWLEDGEMENTS



Writer: Jamil Jones

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Special thanks to Kerri Gibson for her 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 jamiljones@premiumperformancetraining.com