

TrainMeFit Healthy Lifestyle Report

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Written by:

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Disclaimer: Please consult your local health care professional (i.e. General Practitioner) before starting any new diet or exercise program. Be smart about your choices.

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Stretch, Roll and Hurt

Why in the world would I suggest that you use a PVC roller during your workouts?

As you workout/exercise intensely you cause damage to your muscles. Muscles don't always repair properly and go back to the way they started before a training session. Therefore, we try our best to stretch **after** a workout and provide some sort of soft tissue therapy.

Our chosen method (at the gym) of soft tissue therapy is the PVC roller.

The reasoning behind this:

- ✓ Improve circulation to the muscles and prepare them for the demands ahead
- ✓ Acts as a dynamic stretch to the muscle (getting the muscle excited and ready to perform work)
- ✓ Dynamic stretch facilitates/improves performance versus static stretch can decrease strength and hinder performance
- ✓ Break up scar tissue and adhesions in the tissue
- ✓ Improve movement and function of the muscles
- ✓ Decrease the risk of injury (improved movement patterns)

It does feel tender and muscles will feel sore when you use the roller- but it does improve your mobility in the long run. The hurt you feel is not a bad thing!

Stick with it because it does get easier.

Use it before, during, or after a workout. You can even use this on your off days to take better care of yourself.

Note: please do not roll over bony areas as it is meant for soft tissue

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My friend just lost 20 pounds on this new diet!

It can be really frustrating when someone tells you they just lost 20 pounds on the latest and greatest diet. Especially when they did it in only 6 weeks while sitting on their butt the whole time!

Here is what you need to ask yourself: Have they really gotten healthier? Have they really improved their health? Or did they just see the number on the scale drop?

If your focus is on living a long and healthy life you have to consider the big picture.

So let us lay a few ground rules for this one:

- A) Equate lean tissue (bone, tendon, ligament, muscle) with **good health**.
- B) Equate excess adipose tissue (body fat) and lack of movement with **poor health**.

If we used diet only to achieve our goals then we are losing not only fat but our lean mass in the dieting process. A loss in lean mass will lead to an increased risk of injury and poor health down the road.

For example - weak bones - resulting from poor nutritional choices and lack of exercise leads to increased risk of fracture - not good at any point in life. Recovering from a hip fracture, especially as someone ages, is difficult and possibly even life threatening.

So can we really say that someone is healthier after they join the latest Jenny Craig craze?

Back to the 20 pound discussion:

- Consuming less calories means the whole body will shrink if you provide no stimulus or reason for your lean tissue (i.e. Muscles) to remain intact (or grow) during this “dieting” period
- You will lose “weight” but not necessarily fat (you can actually lose more lean tissue if you “diet” only)
- If you lose 20 pounds net on “the scale” while dieting how do you know that you did not lose 30 pounds of lean tissue (the good stuff) and gain back 10 pounds of fat (the bad stuff) in the process - to equal a total scale lose of 20 pounds? (*please note this is an exaggeration for the purposes of discussion*)
- So it is possible that while dieting only, one may lose lean mass, gain back fat, and still lead to a net weight loss “ON THE SCALE”

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Long Term -

Our real concern is on the preservation of lean mass and good health. If most diets only allow us to lose scale weight (along with lean tissue) then what are we doing on a “diet” in the first place?

Truth be told if we just cut back on the consumption of refined carbohydrates and exercised a little more we would all be much healthier.

When you consider a “diet” - always consider - “What happens when I go back to my real life eating habits?” **Most likely you will gain back MORE FAT and be unhealthier than when you started.**

Recommendations to take home:

- Continue to exercise 3-7 times per week so that the bones and lean mass remain strong
- Decrease your consumption “white foods” (i.e. White bread, pastry, pasta, crackers)
- Increase your consumption of: lean meat, proteins, vegetables and fruit

7 times per week?!?!?!?

3 strength training sessions
4 moderate exercise sessions (ie. walking, sports, outdoor activities)

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A day to refuel?

A few good rules if you are going to have a cheat meal.

Treat this meal as a refueling effort on your part. After working hard for 6-7 days; working out and eating a diet lower in carbohydrates you may feel the need to refuel.

Your energy levels may be drained and your mental perseverance may be low.

What hormone can we drive up which will stimulate fat loss?

GROWTH HORMONE

Growth hormone is important for the retention of lean mass (the stuff you want) and it's important for getting rid of the fat (the stuff you don't want).

One way to go about raising your growth hormone levels is to temporarily consume a meal with lots of high glyceemic carbohydrates!

High glyceemic carbohydrates will actually tell your body to release more growth hormone (Ludwig et al, 1999).

If you are trying to lose bodyfat I would recommend this every 7-10 days. That way you drive up your hormones and you give yourself that mental break (i.e. allowing yourself to indulge in some of your favourite foods).

The strategy:

- 1) Use this strategy every 7-10 days for fat loss
- 2) Put every refined carbohydrate that you are going to eat right in front of you.
- 3) Do not get up to add food to the table - eat until you are full and only what's on the table.
- 4) Once you get up from the table - the meal is over
- 5) Eat your protein source first.
- 6) Go for a 20-30 minute walk afterwards (so that your body can take in that excess sugar more easily)

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Frequently Asked Questions

How can I come out of my workout feeling more refreshed?

Some of us leave workouts feeling worse than when we went in. We've had a long day at work and with the kids - when we finally make it to our workout we push it so hard that we feel crummier than when we started.

The trick?

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Don't burn out! What I mean by this is that during each set it is not necessary to burn out and feel that burning sensation in your muscles.

During your typical strength training sets you DO NOT always have to achieve that burning feeling to be effective.

For example:

If you plan to perform 3-4 sets of an exercise conserve yourself until the last set.

This means that in the early sets (i.e. sets 1 and 2) you will hold back. When performing your reps you will go until you feel like you can do 3-4 more reps. That means when you feel like you can perform 3-4 more reps, STOP.

On the final set - if you are having a good day - go until you feel like you can do only 1 more rep (**or** until you can't do anymore).

Push-Ups		
Set 1	9 reps	- felt as though I could have gotten to 12 reps
Set 2	10 reps	- felt as though I had 3 more in me
Set 3	14 reps	- could have done one more but chose not to

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With this process you will still find your strength improves - a good thing!

If you choose to use this process then you can expect to set more PR's (Personal Records). You can try setting a PR on the last set each day.

Now if you are really having a tough week. Take each and every set for that day and stop 3 reps before you fail. This means when you feel like you can do 3 more reps - **STOP**. This process still benefits your strength and fat loss efforts. You will still drive up your heart rate, burn calories, and stimulate muscle.

PR Day

If you want to take this one step further and set yourself up with a PR day you could do something like this:

On day 1 of every week you can try and set a new PR. This means that on the last set of every exercise you are going to push yourself to the limit. On the other days of the week you are still going to workout, however, during every set you will stop when you feel like you can do 2 more reps.

For Example

Exercises for Circuit 1 included push-ups, prisoner squats, and burpees.

The first 2 times you went through the circuit you did what you could but you stopped yourself when you felt like you could do 3 more reps. On the final set you went all out and performed as many reps as you could. Setting a new Personal Record (PR) for that/those exercise(s)!

Remember this strategy can be used for the strength training component of our workout (i.e. Push-ups, Overhead Press, Chin-ups, Low Rows on the TRX, and Dips). Conditioning circuits, on the other hand, usually include battling ropes, burpees, max squats for time, and high rep kettlebell swings that are designed to work your heart and keep your blood pumping throughout the entire workout.

I hope this helps - if you have any questions please let me know here:

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Why the term “overfat”?

We use this term because the term “overweight” is not specific.

Please compare case 1 and 2:

Case 1 -

Man who is 10 pounds “**overweight**” according to the doctors height and weight chart.

Bodyfat less than 14%

Waist is 33 inches

Hips are 37 inches

Case 2 -

Man who is 10 pounds **underweight** according to the doctors height and weight chart.

Bodyfat is 20%

Waist is 36 inches.

Hips are 33 inches.

Why are we so concerned with abdominal obesity?

- defined as extra fat around the waist
- fat around the waist is mobilized into the blood easier
- this means fat around your waist can jump out of it's storage site and go into your blood circulation easier than if it were fat at a storage site in your buttocks

The healthier person? Case 1

The man in case 1 is told he is “overweight” but in reality he is **very healthy (according to these stats)**. He has a normal bodyfat percentage (**good thing**), his hips are larger than his waist (**another good thing**), and the fat around his abdomen is limited.

The man in case 2 has a higher bodyfat percentage (**negative health effects**), his hips (i.e. glute and quad muscles) are smaller than his waist (**negative health effects**). Right away you can tell that this man has too much fat around his waist and his leg musculature is poor and deconditioned.

What to take away from this?

1) Height and Weight Charts are inaccurate for telling you if you're healthy or not.

2) Always aim for a waist smaller than your hips (Waist < Hips).

In general this makes for less abdominal obesity and more hip/leg musculature.

3) Consider total bodyfat percentage as an indicator of health.

Therefore, someone who is told to lose 10 pounds based on a height and weight chart could be getting the wrong information. Be sure to consider; the waist to hip ratio and body fat percentage.

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The right carbohydrate mix

In our previous discussion we spoke about carbohydrates driving insulin which in turn drives the storage of fat.

The following chart describes ways in which you can modify your diet so that you can consume less high glycemic carbs and improve your fat loss efforts.

High Glycemic Carbs:

- carbs which drive your blood sugar too high
- typically the type of carb we want to avoid

First lets summarize the following points from the research:

- 1) Eating less carbohydrates leads to more fat loss and less fat storage
- 2) Low-carb diets led to a greater retention of fat free mass
- 3) Low-carb diets compared to low-fat diets led to a higher resting energy expenditure.
- 4) Protein recommendations in the research suggested between 1.05-1.20 grams of protein for every kilogram of bodyweight

References (please see the end of this book).

List of very low-glycemic vegetables: (consume these!)

- asparagus, bean sprouts, spinach, cauliflower, cabbage, broccoli, celery, endive lettuce, cucumber, radishes, beet greens, peas, zucchini, green beans

List of higher glycemic fruits/vegetables: (consume in moderation!):

- potatoe, sweet potatoe, watermelon, pineapple, parsnips

Person 1 50+ pounds overfat	Person 2 15+ pounds overfat	Person 3 Normal Bodyfat levels
2 servings of fruit	4 servings of fruit	5-6 servings of fruit
8 servings of low glycemic vegetables	6 servings of low glycemic vegetables	4-5 servings of low glycemic vegetables
10 total servings	10 total servings	10 total servings

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The above chart illustrates some suggestions as to how you can manipulate your fruit and vegetable intake. Since many of us worry about fruits - as they are higher (not high) in sugar. We simply adjust the ratio of fruits and vegetables to suit our fat loss needs.

When in doubt always choose a fruit over a pre-packaged item.

Objectives

Person 1: consume our recommended fruit/vegetable intake and keep insulin as low as possible, encouraging the use of fat from our body.

Person 2: consume our recommended fruit/vegetable intake and keep insulin lower, still encouraging the use of fat for fuel.

Person 3: to get our recommended intake of fruits and vegetables

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If you are having difficulty losing excess body fat please print the following chart and hand it back for suggestions:

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Day	Food Consumption (Name: _____)
1	Meal 1: Meal 2: Meal 3: Meal 4: Meal 5: Meal 6:
2	Meal 1: Meal 2: Meal 3: Meal 4: Meal 5: Meal 6:
3	Meal 1: Meal 2: Meal 3: Meal 4: Meal 5: Meal 6:

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Day	Food Consumption (Name: _____)
4	Meal 1: Meal 2: Meal 3: Meal 4: Meal 5: Meal 6:
5	Meal 1: Meal 2: Meal 3: Meal 4: Meal 5: Meal 6:
6	Meal 1: Meal 2: Meal 3: Meal 4: Meal 5: Meal 6:

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Day	Food Consumption (Name: _____)
7	Meal 1: Meal 2: Meal 3: Meal 4: Meal 5: Meal 6:

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