



F I T
AUSTRALIA

EXERCISE PHYSIOLOGY

NEWSLETTER

Believe **B**ecome **B**Fit



Fat Loss in 9 Steps

FUN FACTS

- After an intense full body work-out your metabolism stays elevated for 38 hours while recovering.
- You burn more kilojoules sleeping than watching TV.
- A person's productivity rises by 15% on a exercise day (U.S. Study).
- 500g of fat takes up 18% more space than muscle.
- Holidays a health hazard.
Danish study: after 2 weeks of dropping daily activity levels (10,000 steps to 1400 steps/day) 10 men (Av: BMI 22) saw insulin levels rise 60%, abdominal fat 7% & triglycerides also increased.
- Being thin provides a sense of false health, if inactive. Regardless of body shape, physical activity switches on vital genes to protect the body. Sitting down all day renders these genes inactive – cholesterol, blood glucose & blood pressure can be similar in obese and thin men who are inactive.
- Black tea reduces GI of a meal. UK Study showed 12 people who drank 340ml after eating a high carb meal – sugar levels fell 40% more in 2 hours than those who didn't – Active compound in tea triggers greater secretion of insulin.

1. Get moving with incidental exercise. Research has shown obese people take between 2,500 and 5000 steps daily. A healthy target is 10,000 steps daily. Start with these tips.

- Start walking to buy the paper.
- Don't stroll to work, stride briskly, moving your arms.
- Carry your shopping home from the supermarket instead of driving your car.
- Walk to the furthest sandwich shop to buy your lunch.
- Hide the TV remote control, so you have to get up to change the channel.
- Do domestic chores more energetically, vacuuming, gardening, sex, washing the car & scrubbing the floors.
- Walk to the next train station to catch the train.
- Take all stairs, instead of lifts or escalators.

2. Extend your duration. For the 1st 20 minutes of your workout your body is predominately burning sugar. Every minute afterwards you can start burning away your fat as fuel more effectively. So the longer you go the more fat you'll burn. Theoretically, walking for 20 minutes+ daily for a year will burn enough kilojoules to lose 3.5kg of weight.

3. Set realistic goals. Success breeds success. Start with a realistic routine you can achieve. Eg 2 walks weekly for 20 mins. Then increase to 3 walks of 30mins+. Same with resistance work-outs. Start 1-2 workouts a week, then increase strength and intensity as you achieve your micro-goals. The same can be applied to diet. Set a perfect days eating for 1-2 days, then increase to 3-4 days etc. You will increase motivation as you achieve micro-goals with improved fitness, strength and adherence to an exercise routine.

4. Build muscle tone. Working out with weights can decrease body fat more efficiently and quickly. Muscle tissue is more metabolically active, therefore your body has to burn more calories to maintain it. 1kg of muscle increases your metabolism by 70-130 cal/day. If you set a goal to increase 2kg of muscle tone on your body, at rest your body will burn up 1 kg of fat weight every 37 days to sustain it. Wow!! Burn fat while you sleep...

5. Stop procrastinating and start your routine today. Instead of talking about working out, start your exercise program today. There are 168 hours in a week and you just need 1-2% of that to get fit, so don't make time an excuse. Get efficient, by making your time count. Make a fitness chart that is realistic and stick to it. Use a B Fit Exercise Physiologist to make you accountable and surround yourself with a supportive team keeping you adhering to your routine.

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BELIEVE • BECOME • B FIT



CONGRATULATIONS!!

ALISON NILSON who has impressively lost over 27.5kg of fat weight, decreased her waist measurement by 21.2cm and hips by 22.5cm.

Wow!! What a lifestyle transformation.



GREG MORAN -

who has now lost over 20kg on the scales in the last 6 months.



CHER SMITH - who is walking around a new person with a weight loss of over 20kg, a waist reduction of 33cm!! and a significant increase in cardiovascular fitness. Cher is now jet-setting around the world with her new found body!

PROMOTION!

Refer a friend who joins and receive a FREE personal training session off your pack.

SUTHERLAND TO SURF 08

Well done to all entrants who participated for their first time.



— FAT LOSS IN 9 STEPS —

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- 6. Implement interval training.** You can increase the effectiveness of your work-out by increasing speed and intensity. Try every 2 minutes to sprint for 10-30 seconds. This high intensity training will burn more blood sugar, and shock your body into a recovery process. That's right, you will burn up to 10% more calories for the next 24hrs recovering. This is called the after-burn effect. Not to mention you will improve your fitness faster.
- 7. Eat more often.** Forget eating three large meals a day, break it down to 5 - 6 smaller portions consumed every 2-3 hours. Your body will increase its thermic effect to break down and digest the food. Don't starve yourself! by going 5-6 hours without eating, this will have an adverse effect on fat loss as your body will slow its metabolism down and retain fat weight.
- 8. Stick with it - Fitness burns fat!** A fit person burns more fat than a un-fit person. It gets easier the fitter you become as you increase sensitivity to fat metabolism enzymes. Physical activity switches on these vital genes which protect the body. Sitting down all day renders these genes inactive. Every 4 weeks change your routine, this will stop you becoming bored and your body adapting and not responding. Try cross training and mixing it up between high intensity training and longer duration training for variety. Max oxygen consumption declines with age. (Aerobic fitness falls naturally) - Regular exercise delays age-related deterioration by up to 10 years or more - Prolonging independence & improving quality of life.
- 9. Be motivated by a professional.** You are an individual with a unique body and lifestyle to the next person. Use a B Fit AAESS accredited exercise physiologist to personalize your program to your health and injury conditions. Not to mention your lifestyle. We will create the right program for you and provide the motivation to keep you accountable, adhering to your routine and achieving your goals!.

We welcome questions - please don't hesitate to phone us
on: **9540 9995** or email us on: **bfit@bfit.com.au**
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