



Health & Fitness Newsletter

Avoid 'The Diet' - Create 'A Lifestyle' - Part 1

PREFACE

This newsletter is a bi-monthly publication of J & S Health, Fitness and Sports Academy—a gym located in St. James, Barbados. The main purpose of this newsletter is to keep members of the gym informed about current health and fitness trends.

Quote to Remember:

The only disability in life is a bad attitude.

Sasha Azevedo

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Part 1 — Realizing A Bad Diet

FAD DIET, BAD DIET
LOW CARB DIET LIQUID GRAPEFRUIT DIET
LOW FAT DETOX DIET JUICE DIET CABBAGE SOUP MACROBIOTIC DIET

There is a party which you want to attend in just under two weeks and you 'need' to lose those 10 extra pounds. So, you jump onto the latest diet fad that promises you quick and easy weight loss with little to no effort. Party night comes and you are 8 to 10 pounds lighter. Fast forward two weeks and, not only are those 8 to 10 pounds back on but, you have gained an extra 3 pounds. Now you are even further from your desired weight and, in many cases, the optimal functioning of your body has been jeopardized.

While the above example maybe an extreme case, many persons go through life trying every new diet that promises quick and 'easy' weight loss, whether the promise comes through extreme calorie restriction, pills or stimulants, food group elimination or, the most appealing to the general population, the promise of no exercise necessary. Unfortunately, such persons commonly end up frustrated as many of these types of diets are not successful over the long-term as they are generally hard to maintain over extended periods and do not lead to the various lifestyle changes that make successful weight loss possible. Below are some key tips which may show that a diet may not be a good long-term option and in some cases may actually be detrimental to your health. *

* Note that there are some persons who can sustain long-term weight loss with diet or weight loss plans that exhibit some of the below characteristics; however, long-term success under plans with such characteristics are usually rare.

Signs of An Unhealthy Diet/Weight loss Plan

1. It Eliminates Entire Food Groups



Most nutritionists will tell you that there is no such thing as a "food that you should never eat", though there are many foods that your should limit or eat very rarely. Diets that forbid the intake of entire food groups or macronutrients (carbohydrates or fats being the most common) tend to not only be unsustainable in the long-term but leave your diet void of many important nutrients and vitamins found within the 'banished' food group (s), which overtime can result in malnutrition.

2. "No (or Limited) Exercise Necessary"



This line usually catches many person's attention as weight loss with no exercise sounds ideal to many people. However, plans which boast of such abilities are not only highly questionable and generally unsustainable in the long-term but, they also lack many health benefits that have been associated with regular exercise. These benefits include: (1) improved insulin resistance, (2) stronger bones, muscles and joints, and (3) improved metabolism and fitness (which physical activity and exercise have been scientifically proven to offer).

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Get set to change up your regular routine with the below kickboxing workout. The workout combines martial arts techniques with interval cardio to keep your heart rate up while allowing you to get a full-body, heart pumping, calorie burning workout.

Warm Up with 3 mins of skipping before beginning the workout

Instructions:: Repeat the instructed combination as many times as possible within the stated time period

KICKBOXING COMBO #1

Combination	Time (Seconds) *
Jab, Cross, Rear Leg Knee Strike	60
Jab, Cross, Jab, Cross, Hook, Lead Leg Roundhouse	75
Cross, Dip, Hook, Lead Leg Sidekick, Rear Leg Sidekick	90

* Complete 60 seconds of skipping after each completed combination set

KICKBOXING COMBO #2

Combination+	Time (Seconds) *
Cross (R), Cross (L), Cross (R), Cross (L), Jumping Jack, Jumping Jack	60
Cross (R), Cross (L), Squat, Sidekick (R), Squat, Sidekick (L)	60

+ Standing with your feet shoulder width apart - (R) means right hand/foot, (L) means left hand/foot

KICKBOXING COMBO #3

Combination+	Time (Seconds) *
Cross (R), Cross (L)	60
Uppercut (R), Uppercut (L)	60
Cross (R), Cross (L), Uppercut (R), Uppercut (L)	60

Remember to Cool Down & Stretch after your workout

TIPS CORNER

Weight loss tip: Say No To Mayo

Mayonnaise is a calorie killer as it contains a very high amount of calories and fat per serving (90 calories per tbsp). If you can avoid the mayo, replacing it with a healthier condiment (e.g. mustard) can drastically cut your calories consumed. In situations where mayo is a 'must' use the 'light' or 'fat-free' options which contain far less calories and fat (35 calories per tbsp).

TIPS CORNER

Muscle Building tip: Don't Add Too Much Bodyfat

While trying to add muscle persons commonly overeat and believe that every pound they have added is beneficial and a representation of improved muscle gains. The addition of a significant amount of muscle is generally a slow process, however bodyfat can increase rapidly. By maintaining your bodyfat within a respectable range you can best gauge your true muscle gains.

Weight Training Improves Planning Skills and Memory in Aging Women



Planning and execution skills decrease with age, but are important factors in living a vital, productive life. A study from the National Taiwan Sport University found that women who trained with weights regularly showed better performance on planning and execution skills than women who read books. They therefore concluded that weight training can improve thinking skills in aging women and helps contribute to the quality of planning and memory in social tasks.

(Medicine Science Sports Exercise, 44: 1773 - 1779, 2012)

Nutrition & Training for Maximum Muscle Growth

The latest scientific research shows that the key to muscle hypertrophy is to combine maximum muscle tension by training close to failure, with consuming adequate amounts of high quality protein. In fact, muscle growth requires a combination of muscle tension, calories, amino acid availability, anabolic hormones and rest. Researchers from McMaster University in Canada, in a review of literature, concluded that systematically managing these factors was the key to maximizing muscle hypertrophy.

(Nutrition & Metabolism, 9:40, 2012)

Meal Timing Might Affect Weight Loss



A study from the University of Murcia in Spain found that meal timing might be an important factor in people trying to lose weight. They studied weight loss and dietary patterns in 420 people enrolled in a 20-week weight loss program in Spain (where lunch is the main meal of the day) and found that people eating lunch late in the day had a slower rate of weight loss than people eating earlier in the day. The timing of breakfast or dinner had no effect on insulin sensitivity for participants in the program. From the results the researchers also determined that consuming your main meal earlier in the day helped prevent problems with blood sugar

metabolism during weight loss.

(International Journal of Obesity, published online January 29, 2013)

The Best Amount of Carbohydrate Intake for Maximum Endurance Performance

Carbohydrates are the most important fuels for exercise above intensities of 65% of maximum effort, and during prolonged exercise athletes must consume carbohydrates to slow muscle and liver glycogen depletion and prevent decreasing blood sugar levels. John Eric Smith from Auburn University found that optimal carbohydrate intake during sustained high-intensity aerobic exercise was 78 grams per hour, and consuming more or less than this amount was less effective for improving performance. However, it was agreed that consuming even small amounts of carbohydrates helped performance and should be encouraged even if the amount consumed was less than the optimal intake.

(Medicine Science Sports Exercise, 45: 336 - 341, 2013)

1. **True**
2. **True**
3. **False** — Vitamin C has never been proven to prevent colds; at best, it may reduce the severity of cold symptoms
4. **False** — You may lose weight quickly on a fad diet; however, much of the weight you lose may be muscle or water and the weight is commonly regained when the diet ends
5. **False** — If you run out of breath, it is not a sign of that your heart and lungs are weak but a sign that you are going into oxygen debt

3. It Is Incompatible With Your Lifestyle



For most people who have poor eating habits a diet/weight loss plan that is a total 180° from the way you currently eat is a good factor; however, if such a plan is incompatible with your lifestyle the possibility of long-term success is very slim. Subsequently, despite the weight loss plan's possibly good factors, and your best intentions, such a plan may not be in your best interest. Examples of such would be a vegan or vegetarian plan being used for a 'meat lover' or a plan which requires long hours of daily food preparation for a highly busy person.

4. It Is Highly Restrictive

If your diet plan is so restrictive that it doesn't allow you to enjoy your occasional 'cheat/treat items or meals' it will be tough to adhere to in the long-term due to the extreme strictness required. This will be especially true when such restrictive eating habits are not replicated by persons close to you (e.g. family members, co-workers).

5. It Has An Extremely Low Calorie Count (Total)

Calories are what translate into the energy our body uses for daily activities, therefore, a diet/weight loss plan that focuses on an extremely low calorie intake is usually unsustainable in the long-term due to the general fatigue which accompanies such diets over extended periods. However, this is not the only drawback of such diet/weight loss plans. Dangerous health consequences can include: (1) dehydration (a high percentage of water weight is lost during the sudden weight loss which usually accompanies extremely low calorie diets), (2) malnutrition (extremely low calorie counts generally deprive your body of essential nutrients), and (3) increased risk of disease (a study published in the journal "Psychosomatic Medicine" showed that people who drastically limited their calorie intake could increase the risk of developing potentially deadly conditions such as heart disease, diabetes and cancer).

Next Issue: Avoid 'The Diet' - Create 'A Lifestyle' - Part 2

◆ Part 2 - Creating A Lifestyle Change

ASK YOURSELF True or False ?

Score: _____ out of 5

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

- | | | |
|--|--------------------|---------------------|
| 1. The brain demands glucose to fuel its activities | <u>True</u> | <u>False</u> |
| 2. Polysaturated fat has the same number of calories as saturated fat | <u>True</u> | <u>False</u> |
| 3. Vitamin C supplements prevent colds | <u>True</u> | <u>False</u> |
| 4. Fad diets are popular because their followers achieve quick and permanent weight loss | <u>True</u> | <u>False</u> |
| 5. If you run out of breath, it is a sign that your heart and lungs are not strong enough to perform the desired tasks | <u>True</u> | <u>False</u> |

J&S Academy at The 2013 BABBF National Championships



Ramona Morgan
1st Ladies Body Fitness (short class)



Melissa Burrowes
2nd Ladies Bikini Fitness (short class)



Kerri Gibson
2nd Ladies Fitness



Jamil Jones
4th Mens Physique (short class)



Deidre Archer
2nd Ladies Bodybuilding

All photos are compliments Mr. Marv Gamble

Congratulations

NEWS, NOTICES AND EVENTS

Congratulations & Good Luck to J&S competitors Ramona Morgan, Deidre Archer and Melissa Burrowes who were selected to represent Barbados at the CAC Championships in the Dominican Republic from September 19th — 23rd.

DIBBY FIT BREAK

The 'Dibby Fit' class, which is conducted by Ms. Shareka Bentham on Thursday's at 6.30 pm, will be on break from 15th August to 12th September. We look forward to seeing you back on Thursday 19th September for its restart.

PAST NEWSLETTER EDITIONS

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



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WANTED...

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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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