

Lifestyle Fitness Australia Fitness Newsletter

Issue: January 2011

Take The Advantage

Arm Yourself With The
Right Supplements

Women and Detox Diets

Do They Actually Work?

Put Down The

Fork When

You're Done

The Tricks To Feel
Full For Longer

Exercise Helping
Children Build
Brighter Futures

Working The
Muscles In Your Back

Carbs Vs Protein

Finding The Right Balance for You



Women and Detox Diets – Do They Work?

By Vanessa Ryan

Personal Trainer Lifestyle Fitness Australia Marrickville

If I had a dollar for every time one of my peers said “I need to detox after Christmas” I’d be rich. At every chemist and health food shop there are detox kits targeting those of us (woman in particular) who feel guilty for indulging in unhealthy food and alcohol over the festive season. But what does a detox diet really involve? Usually it is a diet that bans caffeine, alcohol, all animal products (including dairy), and wheat. All fruits, vegetables, nuts, beans, herbal tea and water are usually allowed. Some detox diets ban most foods and involve drinking especially made products such as lemon or vinegar drinks said to have a faster detox effect.

What is the theory behind this diet? According to advocates of detox diets, we need to cleanse our body of toxins which build up because of food, alcohol, air pollution etc. These toxins are said to cause weight gain, nausea, headaches and can lead to psychological effects such as depression. Detox diets claim to reduce these symptoms and claim to increase weight loss, improve your digestion and immune system, reduce cellulite and improve how your skin and hair look.

There is little scientific research that supports the benefits of detox diets. Most nutritionists say it is not necessary to cleanse your body as it can do that by itself! The liver, kidney, skin and lungs all detoxify the body of unwanted substances. Most people do lose weight on such diets due to severe restriction of calories and cannot be maintained for a long period of time.



When the diet is over it usually results in all the weight piling back on. People often report being tired and irritable when on such a diet, which is usually due inadequate food intake.

However, there are some principles of detoxing that can be very beneficial to our health. Consuming more water, fruit and vegetables and less caffeine, alcohol, salt and sugar are clearly a step in the right direction to eating healthy. Less strict detox diets may be useful as a good place to start with getting your diet back on track.

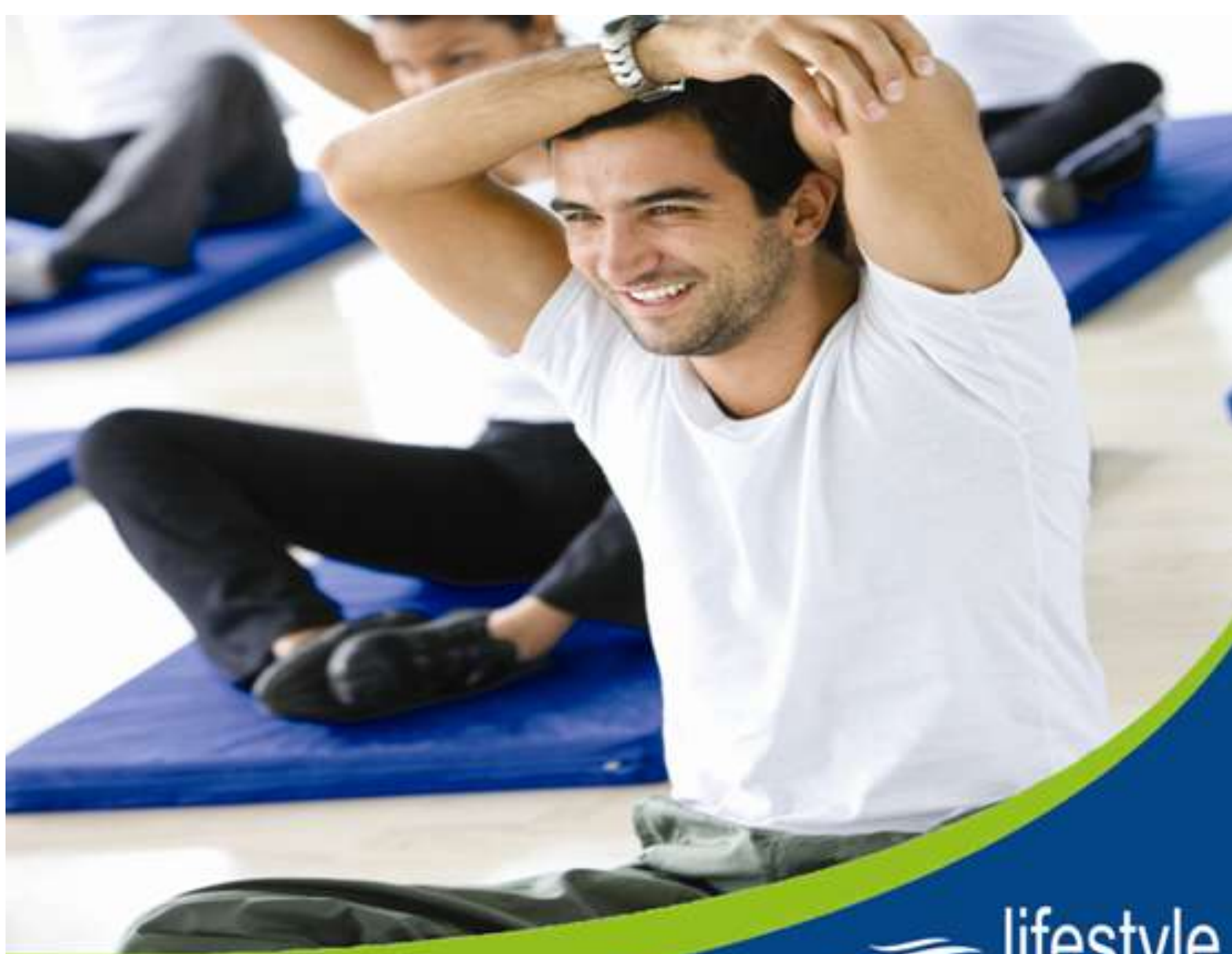
Diets such as this involve cutting out major food groups and can lead to further health problems, some of which are particularly relevant to women. For example, cutting out dairy completely could result in calcium deficiencies leading to an increased risk of osteoporosis, a risk which is higher for women. Another increased risk for women is iron deficiency, which can also be from inadequate nutritional intake, particularly from lack of animal products.

I bought a detox kit about six years ago, when I was doing much more wining, dining and partying than I do today! The diet was not that strict and only involved cutting out meat (except seafood), dairy, caffeine and alcohol for two weeks, so it was easy to maintain. It also involved taking lots of supplements several times a day, which was not only expensive but a nuisance. Did I lose weight? Yes, a couple of kilos. Did I feel better? Yes, which can be accounted for by the increase of vegetables in my diet and a decrease in caffeine and alcohol, rather than the supplements. Did I maintain this diet? No! However, it helped me develop healthier eating habits, such as extra fruit and vegetables and less meat and dairy which I have maintained for six years (including two pregnancies). I'm still not sure whether it was worth the fifty dollars it cost for the kit though!

So in conclusion, it is never a good idea to make extreme changes to your diet without consulting either your personal trainer or medical professional. Going on a sustainable eating plan that involves increasing your fresh fruit/vegetable intake and reducing your alcohol/caffeine and sugar intake is probably to best way to start. Sometimes it can be beneficial to follow a more strict plan for the first two weeks to establish some healthier eating habits and then re-introduce the occasional treat back into your diet.

Just be wary of the expensive detox solutions that claim rapid results in short time, as they can do more harm than good in the longer term, not just on your body but on your wallet. As much as it can be frustrating to hear – there is no such thing as a quick fix solution to being healthy and losing weight, and if you have gained some weight over the festive season, start back on your training program now!

Look forward to seeing you at the gym!



New To The Gym?

Try Lifestyle's unique Easy Start Class, specifically designed to help people build their fitness and skill level to access the weight loss and health benefits of group fitness. We have found 80% of people who get their personalised program and engage in group fitness stick to their lifestyle change - so what are you waiting for!

BOOK NOW at Reception!

What's Going On In Your Club!

Introducing Tarynn Houghton our new Group Fitness Co-Ordinator

As you all know, Pauli has left us as Group Fitness Coordinator of Lifestyle Fitness Australia. But we have not lost him completely he will still be teaching classes for us!! YAY!

I would just like to take this opportunity to introduce myself. My name's Tarynn Houghton. I started out with Lifestyle Fitness Australia in August 2005, as a GF instructor, I then continued to teach for Carlton, and a few years down the track, Erskineville.

I have been doing contract work on various cruise ships for the last 4 years, working as a Fitness Director, and every time I came back, I was helping Pauli out and filling in classes.

It is an absolute honour to be your new Group Fitness Coordinator, and I am looking forward to meeting all of you over the next few weeks. I am also very excited to continue to revolutionise Group Fitness at Lifestyle Fitness Australia, with the best Group Fitness team I have ever had the pleasure of working with.

Kind regards,

Tarynn

What You Said In The Group Fitness Survey

In the recent Group Fitness Survey we received a total of 257 surveys returned with a total of 1619 recommendations. With the greatest of care we inputted all of your recommendations into a spread sheet we found one common thing: You all love Group Fitness. There are a few changes that will be occurring over the next few months with some classes being changed around or added to the timetable based on your suggestions, one club may even be getting a new type of class so keep a look out for that one, but overall you guys are enjoying the timetable and love the team of instructors we have built up.

We could not ask for more.





Take The Advantage With The Right Supplement

By Xavier Grevet

Personal Trainer Lifestyle Fitness Australia and owner of the newly opened Xavco Pit Stop

As we all know, a proper diet is essential to complimenting a good training program. Healthy nutrition will provide us with every opportunity to optimise our training results. Not everyone has a good diet though. This will invariably result in nutrition deficiency which will directly impact the exercise and health gains that you are working towards. Supplements can provide some nutrients that you might be missing.

Here is a short guideline of the types of supplements that may provide some benefits to your exercise program.



Creatine – Ideal for muscle building, strength and recovery. Research suggests that creatine may provide some benefit in improving performance in high-intensity, short-duration activities such as weight training and sprinting. Creatine increases production of ATP, an energy source for muscles during brief, explosive periods of activity. Creatine may also decrease muscle fatigue. It appears to reduce lactic acid, an energy waste product that causes muscle fatigue.

This supplement would be perfect for those members who have a weights program or who are participating in exercises that require explosive bursts of energy, such as sprint interval training on the treadmill, boxing with your PT, spin and body pump classes.

Whey Protein – A protein complex derived from milk, whey protein is said to offer a range of health benefits. Studies show that whey protein may act as an antioxidant, fight viruses and bacteria, and keep blood pressure in check. Whey Protein and Exercise – In a research review published in 2008, investigators found that taking whey protein supplements may help enhance the effects of strength-training exercises. The review also found that whey protein supplementation may help individuals maintain muscle mass as they age, possibly due to its high content of muscle-building amino acids.

Branch Chain Amino Acids (BCAA's) – Amino acids are naturally occurring molecules that the body uses to make protein. Branched-Chain Amino Acids refer to the amino acids leucine, isoleucine, and valine, which all have a “branched-chain” molecular structure. Muscle tissue is particularly high in branched-chain amino acids. People use branched chain amino acids to build muscle, improve sports performance, and minimize

the effects of overtraining. This is because strength training and endurance activity uses up greater amounts of branched-chain amino acids than regular daily activities. Branched chain amino acids are found in all foods containing protein. The best sources are red meat and dairy products. Whey protein powder, chicken, fish, and eggs are other good sources.

Carbohydrates – Carbohydrate is arguably the most important source of energy for athletes. No matter what exercise you participate in, carbs provide the energy that fuels muscle contractions. Once eaten, carbohydrates break down into smaller sugars (glucose, fructose and galactose) that get absorbed and used as energy. Any glucose not needed right away gets stored in the muscles and the liver in the form of glycogen. Once these glycogen stores are filled up, any extra gets stored as fat. During depletion (from diet, exercise or a combination) we use up the stored carbohydrate. If we don't replenish these stores, we can run out of fuel for immediate exercise. To avoid running out of energy during exercise, try some high content carbohydrate supplements at different times of the day. They can help in filling your glycogen stores at the start of your day; replenish them during exercise and refilling them after exercise to be ready for the next workout.

Fat – Fat provides the highest concentration of energy of all the nutrients. One gram of fat equals nine calories. While these calories are less accessible to athletes performing quick, intense efforts like sprinting or weight lifting, fat is essential for longer, slower lower intensity and endurance exercise such as easy cycling, walking on the treadmill and using the cross trainer. There are good fats which aid our physical well being. Proper nutrition in people who exercise may also protect the joints from age-related degeneration. Aging causes the joints to become less flexible and lose a range of motion. These limitations can compromise physical abilities. Supplements that contain Omega-3 oils provide anti-inflammatory effects, which help protect the joints from high the impact produced through various forms of exercise, such as weight training, walking and running on the treadmill and most forms of aerobic classes, such as body pump, body step and boxing.

If you would like to purchase or find out more about supplements and exercise, why don't you come in and talk to our supplement specialists, who are located at our Lifestyle Fitness Sites.



Erskineville – Xavco Pitstop: Your One Stop Supplement Shop

Xavco Pitstop has recently opened and is providing some great introductory offers to our Lifestyle members. So come in and introduce yourself to the team.

Marrickville and Carlton – Bodyline Supplements



Exercise Helping Children Build Brighter Futures

By Kristyn Tindall

Teacher at Sugarplums Dance Classes

When considering how to fit physical activity into their children's routines, parents should consider that exercise for kids is different than exercise for adults. While an adult can stay on a treadmill for 30 to 45 minutes straight, a child typically would not stick with such a task. Exercise for kids means playing and keeping active with aerobic activities. For a child, "exercise" can include playing tag, participating in gym class, riding a bike, or going to dance class. Parents should encourage children to participate in a variety of activities that their children will enjoy.

So is your child getting enough exercise? If she isn't exercising at all, you should take steps to change that today. There are many reasons why exercise is important to your children's health including:

Increased Endurance

Endurance is developed when someone regularly engages in aerobic activity. During aerobic exercise, the heart beats faster and a person breathes harder. When done regularly and for continuous periods of time, the activity will strengthen the heart and improve the body's ability to deliver oxygen to all its cells. This not only improves your child's ability to tackle their school day with energy but also when they are playing and running around with their friends.

Makes Children Better Learners

Exercise increases the flow of blood to the brain. The blood delivers oxygen and glucose, which the brain needs for heightened alertness and mental focus. Because of this, exercise makes it easier for children to learn. Activities that involve balance and jumping activities like jumping rope also will strengthen the vestibular system which creates spatial awareness and mental alertness providing your kid with a framework for reading and other academic skills.

Healthier Bones, Muscles and Joints

Being physically active will help children to strengthen their bones, muscles and joints which will not only help them grow but also help reduce the risk of injuries and problems in later adult life. The correct types of exercise such as stretching and dance will also help to improve their posture.

Sleep Better

If children are active during the day then they will be using up more of their energy which will help them sleep better as they will likely feel more tired on a night.

Improved Strength

Improving strength doesn't have to mean lifting weights. Push ups, stomach crunches, pull ups, and other exercises help tone and strengthen muscles. Children also incorporate strength activities in their play when they climb, do a handstand, or wrestle.

The simple fact is that exercise for children promotes a feeling of well being and encourages them towards developing the healthy habits that will steer them clear of lifestyle related concerns such as obesity. An active child is a happy child, not just for today but for life.



Sugarplums

Sugarplums Dance Classes for Toddlers and Pre-schoolers are coming to Lifestyle Fitness Australia!

These fun-filled classes are designed to develop your child's co-ordination, motor skills, muscle memory, musicality, and spatial awareness, using repeated movement which kids enjoy, all the while stimulating their imagination and creativity.

With dance, improvisation, song, and music the kids are engaged from the moment their class starts right through to the end of the lesson. The lessons cover educational concepts, developing your child's skills in listening and following directions, via response through movement to stimuli such as shapes, space use, time and dynamics.

The classes are run Wednesday mornings by a highly qualified ballet teacher/personal trainer who has specialised experience working with children on Wednesday mornings. There are two classes, depending on your child's stage of development:

- Parents and Bubs (ages 2-4): Here mum or dad stays with them throughout a 30 minute class. Be warned: it is a fun workout for both child and parent!**
- Pre-schoolers (ages 3-5): Here the kids participate together in group format, so mum and dad get some (likely much needed) child-free time, to focus on their own workout!**

The teacher will be Ms Kristyn Tindall ARAD who is a holder of the Solo Seal, the Highest Examination awarded by the Royal Academy of Dancing, and the Professional Dancers Teaching Diploma. She also holds Cert III and IV in Personal Training.

As a Lifestyle Fitness Australia member your child can try a Sugarplums class for FREE. Please call Kristyn today on 0439 311078 to book as there are limited places available in each class.



Acupuncture As A Part Of Your Workout Regime

By Angie Savva

Traditional Chinese Medicine Practitioner



Most people have heard about acupuncture, and some of you might have even tried it for various conditions. But did you know that it could be a valuable and important addition to your workout regime to help you maximise your training efforts and achieve your health goals?

Acupuncture is a complete holistic health care system that promotes natural healing and brings many more benefits than most people are aware of. It can boost your recuperative power and immunity, improve physical and emotional health, and enhance your overall wellbeing. Here are some reasons why acupuncture can be a wonderful complement to your fitness journey.

Acupuncture and Sports/Fitness Activities

When you workout or play sports, do you sometimes push your body to its limits? Overdoing things and taking your fitness activities 'to the extreme' may cause injuries to occur which can cause problems both now, and in the future. In today's fast paced world, we don't often give our bodies enough time to heal. We tend to rely instead on the fix quick approach of painkillers and anti-inflammatory medication. However, by covering up our aches, pains and swellings, we are masking our body's signals that something is weakened and out of balance, and that you need to stop, rest and heal.

Acupuncture is a time-tested, safe and drug-free approach that can provide both symptomatic pain relief and long lasting benefits. By restoring the free flow of *Qi* (loosely translated as vital energy) through your body, it can help you return to peak performance. Acupuncture can strengthen your body, reduce swelling and inflammation, improve range of motion, speed recovery time, and address any underlying problems that could lead to a future injury. It can also be combined with other therapies such as stretching, exercise, massage, cupping and Chinese herbal medicine to naturally reduce pain and inflammation.

Acupuncture for assisting Weight Loss

We all know that excess weight carries with it an increased risk of chronic illness, such as Type II diabetes and heart disease. The good news is that maintaining a healthy weight can reduce your risk, and the best time to start is right now! In combination with a healthy diet and regular exercise, acupuncture is a natural and effective therapy that can help you address your weight concerns.

A trained acupuncturist will be able to uncover the root cause(s) or imbalance(s) that make maintaining a healthy weight difficult for you. Your acupuncturist will also take into account other factors that may have contributed to your weight gain, such as diet, lifestyle, emotional and mental wellbeing. By taking your whole self into consideration, they will be able to get to the heart of your health concerns, rather than simply treating the symptoms.

Acupuncture can assist your weight loss efforts on various levels:

Endorphin Release – When making healthy changes to their diet, many people experience cravings that can lead to overeating. Cravings in the body are often related to a lack of endorphins. Acupuncture stimulates the release of endorphins to help reduce cravings.

Stress Reduction – When our bodies are stressed, cortisol (a ‘stress hormone’) is released into the bloodstream, which can affect the metabolism. By reducing stress and releasing endorphins, acupuncture can help to neutralise this effect.

Digestion Support – Acupuncture can help to regulate the digestive system so that the body can more efficiently and effectively process the foods that you eat.

Your practitioner may also suggest Chinese herbal supplements, dietary changes in line with traditional Chinese principles, lifestyle changes and self-care techniques to further support your progress.

And this is only the beginning!

The World Health Organisation recognises acupuncture as effective in the treatment of a wide variety of conditions. It can be used to help you have more energy during the day and sleep more peacefully at night. It can reduce stress, alleviate depression and anxiety, and relieve the pain of chronic headaches or arthritis. You name any condition, and acupuncture may be able to help in some way. Find out how acupuncture can help you with your health concerns today.

For more information about affordable acupuncture in Marrickville, please visit www.angiesavva.com



When You're Done Put Down The Fork

By Andrew Guesdon

Lifestyle Fitness Australia Head Office

You've decided to treat yourself to a Chinese food banquet after dieting successfully for a week, you've been looking forward to it, pile up your plate with a bit of rice and some of the different mains you have ordered and dive into that first plate. Within half an hour not only have you consumed half a dozen spring rolls, two mains and a fried rice and you're still feeling hungry, even more than yesterday when you had a simple steak and salad dish. How is it that the size of the meal you are eating, and the calories involved, does not always seem to correlate to how full you feel when you finish consuming it.

The simple fact is that in many cases, excepting when you are filled to capacity, your body is not 100% sure of what is going on in your stomach. It is using a variety of cues to try and guess what you have eaten and if that is enough, but does not actually know. It is due to this that you can master a "Jedi" like ability to feel full, ensuring that regardless of what you are eating for your diet you walk away feeling full and satisfied.

Eat Your Meal with Your Other Senses First

Your belly is rumbling, and your meal finally hits the table in front of you with the delicious aroma causing your body to start producing saliva in anticipation. Resist the urge to do a face-plant into your plate and consume it whole. Thoroughly chewing your food increases what researchers call "oro-sensory factors," which send satiation signals to your brain, helping you feel full on less food. What they have found is that people who chewed each bite for an extra 3 seconds ended up consuming less.

Drink Water

Think of your stomach as a balloon. Once it expands to its maximum capacity sensors throughout the digestive system tell your brain's amygdala that it's time to put down the fork, regardless of what it is actually filled with. Drinking a glass of water 30 minutes before a meal and sipping frequently while eating helps make sure your stomach is sending you the message that it's full without having to consume extra calories. This is particularly important for those just starting a new diet who may not be used to the serving sizes involved, while your diet may be giving you more than enough food to support itself your stomach will be used to bigger meals and may not send you the "I'm full" message when the meal is over. In addition water-rich foods—soup, salad, fruit, and vegetables—will also fill your belly without contributing excessive calories.

Letting Your Belly Know It's Done

Studies have found that when you're eating the visual cue of a clean plate will generally trigger a signal that you've had enough. What this means is that if you are over filling your plate then you are generally overfilling your stomach, use smaller plates so that your meal not only looks bigger but so when you have finished the amount on it your body knows the meal is done.



Fill Up with Fiber

Fiber draws water from your body and from the food you've eaten, and transports it to your intestinal tract, helping to deliver that meal-ending full feeling, according to the University of Washington's 2009. Fiber may also boost "satiety" since it passes through the body undigested, fiber slows the absorption of nutrients and makes you feel fuller longer, according to a 2008 study by researchers at the University of Minnesota. To reap the satiating benefits of fiber, aim for 25 to 35 grams daily.

Refined carbohydrates, on the other hand, like those you find in sugary processed foods, are satiety killers. Here's why: Too much sugar brings on a rapid spike in insulin, which causes a sugar crash later and triggers a craving for more food.

Protein, Protein and more Protein

Protein, your muscle-growing fuel, has the ability to raise levels of peptides—synthesized amino acids—in your stomach. Simply by ensuring 20 to 40 grams of protein at each meal creates a peptide level which initiates cross-talk with the brain on a molecular level to send out those valuable "full" signals.

Focus On What You're Eating

What you're doing while you eat might be as important as what you're eating. You're likely to consume much more food and eat for longer periods of time when you're distracted by television, music, or a computer, according to a 2009 review of studies published in *Trends in Food Science and Technology*. Eating while distracted interrupts brain-to-stomach satiation signals, making it harder to monitor your food intake. Also, distraction raises the risk of overeating the wrong types of foods—think popcorn at the movies.

Do or do not, there is no try. While these mind tricks can never replace a balanced food plan built around getting your body the nutrients it needs it can assist you make your diet easier to stick to. It also gives you the knowledge that at the end of your day YOU are in control, not your stomach. Your body is not craving that extra helping of dinner you are – so put down the fork you're done.

Food That's Good For A Party And Your Waistline

As we hit January we are well and truly into the “party season” and starting to see the toll it is taking on our diets. To combat the “Holiday Spread” this month we have included some low-calorie recipes that you can take along to an event and snack on as a polite alternative to all those chips and fried foods that people seem to inevitably serve – and trust me with these recipes you will not feel like you are missing out and may have to make extra just so the other guests don't steal them all!

Olive and Tomato Stuffed Portobello Cups

4 servings Total Time: 40 minutes

Nutrition Profile

Ingredients

- 2/3 cup chopped plum tomatoes
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup chopped Kalamata olives
- 1 teaspoon minced garlic
- 2 teaspoons extra-virgin olive oil, divided
- 1/2 teaspoon finely chopped fresh rosemary, or 1/8 teaspoon dried
- 1/8 teaspoon freshly ground pepper
- 4 portobello mushroom caps, 5 inches wide
- 2 tablespoons lemon juice
- 2 teaspoons reduced-sodium soy sauce



Preparation

1. Combine tomatoes, cheese, olives, garlic, 1 teaspoon oil, rosemary and pepper in a small bowl.
2. Preheat grill to medium.
3. Discard mushroom stems. Remove brown gills from the undersides of the caps using a spoon; discard gills. Mix the remaining 1 teaspoon oil, lemon juice and soy sauce in a small bowl. Brush the mixture over both sides of the caps.
4. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill. Place the caps on the rack, stem sides down, cover and grill until soft, about 5 minutes per side. Remove from the grill and fill with the tomato mixture. Return to the grill, cover, and cook until the cheese is melted, about 3 minutes more.

Nutrition Per serving: 122 calories; 8 g fat (2 g sat, 4 g mono); 9 mg cholesterol; 8 g carbohydrates; 0 g added sugars; 7 g protein; 2 g fiber; 338 mg sodium; 431 mg potassium.

Mini Greek Pizza Muffins

All the flavors of a Greek pizza make these savory muffins bite-size treats for adults and kids alike.

2 dozen mini muffins 1 serving each

Total Time: 50 minutes

Ingredients

- 2 tablespoons extra-virgin olive oil
- 2/3 cup finely chopped onion
- 2/3 cup finely chopped red bell pepper
- 1/3 cup whole-wheat pastry flour
- 1/3 cup all-purpose flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons chopped fresh oregano, or 1/2 teaspoon dried
- 1 teaspoon sugar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/3 cup low-fat milk
- 1/3 cup crumbled feta cheese
- 1 large egg, well beaten
- 2 tablespoons tomato paste
- 2 tablespoons chopped kalamata olives



Preparation

1. Heat oil in a large pan over medium heat. Add onion and bell pepper; cook, stirring often, until the onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes.
2. Meanwhile, preheat oven to 400°F. Coat a mini-muffin pan with cooking spray.
3. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.
4. Stir milk, feta, egg, tomato paste and olives into the onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined. Fill the prepared muffin cups two-thirds full.
5. Bake the muffins until lightly browned, 13 to 15 minutes. Cool in the pan for 5 minutes before turning out onto a wire rack. Serve warm or at room temperature.

Make Ahead Tip: Store in an airtight container for up to 2 days. Serve at room temperature or reheat at 350°F. | Equipment: Mini-muffin pan with 24 (2-tablespoon) muffin cups.

Nutrition

Per muffin (Make no mistake that is for one muffin not all 24, so multiply 39 calories by however many muffins you have eaten to work out the total calories you have consumed – also do not believe you have tricked your body by making 6 big ones with the same amount of ingredients and having one of those) : 39 calories; 2 g fat (1 g sat, 1 g mono); 11 mg cholesterol; 4 g carbohydrates; 1 g protein; 0 g fiber; 106 mg sodium; 36 mg potassium.



Carbs vs Protein? Finding The Right Balance For You

By Paul Peroy

Star Group Fitness Instructor at Lifestyle Fitness Australia

There are three components to your new lifestyle; Nutrition, Exercise and, my personal favourite, Rest. They are all crucial to your health and well being. You will notice that the first item I said was nutrition as this is the thing first and foremost which will drive your ability to execute your lifestyle change as it fuels your body for exercise, as well as anything else you get up to during the day. When our eating is out of balance, we feel sluggish and do not perform in peak condition. There is no exact eating plan we can all follow as we are all different and have different needs. But with this guide you can fuel your body for fitness and make sure it's tailored to your specific needs.

Carbohydrates – On the bottom of our food pyramid

These break down in the digestive process creating glucose, which provide our bodies with energy. There are two types.

1. **Low Starch/ Low GI** (Glycemic Index)- These release glucose slowly into our body's
Leafy greens- Celery, Spinach
Coloured Vegetables- Capsicum, Tomatoes
Fruits- Apples and Berry's
2. **Starchy Carbs/ High GI**- These release glucose quickly into our body's
Vegetables-Pumpkins and Potatoes
Grains-Rice
Fruits- Banana's



Protein (Lean Animal Protein) – Is on the middle of our pyramid

Protein is the building blocks for our body and is important for growth and hormone production. This can include your Lean Red Meats and Chicken, Dairy, Eggs and Fish.

Oils, Nuts and Seeds – On the top of our pyramid

Good fats are an essential nutrient which the body cannot produce unless we eat them. They support several of our systems such as Cardiovascular, Immune, Reproductive and Nervous systems.

Some great sources of essential oils are Flax Seed, Walnuts, Almonds and Seeds such as Pumpkin Seeds.

People fall into three eating groups and each of these groups require a different amount of each of the above food groups to function at their peak.

Protein Type: Can be categorised into this group as people who live to eat.

If they consume too many carbs they become sleepy an hour or so after their meal.

The perfect meal plan for Protein Types is 4 to 6 meals a day. Consisting of protein 1 ½ the size of your palm.

1 High Starch Carbs the size of your fist OR 2 hands full of Low Starchy Carbs and a thumb of our good fats.

Carb Type: Can be categorised into this group as people who eat to live.

They generally go long periods without a meal. When they eat too much protein they become sluggish straight after the meal

The perfect meal plan for this type is 3 meals a day consisting of Protein that is ½ the size of your palm, starchy carbs that equals the size of 2 fists OR 4 handfuls of non starchy carbs and a thumb of our oils.

Mixed Type: Is a combination of both, to get the perfect eating arrangement start with 3-5 meals a day consisting of 1 palm of protein Starchy Carbs 1 ½ the size of your fist OR 3 handfuls of Low Starch and your thumb of good fats.

If you find you are getting sluggish straight after your meal means too much protein so adjust it. If you find you are sleepy an hour or so after your meal you are having too many carbs. It wont take too much adjusting and you will have the perfect balance.

So maybe we aren't what we eat but it will definitely make a difference to how you feel and your energy levels.

Exercise Of The Month – Targeting Your Lower Back

The lower back muscles, or spinal erectors, are very important to weight train as they support or assist in almost every weight training exercise. Most upper body exercises require lower back strength to keep your body straight when performing standing or seated weight training exercises, or keep your body in a proper position while performing upper back exercises like bent over barbell rows. Lower back strength is also required to do heavy leg exercises like squats and hack squats.

The best lower back weight training exercise is the deadlift. Deadlifting is much more than just lifting a weight off the floor and getting your body into a standing position. To properly perform deadlifts in your lower back weight training routine start by using a shoulder width grip on the bar with an overhand grip with one hand and an underhand grip with the other and your legs positioned inside from your arms. Squat down and arch, not bend, your lower back and use a combination of the leg hip muscles to get the barbell off the floor. Continue upward, using the lower back to finish the deadlift, until you're in a standing position with the bar in your hands. Hold the weight for a second and lower it under control.

You also need to assist your grip in some way while deadlifting or your grip strength will give out to soon when you're deadlifting heavy. The best way to assist your grip while performing deadlifts in your lower back weight training workout is to use chalk on your hands. Using wrist straps should be avoided while deadlifting heavy because you could easily pull a forearm muscle using them. Some weight trainers, usually powerlifters, put baby powder on their thighs to help 'slide' the weight up to finish a deadlift rep. This is fine if you're training for a powerlifting competition, but it can be messy.

You could also try sumo style deadlifts during your lower back weight training workout. They are performed the same way as regular deadlifts but with your legs in a wider stance outside your arms and a closer width grip on the bar.

Another great lower back weight lifting exercise is the good morning. To perform good mornings you stand with a weight on your upper back with your feet placed at a normal standing width and your knees bent slightly. Then you bend forward, using the hips more than the lower back (keep your lower back arched) to about a 45 degree angle and go back to a standing position. Don't go to heavy or twist your body while performing good mornings. Use this as a secondary or alternative exercise to deadlifts during your lower back weight training workout.

To finish a lower back weight training routine you should do hyper-extensions. Do these on a hyper-extension machine with your upper legs on the pad and your body parallel to the floor (or at angle, depending on the apparatus), facing the floor. Bend towards the floor at the waist, stopping short at being perpendicular to the floor, and raise your body back up. You should use either no, or very light, weights while doing hyper-extensions and make sure not to twist your upper body at all. Be careful while performing hyper-extensions for your lower back to avoid injuries.

While strengthening your lower back will help you gain strength on many other lifts in your weight training routine because you'll be able to support heavier weights, it's vitally important not to overtrain it. There are many weight training exercises (squats in particular) that will suffer if your lower back is still sore from it's last workout.



Were You Waiting To Get Fit Before Trying Group Fitness?

Try Lifestyle's unique Easy Start Class, specifically designed to help people build their fitness and skill level to access the weight loss and health benefits of group fitness. We have found 80% of people who get their personalised program and engage in group fitness stick to their lifestyle change - so what are you waiting for!

BOOK NOW at reception!

**Isn't it time you
started living the
life you want. Let
Lifestyle Fitness
Australia help
make 2011 your
year.**