



J & S FITNESS

MEMBERS

Newsletter

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PREFACE

Keep up to date with the current health and fitness trends with our bi-monthly newsletter.

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Quote to Remember:

“Fitness needs to be perceived as fun and games or we subconsciously avoid it”

- Alan Thicke

Popular Diets 101: The South Beach & Atkins Diets

There are literally thousands of diets/eating plans which people follow for varying reasons. However, the most popular diets are those targeted towards losing weight. Below is part one of a two part series taking an in-depth look at four of the more popular ‘weight loss’ diets.

The South Beach Diet



History

The South Beach Diet was created in the 1990s by cardiologist Dr. Arthur Agatston and dietician Marie Almon. The original purpose of the diet was to prevent heart disease while improving the heart health of Dr. Agatston’s obese cardiac patients. It was discovered however, that a side effect of the diet was that the patients lost significant amounts of weight. Subsequently, in the early 2000s word of the diet spread and it quickly gained popularity as an eating plan targeted towards weight loss.

Theory

Although classified by many sources as a low-carb diet, the South Beach Diet focuses more on; (a) the control of insulin levels, and (b) selecting the right carbohydrates — unrefined ‘slow’ carbohydrates (‘good carbs’) over more processed ‘fast’ carbohydrates (‘bad carbs’), and those that have a low glycemic index over those with a higher glycemic index — instead of strictly restricting or counting carbs. According to Dr. Agatston, hunger cycles are not triggered by carbohydrates in general, but by carbohydrate-rich foods that the body digests quickly, therefore creating a spike in blood sugar. The South Beach Diet eliminates these carbohydrate sources in favour of relatively unprocessed foods and those that have a low glycemic index. Similarly, the South Beach Diet approach places emphasis on foods rich in unsaturated fats and omega-3 fatty acids while eliminating trans-fats and discouraging the use of saturated fats.

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Pilates and Yoga: Spine-Friendly Alternatives



Photograph compliments
Andrew Browne Photography

The traditional method for building abs is to perform hundreds of sit-ups and crunches. Unfortunately those exercises put excessive stress on your spinal disks. Michele Olson from Auburn University studied muscle activation during various ab and core exercises using electromyography and she found that many of the static exercises used in Pilates and yoga built the core muscles without stressing the spine.

(ACSM's Health & Fitness Journal, 17(4): 8–15, 2013)

Eccentric Exercise For Tendon Problems

Eccentric exercises involve exerting tension as the muscle lengthens. Muscles can exert more force eccentrically than they can statically or concentrically. A review of literature by Bryan Murtaugh and Joseph Ihm concluded that eccentric training is a good way to rehabilitate injured tendons and tendonitis (sore tendons). With tendonitis an effective strategy is to begin with slow eccentric exercise and progress to faster eccentric movements.

(Current Sports Medicine Reports, 12: 175 — 182, 2013)

Whey Protein Reduces Blood Sugar Response To High-Carb Meals

Type 2 diabetes is a serious health problem linked to obesity, heart attack and stroke. Defects in insulin binding slows the metabolism of blood sugar, which can trigger high blood pressure, elevated blood fats, abdominal obesity, and blood clotting problems. According to a study from Lund University in Sweden consuming whey protein with a high-carbohydrate meal reduced blood sugar levels. In the study the test subjects consumed a high-carb meal and supplements containing 4.5, 9 or 18 grams of whey protein at different times, with the higher protein intake causing lower increases in blood sugar and higher increases in blood amino acids and insulin. Thus confirming that whey protein supplements promote blood sugar regulation and enhance muscle protein synthesis.



(European Journal Clinical Nutrition, 67: 749—753, 2013)

Cross Training Improves Aerobic Fitness & Body Composition



Cross Training programs (e.g. CrossFit) attempt to develop well-rounded fitness by stressing the whole-body through high-intensity training. In Cross Training programs a wide range of strength (e.g. dead lifts, cleans, squats, presses, plyometrics, sled pulls) and aerobic exercises (e.g. running, cycling, rope skipping, rowing) are used, with the emphasis being on form, speed and intensity. Mike Smith and colleagues from Ohio State University found that 10 weeks of CrossFit-based power training triggered substantial improvements in maximum oxygen consumption and body composition in men and women of all fitness levels, with aerobic capacity increasing by an average of 12%, while fat decreased by an average of almost 20%.

(Journal Strength Conditioning Research, 27: 3159—3172, 2013)

ASK YOURSELF True or False ?

Score: _____ out of 5

1. Vigorous intensity activities are defined as those with a MET value greater than 6.	TRUE	FALSE
2. A low GI food has a GI range of 56 — 69.	TRUE	FALSE
3. The 'Athlete' classification of body fat for men is lower than for women.	TRUE	FALSE
4. Your biceps muscle is considered a single headed muscle.	TRUE	FALSE
5. There is one standard level of Triathlon.	TRUE	FALSE

The Diet

The South Beach Diet is divided into 3 phases:

Phase 1: This is the most restrictive phase as it eliminates all sugars, processed carbohydrates, fruits and some higher glycemic index vegetables, as well as all alcohol. It is designed to stabilize your blood sugar, eliminate cravings and jump-start your weight loss. It can last as long as necessary, but it is usually advised to last 14 days. During this phase you eat 3 balanced meals per day and 2 snacks, along with a high-protein low-sugar dessert.

Phase 2: This phase focuses on reintroducing the right carbohydrates, including whole grain breads, whole grain pasta and most fruits. The carbs are reintroduced little by little — ideally one single carb being added to one daily meal for one week — with your body's response being monitored during the first few days of the new reintroduction. Once your body does not react adversely a second carb would be added, and so forth until you have added two to three servings of the right carbs each day. Some treats are also allowed. Phase 2 lasts as long as it has to, with the aim being to reach your target body weight before moving onto Phase 3. However, if control is lost during this phase followers should return to Phase 1 for a few days until they believe control has been regained.

Phase 3: This phase is also known as the maintenance phase and is about adopting a lifestyle after you have reached your target body weight. During this phase you should feel as if you are adopting, or have adopted, a lifestyle rather than a lifetime diet. This phase is about committing to making right food choices and experimenting with new recipes and food items, while at the same time maintaining your ideal body weight and enjoying better health.

Summary

The South Beach Diet is designed to be practical and uncomplicated. It allows for more overall flexibility compared to many other popular diets plans. Once adhered to correctly the South Beach Diet is more a long-term eating plan which ultimately focuses on making right food choices as time passes rather than extreme food restrictions which are common in other diet plans. There is also no need to count calories, or calculate the percentage of fats, carbs and proteins consumed, and best of all, for those persons who love to snack, it encourages snacking in-between meals. For persons undertaking the South Beach Diet plan support and assistance is provided for a fee at www.southbeachdiet.com which offers tools you can use to track your weight, as well as recipes, customized meal plans, dining out guides, and community support.



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Ask Yourself Answers

1. **True**
2. **False** — A Low GI food has a GI range of 55 or less. Foods with a GI range of 56 — 69 are classified as medium GI foods.
3. **True**
4. **False** — Your biceps muscle is comprised of two heads (short head and long head)
5. **False** — There is a Standard (or Olympic) Triathlon, which comprises of a 1500m swim, 40km ride & 10km run. However, there are many different levels and variations of Triathlons (e.g. Novice, Sprint, Long Courses, Iron Distance) to cater to many different skill levels.

The Atkins Diet**History**

The Atkins Diet, or Atkins Nutritional Approach, is a low-carbohydrate diet promoted by Dr. Robert Atkins. He popularized this diet in a series of books, the first of which (Dr. Atkins' Diet Revolution) was published in 1972. In 2002 he published his second book, Dr. Atkins' New Diet Revolution, which contained modified portions of his original concept of the diet, and similarly focused on significantly reducing your carbohydrate intake, and on insulin control.

Theory

According to Dr. Atkins' 1st publication a diet low in carbs triggers a metabolic advantage, whereby the body burns more than it would on other diets, and therefore gets rid of unused calories. This argument was later debunked by a review study published in Lancet, which concluded that there was no metabolic advantage, and dieters were simply eating fewer calories. However, what was confirmed was that by significantly reducing one's carbohydrate intake (specifically refined carbs as is encouraged within the Atkins Diet) the dieters' glucose levels remain low and as a result ketosis occurs (your body switches from burning glucose as a source of energy to burning its own stored body fat). The Atkins Diet therefore focuses on restricting net carbs (total carbs minus fiber and sugar and alcohols), with the preferred carbs being whole, unprocessed items with a low glycemic index. The diet also states that no more than 20% of the consumed calories should come from saturated fat and places a specific focus on proteins. The key to the Atkins Diet is finding the maximum number of grams of carbs (your personal carb balance) that you can consume while continuing to; (1) lose weight, (2) keep your appetite under control, and (3) stay alert and energized.

The Diet

The Atkins Diet is divided into 4 phases:

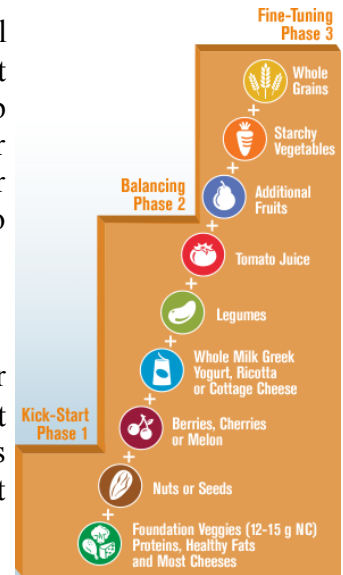
Phase 1: Induction — This is the most restrictive phase and is recommended for a minimum of 2 weeks, however, persons can safely stay in this phase for several months if they have a significant amount of weight to lose. The phase is designed to cause the body to quickly enter a phase of ketosis, as the dieter's carbohydrate intake is limited to less than 20g per day, with carbohydrate sources coming mainly from salad and vegetables. During this phase all sugars, processed carbohydrates, fruits as well as some higher glycemic index vegetables are eliminated. Alcohol is also avoided during this phase, while an emphasis is made to drink at least 8 glasses of water daily.

Phase 2: Ongoing Weight loss — In this phase you will slowly start to climb the Carb Ladder by making small, incremental increases in carb intake (5g per week) until your weight stops decreasing. The 5g of additional carbs are added based on a 'carbohydrate ladder' with the first 4 rungs (foundation vegetables, nuts & seeds, berries, whole milk & yogurt) being added weekly, one rung at a time. This phase lasts until you are within 10 pounds of your target weight.

....Continued from Page 5

Phase 3: Pre-Maintenance — The aim of this phase is to find the ‘critical carbohydrate level for maintenance’ - the maximum number of carbs you can eat each day without gaining weight. In this phase you would increase your weekly carb intake to 10g per week, and begin including items from the latter rungs of the ladder (legumes, tomato juice, other fruits, starchy vegetables, whole grains). Once your target weight has been maintained for four weeks you are ready to advance to phase 4.

Phase 4: Lifetime Maintenance — In this phase you would start adding a wider range of carbs back into your diet, while monitoring that your weight does not increase. If your weight increases, you would either reduce some of the new carbs that were introduced, or reduce the carbs by 10g intervals until your stabilizing point was found.



Summary

The Atkins Diet has been proven to be a very effective diet, as once adhered to the individuals do lose weight (& keep it off), with a higher success compared to other analyzed diets. However, the downfall for many participants who undertake the Atkins Diet is compliance — many studies found that while the short-medium term (up to 1 year) success rate of the participants on the Atkins Diet was high in-terms of compliance & weight loss, a vast majority of people who started well on the Atkins Diet do not continue long term (greater than 1 year) and eventually regain most or all of the weight they lost. The Atkins Diet has a wide range of associated products to assist persons in their diet, such as educational books, cookbooks, frozen meals, bars & snacks. A free Atkins Diet Quick Start Kit, as well as tools and community support is provided at www.atkins.com.

Next Issue: Popular Diets 101: Weight Watchers Diet & Mediterranean Diet

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.



Homemade Pita Chips

Method

1. Preheat the oven to 350° F.
2. Split each pita pocket in half by cutting along the seam and separating it into two thin rounds. Stack 2 rounds at a time and cut into six wedges.
3. Spray a baking pan with cooking spray.
4. Place the pita pieces on the sheet and spray with an even coating of cooking spray and then sprinkle evenly with the garlic salt.
5. Bake for 8 minutes, or until pita is crisp and golden brown.

MAKES 6 SERVINGS

- ♦ 2 (8-inch) whole wheat pita pockets
- ♦ 1/2 teaspoon garlic salt*
- ♦ Cooking spray

* May omit or reduce to lower sodium content

*** Choose whole wheat pita options for extra fiber**

NUTRITIONAL INFORMATION PER SERVING (6 chips)

Calories: 85 / Carbohydrates: 17g (Sugars: 1g) / Total Fat: 1g
(Saturated Fat: 0g) / Protein: 3g / Fiber 2g /
Cholesterol: 0mg / Sodium: 440mg

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

NEWS, NOTICES AND EVENTS

BARBADOS BIKINI AND MEN'S PHYSIQUE CUP 2014

- ♦ Congratulations to Jamil Jones who placed 4th in the 175 cm and Under height class in the Physique competition at the Barbados Bikini and Men's Physique Cup



PAST NEWSLETTER EDITIONS

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

CONTACT US



J & S FITNESS

6 Holders Hill

St. James

Barbados

Tel: (246) 231-6792

Website: www.jandsacademy.com

E-mail: admin@jandsacademy.com

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Editor: Janielle Jones

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WANTED...

Models for the next publication of the J&S 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