

The truth about losing weight and feeling great!

Three Components to a Healthy Fit Body

So, you want to be fit, feel and look great, and hold off the aging process, here's how.... You might not like the answer, but this is the **ONLY** way to shed those extra pounds and keep them off!

Many in our society today are looking for a quick fix when it comes to being healthy and fit. We have become a nation of people that expect results immediately without putting forth much effort. We want a better body by tomorrow, at the latest. There has to be a pill for this! We want healthy food to be available to us in minutes without getting out of our cars. Have we forgotten the sayings "All good things take time" and "Rome wasn't built in a day"?

The road to fitness and health has three lanes. To lose fat, build lean mass, increase your cardiorespiratory fitness, and fight disease you must actively pursue **aerobic activity, resistance training and maintain the proper intake of food!** To feel even better, add in flexibility and stress management!

**There is no magic pill, no easy way out, no quick fix.
But the end result is worth the effort, and you are worth it!**

Here are the basics...

I. Aerobic activity:

The secret to losing weight is to burn more calories than you take in! Expend those calories! To lose one pound per week you must burn 3600 calories more than you take in! That breaks down to just over 500 calories per day. If you reduce your intake by 250 calories, make sure you burn another 250 by being active!

If your goal is to lose fat here is what you need to do!

- **30 to 40 minutes of moderate cardio activity a minimum of 3 days a week (5 to see quicker results). Keep your heart rate between 65-75% of your maximum.*** In other words, you should be able to carry on a conversation while working out, however if you can belt out a show tune, you might not be working hard enough! Split up your cardio efforts if need be, 15 minutes in the morning and 15 minutes at night will work just fine! Just get it in!

- **Every week, add ten percent more time to one of your workouts!**

- **Weight train before your cardio activity.** Resistance/weight training uses carbohydrate for fuel. Aerobic activity can use both fat (when done moderately) and carbohydrate (when done intensely). Performing intense cardio activity before weight training may deplete your carbohydrate stores, leaving your body with no choice other than to break down muscle tissue for fuel while lifting weights. However, if you exercise moderately (65%-80% effort) following weight training your body will be more likely to use fat as its fuel.

*If your goal is to become more aerobically fit here is what you need to do!***

- **Vary your cardio workouts.** Repeating the same workouts at the same intensity will not make you more aerobically fit; in fact your body will become used to the same routine and will be using less energy while doing it (not burning as many calories). Try a new machine, go for a hillier course outside...

- **Try interval training on your favorite cardio piece.** Start out with a 5-10 minute warm-up, then increase your effort to 80-85% for 2 minutes, then return to 65% for 2 minutes and repeat this sequence 4 times, then cool down at 65% effort for 5 minutes, and bring your effort level down to 60% or below for the last five minutes. After a few weeks the hard intervals will become not so hard, at this point extend the length of the work period but not the rest period. (Three minutes 80-85% then 2 minutes at 65%)

LACE 'EM UP AND GET MOVIN'.



- **Increase the length of your workouts** and do not break up your cardio into 2 or 3 sessions a day. Never increase the duration of your cardio efforts by more than 10% per week, week by week your endurance will increase!

** Before beginning any exercise routine, consult your physician.

* To find your approximate maximum heart rate take 220 minus your age, then take 65% of that number to find the base of your aerobic zone and 80% of that number to find the top of your aerobic zone. There are a number of fitness tests that you can participate in to find your exact maximum heart rate, however the standard 220 minus your age will give you a good idea of your aerobic range.

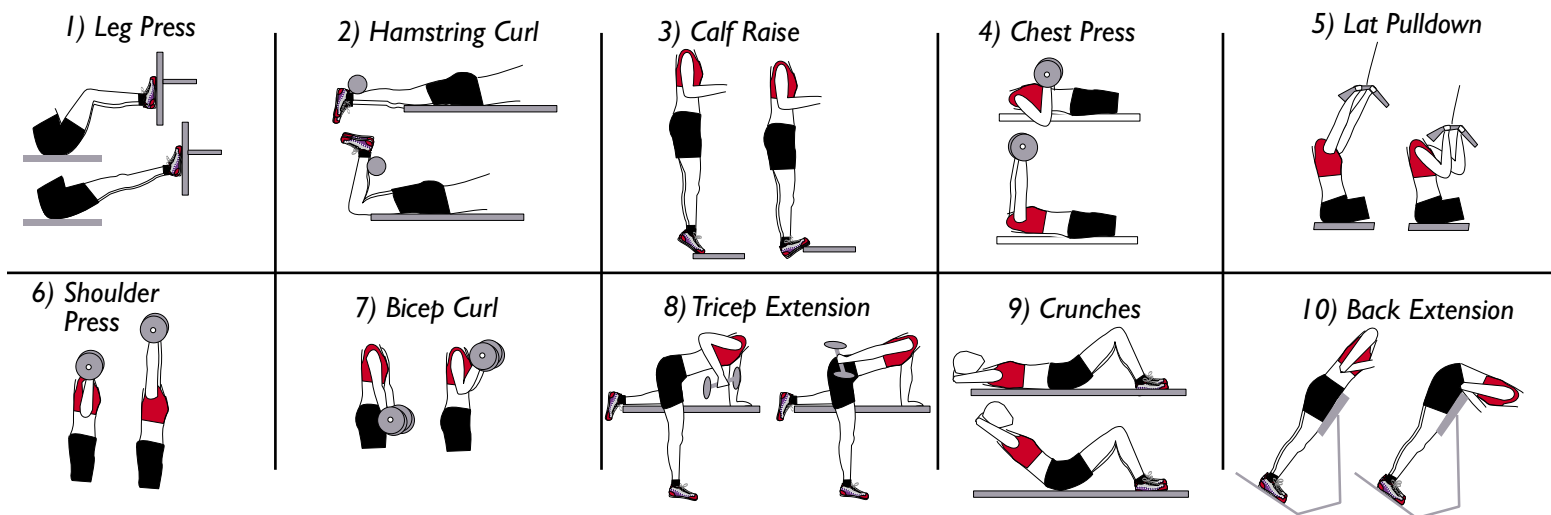
2. Resistance/Weight Training

Think of your body in this manner, all of your lean muscle mass is usable weight (it provides some use to your body, moving it!) very little of your fat tissue is usable (it is mostly dead weight!). It is true that every person needs a small percentage of fat in their body to maintain a healthy metabolism and protect vital organs. However, if you are a woman whose body fat percentage is over 22% and a man whose body fat is over 18%, you are carrying around tissue that you don't need, it is holding you back from reaching your potential. Not only is it keeping you from feeling great, but a high fat percentage increases your risks for many debilitating diseases (heart disease, diabetes, cancer, just to name a few!) Over the age of 35 the average individual can lose up to 2% of their bone mass yearly without doing something to protect it. Resistance training is the only way to protect your precious bone mass. Weight training will also increase the amount of lean muscle you have, lean muscle burns calories even while you sleep. The more muscle you have the more you can eat!

The basics of weight training, what you need to do...

- **Hit the weights three times a week.** Spending 45 minutes a week working out with weights or resistance bands will stimulate your muscle growth and raise your resting metabolism!

- **There are ten basic moves you need to focus on:**



- Start with three sets of 10-12. When the weight is no longer challenging, up your reps to three sets of 15. When 15 in each set is no longer a challenge, then up the weight by 10% and go back to 3 sets of 10-12.
- Maintain good form while lifting! Choose a weight that is challenging, but still allows you to maintain good posture and form. Throwing your own weight around to help move the weight you are working with does you no good! If you don't know how to use a machine, or lift weights, ASK!!! Remember, no question is a stupid one!
- Break a sweat and breathe heavy! Muscle growth is stimulated by challenging workouts, if you can cruise through your resistance training sessions without breaking a sweat, elevating your heart rate or feeling the burn, then chances are you are wasting your time!
- Recover between workouts! Never weight train the same body parts back to back. Make sure your muscles have 48 hours of rest between resistance training sessions.

3. Eating the right foods and the right amounts

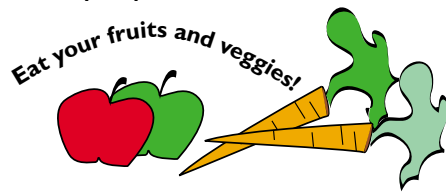
- **Every meal should have three components to it; lean protein, fibrous carbohydrates, and healthy fats.**

- **Eat small meals through out the day to maintain your energy levels.** Relying on three larger meals each day will cause a spike then rapid decline in your blood sugar which will give you energy for a short period of time and then leave you feeling quite lack luster. Instead, treat your metabolism like a burning fire. Don't throw all the fuel on at once and have one big flame for a short time. Instead consistently add fuel to the fire throughout the day and you will see a more steady flame!

- **Choose your food wisely.** Your body deserves to run on clean fuel, stay away from foods that are high in saturated fats, refined flour, simple sugars and high in sodium. Eat more of the foods that nature provides us with. If you do eat meat, choose lean sources. Vary between red meat, chicken and fish. Eating more than two servings of red meat per week is not recommended. Eating less than two servings of red meat per month might leave your iron stores depleted. Eat 4 servings of vegetables a day, the more fiber they have the more satisfied you will feel after each serving! Potatoes and corn are not the enemy! Eat fruit, not only does fruit taste great, but many choices are good forms of dietary fiber and are filled with vitamins and antioxidants that your body desperately needs.

- **Do not eliminate any type of nutrient source.** Your body needs protein, fat and carbohydrate to be healthy! Eliminating carbohydrates from your diet will eventually slow down your metabolism. The only type of fuel that feeds your brain is carbohydrate. It is vital for fat metabolism and a healthy immune system. Eliminating this type of nutrient causes and imbalance in your body and will leave you feeling depleted.

- **Watch your portions!** More often than not, the bigger something is the cheaper it is, avoid the biggie size! Even healthy foods are served in enormous portions these days. One of my favorite restaurants serves a 10oz piece of salmon, 2.5 servings! Fill up of the fibrous veggies and fruits, have 4-6 ounces of protein, and a limited amount of fat at each meal. Too much of a good thing is still too much. Just because avocado is good for you, doesn't mean indulge in a full one every day. Remember the secret to weight loss is taking in fewer calories than you expend every day!



Not only does the road to health and fitness require the three components mentioned in this article, but is also takes patience and time. The safe range of weight loss for most people is 1-2 lbs a week. Any more than that you run the risk of gaining it back even more quickly than you took it off! Remember the race between the turtle and the hare? Who won? Don't you deserve to win? Always keep your eye on the prize, be patient yet driven and success will be yours! The best things in life are not free, they are the ones you work the hardest to achieve!

"No one ever climbed a mountain, reached the top, looked down and wish they had stayed at the bottom."

(author unknown)