

## **DANGEROUS CURVES AHEAD**

### **THE CRISIS**

Sure you're committed to being healthy. You spend many lonely hours staring at the LCD screen display of a cardio machine, watching another mile, another calorie, another second of your life disappear evermore. But there's got to be a smarter way to look harder...

### **THE PLAN**

The #1 way to fight flab and flatten abs is by combining weight training with your quality time on the treadmill, so get firm by building new lean muscle, then carve up on cardio! But remember, with great curves comes great responsibility! Let's dub this thrillology: DANGEROUS CURVES AHEAD!

### **WOW! WOMEN OF WEIGHTS – PART ONE**

WRITTEN BY BILL NADRASKY / EDITED BY JASON S COMELY

The body can be split into eight muscle groups: shoulders, chest, back, biceps, triceps, quadriceps, hamstrings and calves. We are going to start with a two day split right off the bat so that the workouts do not take as long and so that you can recover half of your body each day instead of the whole body. On Mondays and Thursdays you will work shoulders, chest, triceps and calves. On Tuesdays and Fridays you will work back, biceps, quads and hamstrings. Today we will look at the Monday/Thursday weight workout.

You may be doing this at home with no weights. That's perfectly ok. Simply use soup cans, pots, or partially filled milk jugs. As you progress in strength and muscular development you can use automobiles, appliances or Leo Tolstoy's "War and Peace". The objects that you use to lift is not important, the action that is critical is to get into the habit of doing the weights.

Here are the exercises that you will do for each muscle group:

### SHOULDERS: LATERAL RAISES

Start with your arms down at your sides and then bring your arms straight up out to the sides up to shoulder level and then bring them back down to your sides again. Use a light weight that will allow you to comfortably do three sets of 12 to 15 repetitions.



Title: **Lateral Raise - Kinetic Health**

Tags: Lateral Raise shoulder exercise Kinetic Health Abelson Ahluwalia

From: abelsonb

### CHEST: FLYES

Lie on the ground on you back and hold your weights up above your face. Your arms should maintain a slight bent through-out the motion, as if you're hugging a tree. Ensure you never "lock out" or completely straighten your arms, no matter what the exercise, to avoid possible injury. Lower your arms so that your arms end up down on the floor so that your arms and body form a T and then bring your arms back up to the starting position. This is one repetition and with this exercise you should do 3 sets of 10 repetitions.

## TRICEPS: TRICEPS EXTENSIONS

Start with your arm up over your head and bend your elbow without releasing your shoulder at all, after you have dropped your hand as far as you can then start bringing your arm back up to where it started. This is one repetition and you will want to perform three sets of 10 repetitions. Slow and deliberate movement with total concentration will maximize effectiveness and prevent injury.



Title: **Triceps Extensions**

Tags: Triceps Extensions Muscles Exercise Workout Lifting Weights

From: forthelovefitness

## CALVES: STANDING CALVE RAISES

Standing calve raises do not have to be done with weights, all you have to do is stand on the edge of a stair with your heels hanging off and let your heels drop down as far as you can and then pull them up until you are on your tip toes. This is one rep and you will want to do three sets of anywhere from 12 to 20 reps. To make this more difficult you can do this exercise one leg at a time instead of both calves at once.

It's time to call it a day Superwoman!

## **WOW! WOMEN OF WEIGHTS – PART TWO**

WRITTEN BY BILL NADRASKY / EDITED BY JASON S COMELY

You may be feeling slightly sore and angry at me. Good. Now channel that aggression and hostility into your next

workout! I want to go over the benefits of strength training as well as go over the Tuesday/Friday workouts.

There are many great benefits to doing weight training. The first benefit is that extra muscle mass will burn more calories allow you either to eat more food or lose fat quicker. The second benefit is that you will improve your posture and the way you move on a daily basis as you will get rid of those little aches and pains caused by weak core muscles. And finally you will feel better about yourself because of the changes that YOU are making to your body.

Here are the Tuesday / Friday exercises:

#### BACK: BENT-OVER ROWS

To do a row you hold a light weight in your hand and put your right knee on one chair and your right hand on another chair now with your back straight raise you left hand parallel with your body and slightly back so that the stress is on your upper back muscles. Do three sets of 10 - 15 repetitions with each arm.



Title: **strongman bent over rows**

Tags: strongman bent over rows

From: bigj250

#### BICEPS: CURLS

You should probably know how to do these but hold both arms down to your sides and curl your arms up towards your shoulders and then back down. Do three sets of 10 repetitions of this exercise. Rejoice in the burn!

#### QUADRICEPS: SQUATS

To do squats stand straight up and then lower your body by bending your knees until you're about half way down to the ground and then bring your body back up. Do three sets of 10 repetitions of this exercise. Keep your chin up and stay poised through-out the movement. Now you've got it!

## HAMSTRINGS: LEG CURLS

Stand straight up holding your arms on the back of a chair and raise you right foot behind you until it is parallel to the ground without moving your upper leg, bring your leg back down and repeat this 10 - 20 times on each leg. Do three sets of this exercise.

You now have an exercise to do with each muscle group. As you work these exercises over the next few weeks you may get tired of doing the same exercises every workout (your muscles will also adapt to the stresses of the same exercises and stop growing) so you need to learn new ones.

## **EASY UPPER BODY STRENGTHENING PROGRAM**

WRITTEN BY ADRIAN MYBO / EDITING BY JASON S COMELY

Weight-lifting is one of the fastest ways to see changes in your body, but too many people are scared away from it by horror stories of women turning into bulky Schwarzenegger clones, as well as torn ligaments and other injuries. The reality is nothing like that; women will firm up, not bulk up, and when you lift weights properly there's practically zero risk that you will injure yourself. Don't miss out on the benefits of weight lifting any longer; start one of these simple routines and be on your way to firmer muscles right away! Follow the exercises described below and incorporate them into your exercise plan at least three times per week, and you will start to see results in as little as three weeks. Pair you're weight lifting up with daily cardio exercise and watch your body truly reinvent itself!

Begin by assessing your current strength level. If you are a member of a gym, the staff can help you determine the best weight for you, but if you're a home exerciser, don't worry. Invest in a good set of dumbbells that range in weight from three to ten pounds (more if you are an old pro at weight-lifting and expect to increase your strength considerably). Hold the 5-lb. weight in your dominant hand and do as many bicep curls as you can before tiring. If you can do more than 15 curls without feeling your muscle tire, you need to use a higher weight. On the other hand, if you were only able to do twelve repetitions or less, you should probably use a lower weight until you have built up more strength. Between twelve and fifteen reps means the five-pound weight is appropriate for you right now.

Once you have identified the right weight for you, the next step is to know the right form to use. Proper alignment is crucial to avoiding injury and getting the most out of your workout, so stand up straight as you move the weight and remember to keep your shoulders back and lifted and your head high. Imagine there is a string attached to the top of your head that is pulling your body straight. If you feel yourself begin to hunch over or slouch, stop and take a deep breath and then resume your good posture. Staying in alignment earns you the most results from your workout.

## **BUILD UPPER BODY STRENGTH**

This is a simple routine that you can easily incorporate to your pre-existing workout schedule. Simply add these exercises three to four days per week and watch your muscles become shapely and defined.

### **BICEP CURL (*tones front of arms*)**

The classic move, bicep curls can be underestimated and overused if you're not careful. It's not just about lifting a weight up and down; when done correctly, this can be one of the most powerful moves in your arsenal. Begin by

holding one weight in each hand with your palms facing inward. Rotate your arms out so that your palms now face to the front and slowly lift the weight almost one hundred and eighty degrees until your palm and the weight face your shoulder. Slowly lower the weight back to its original position and then repeat. By slowing down the speed of the movement, you force the muscle to work harder than it would with the momentum of a fast action. Slow and deliberate motion develops the bicep muscle faster and better. Repeat this move for three sets of 25 repetitions for each arm.

### TRICEPS PRESS (*tones back of arms*)

For some, triceps can be one of the most difficult muscles to develop primarily because it's such a commonly used muscle. Whereas biceps are mainly a cosmetic muscle with limited usage, the triceps brachii muscles are used for throwing, hammering, tennis and backhanding rude men. Running along the back side of the arm opposite to the bicep, the tricep muscle can turn flabby and droopy without exercise. The best move to tone saggy arms is to begin standing with feet shoulder-width apart with weights in hand. Take a giant step forward with your right foot, lean forward slightly and then raise the weights behind you with your palms facing the ceiling. Raise the weights toward the ceiling as far as possible and then slowly lower. Repeat this move for three sets of 20 repetitions: on the final repetition of each set, hold your arms up and gently pulse the weight up no more than a few inches. Squeezing every ounce of strength out of the tri's will start to show serious results in a seriously short amount of time.



Title: **overhead tricep press**

Tags: powerlifting

From: Iceman1800

## OVERHEAD RAISE (tones shoulders)

Shoulders can be neglected when you focus on improving the arms, but having strong, healthy shoulders is vital to many everyday movements. Strengthening the shoulders will allow the arms to grow stronger as well and improve your overall upper body muscle. Begin by standing with weights in hands about shoulder height. Slowly lift the weights overhead and then lower. Repeat the movement for three sets of 25 repetitions. This move tones the muscles that run on top of your shoulder and increase performance from the bicep. When these muscles grow in strength, they complement each other and increase effectiveness as well as turning your muscles into lean, beautiful powerhouses.



Title: **bodybuilding exercise: front raise for shoulders**

Tags: bodybuilding bodybuilder exercise dumbbell front raise shoulder

From: scooby1961

## **BUILD A BETTER BUTT**

WRITTEN BY ADRIAN MYBO / EDITING BY JASON S COMELY

Everyone wants to improve his or her rear views. For some, it's too flat; for others, too saggy. Still more people think it's just too big. The thousands of different complaints at the back end indicate that the majority of people dislike the way their buttocks appear. Fortunately the rear end is one of the easiest muscles to firm up and will respond to exercise very quickly, usually within three weeks. Shaping up the buttocks is not just about looks – a strong and toned rear end can make your daily tasks easier as well as increasing

your calorie burn during cardiovascular exercise. The muscles in the buttocks are used to walking, sitting, standing, and many more movements. When your backside is powerful and well-developed, you will be able to move better through the day since your muscles can respond to your body's needs better than ever before.

The muscles in the buttocks are actually considered part of the lower back. A group of muscles known as the gluteals, provide support and play important roles in development of both the legs and the torso. The largest one, the gluteus maximus, lies on the backside of the hip on each side of the body and makes it possible to extend and move the thighs outward. Just in front of the gluteus maximus are the gluteus minimus and medius, which enable the thigh to turn outward. The delicate and complex relationship between the gluteal group of muscles and the rest of the body allows you to squat, raise your body back up, step to the side, and perform dozens of other common daily actions. When your gluteal muscles are strong and fit, they can do a much better job of supporting your body throughout your challenging days.

Before you embark on a program to build a better butt, it's important to assess your attitude. Do you consider your back end to be a nuisance because of its shape? What are your reasons for changing it? While most Western cultures place some measure of sexual appeal on the shape, size and firmness of buttocks, your goal should be to appreciate what you have regardless of condition. Without being aware of it, your buttocks are working for you every moment, even when you're sitting, to keep your body centered and balanced. Work to change your butt because you want the strongest, healthiest body you can have. If your butt fills out your jeans better than ever, that's great, but let the change be for the sake of your body.

In terms of reshaping your buttocks, this can be one of the fastest and most rewarding fitness goals. If you are

overweight, you will still see results but be aware that burning calories through aerobic exercise will reveal more of your newly firm buttocks. Because the muscle group is so large and is used almost constantly, it responds quickly to conditioning exercises. Most people see a difference within three weeks and many actually feel the difference in a matter of days. The exercises below are all wonderful for firming and strengthening the gluteal muscles, and should be done in 3 sets of 25 repetitions. Be sure to maintain good posture with your back straight and shoulders back. Work on your gluteal muscles three to four times a week and you will be amazed and pleasantly surprised at the fast response and amazing muscle tone that quickly becomes evident.

#### SQUATS:

Prepare for squats by standing about six inches in front of a straight-back chair with your feet slightly wider than shoulder-width apart. You may want to put your hands on your hips or raise them in front as you squat. Begin to slowly lower your body backwards as though you were going to sit down in the chair. When you feel your buttocks just barely touch, slowly stand up.

It is vital to maintain excellent posture during squats to get the maximum benefit from the movement. Use your heels as the primary weight-bearers and imagine yourself pushing down through the heels to the floor. Because the gluteus maximus is so large, it requires plenty of calories to fuel its movement. Incorporating squats into an aerobic exercise is a powerful way to torch even more calories.

#### LEG PRESS:

Use the leg press machine at the gym for this exercise. If the machine is weight-based, adjust the weights to the appropriate level. If it is hydraulic-based, simply sit down and position your feet. You should place your body in the seat so that you are sitting up with good posture. Your legs

should reach the pressing platform without stretching or feeling uncomfortable. Place the entire soles of both feet against the platform and slowly push away. When you have extended your legs almost fully, slowly allow the weight to push your legs back.

Performing this exercise slowly is the key to building up strength. Be sure to avoid using only the balls of your feet since that builds the calf muscles rather than the buttocks and thighs.



Title: **Ronnie Coleman 2300 lb leg press**

Tags: Ronnie Coleman  
Bodybuilding

From: nitostyle

## **BEST MOVES FOR A SLIMMER WAISTLINE**

WRITTEN BY ADRIAN MYBO / EDITING BY JASON S COMELY

Shaping and toning the waistline is one of the top areas of concern for both men and women of all ages. Go to any gym and you'll see dozens of people lining up for belly dancing, crunch classes, and anything else that promises to shrink your waistline fast. The fact is that shaping and strengthening any part of the body always takes time and you typically have to wait two to three weeks before you can tell any real difference. The waistline in particular can be a challenging area to tone, but if you stick with it you will see results.

Most people want their waistlines to be slimmer for appearances' sake, but the government is concerned about waistlines for an entirely different reason. Several

independent scientific studies over the past few years have shown that men with a waist measurement greater than 40 inches and women with a measurement greater than 35 inches are at increased risk for heart disease and stroke. Think about it that way and it becomes even more important to slim the waistline down and keep it toned.

Shrinking your waistline should be addressed with a two-pronged plan: diet and exercise. It's not much use to spend hours working on the waist if you're going to eat a jar of peanut butter every night before bed. The most successful programs to shape up the body address both exercise and food intake to increase the odds of success. When you're talking about slimming the waist, there will be some measure of fat reduction involved and that requires exercise as well as the proper diet to fuel your body and avoid empty calories that lead to more fat. You can see that in order to get the best results you need address more than one area; hence the exercise and diet approach.

Thinking about diet, there's not really a need to go on any specific diet to see results. Simply maintain a healthy diet that incorporates plenty of vegetables and fresh fruit as well as adequate protein and unsaturated fat. Keep a food journal to track your meals and exactly what is going in your mouth and body every day. This can be a powerful tool to identify problem areas and cravings. One thing you may want to avoid while working on the waistline is too much fibre. Since fibre is bulky, it fills the stomach up faster but it can also lead to bloating. To have the flattest stomach possible, avoid eating too much fibre without pairing it with plenty of water or fresh fruit to help move it through the system. Also cut back on sodium to avoid bloating from water retention. The typical adult diet contains more than 3500 mg of sodium – over one thousand milligrams more than the recommended daily allowance. Smart people will cut back on sodium not just to avoid bloat but to decrease risk of high blood pressure and kidney disease.

You're eating healthy and keeping a daily journal to track your food intake. Now what? It's time to think about cardiovascular exercise! There are some cardio exercises that are better than others for toning, but if you have fat around the middle you need to lose that first before concentrating on toning and shaping the muscles of the middle. Excellent activities that promote weight loss are swimming, brisk walking, and interval training. Swimming is among the highest calorie-burning activities because of the way the water supports your body. Since your muscles don't have to split attention between keeping your frame upright and moving you forward, they will expend more effort (calories) in propelling you through the water. Swimming is also great because water requires a greater effort to push against it and move forward, requiring greater effort from muscles. Thus you burn a larger amount of calories and fat.

Brisk walking is also good for burning calories but try to stay away from flat surfaces and instead walk in hilly areas that will surprise and challenge your muscles. You duplicate that effect by using a treadmill that has an adjustable incline. Some treadmills have programs that replicate walking in a hilly area and adjust the incline throughout the workout to strengthen and tone more than one area. Include arm movements with your walk and you boost your heart rate and metabolism, firing more calories in the process. Interval training is a good choice as well because of the amount of calories you can burn during a workout. It can be incorporated with brisk walking whether you're at the gym or on the street; simply make sure your strength training equipment is nearby so you can switch from cardio to strength training quickly and easily.

Burn the fat away from your middle and you're halfway to having the waistline of your dreams. The last step of the successful waistline shrinkage program is to work the waist with toning exercises. Performing sit-ups is a time-honoured method of firming the stomach but won't really make your waistline any smaller. Instead, try a hula-hoop

(seriously!) or take a waistline-focused class from your gym. Belly dancing is also great for slimming the sides and can burn a fair amount of calories, but doesn't let it take the place of your regular cardio workout. Cover all your bases with diet, exercise and toning, and before you know it your waistline will be slim and trim!

## **FOURTEEN WEIGHT LOSS TRICKS**

WRITTEN BY ADRIAN MYBO AND JASON S COMELY

The most basic approach to weight loss is to burn more calories than you take in, but sometimes no matter what you do it just doesn't seem to be working. When you need an ace up your sleeve for a critical moment, try one of these tricks to jump-start your weight loss.

### **1) ADD WEIGHTS TO YOUR ROUTINE**

Adding weight-lifting to your routine is one of the fastest ways to see results.

Your body will respond almost immediately, shaping and toning muscle, and remember, the more muscle you have, the more fat you burn! To determine the weight you should start with, grab a 5-lb. dumbbell and do as many bicep curls as possible. If you can do more than ten reps comfortably, use a higher weight. On the other hand, if you can't do more than eight repetitions without strain, try using a 3-lb. weight instead. For those of you already training with weights, go up to the next highest weight to see results. If you don't have weights at your home, it is highly recommended that you invest in a set that ranges from three to ten pounds. These usually cost less than \$30 and are well worth the investment.

### **2) PROPENSITY TO INTENSITY**

During your cardio workout routine, assess the intensity level to determine how hard you're working. If you can carry

on a conversation with ease while exercising, it's time to boost the intensity. You can do that by taking deeper strides as you move and placing a greater demand on the muscles of the thighs and buttocks, which in turns burns more calories. The best way to gauge the intensity of a workout is to pretend to carry on a conversation. You should be able to speak in short sentences with a breath after each one. Never exercise to the point where you cannot talk.

### 3) NO SHORTCUTS

Don't permit yourself to take the elevator. Ever. Always take the stairs.

### 4) RATTLE UP YOUR ROUTINE

Despite being called a routine, your exercise program should keep you jazzed.

Add different activities for variety and you not only maintain your concentration but also constantly challenge your body to meet new obstacles and developing more than just a few muscles. More muscles equal a greater calorie burn – what's not to love? Try new activities that keep your mind engaged and experience an extra boost for your brain!

### 5) GIVE YOUR DIET A MAKEOVER

The daily diet is most frequently the worst problem area when you're trying to lose weight. Between home and work and the responsibilities that come with each, it can be almost impossible to find healthy choices at the last minute. Spare yourself the daily scrounging and stock up on healthy foods that can be ready at a moment's notice. Make a point to stash some of your good-for-you snacks at work so that when the mid-afternoon cravings hit, you have something satisfying and diet-friendly.

### 6) A SPICY SECRET

Use condiments to zip up your eating experience. Spices like curry, Molly McButter®, pepper and paprika add lots of flavour without the hidden calories. Mustard is fine to eat, and is not, as my uncle used to say to me as an impressionable child, mouse turd.

#### 7) GET JUICED ON WATER

When eating a meal, substitute sugar-laden juices and soda beverages for water, or go half and half so you don't feel deprived.

#### 8) KEEPIN' IT TIGHT

Wear tight clothes, especially when you think you'll be confronted with food. You don't want a button popping in public because you couldn't lay off the Dutch Scrapple.

#### 9) CHALLENGE YOURSELF

Set personal goals for yourself and reward your accomplishments! If your goal is to be more active at work, buy a pedometer and challenge yourself to take 6,000 steps during your workday. Be creative about it: walk to a colleague's desk rather than email, take the stairs instead of the elevator, and go to the bathroom three floors down instead of the one on your floor. Challenging yourself can be very fulfilling on a personal level when you achieve your goals, and can encourage you on to greater achievement.

#### 10) EXERCISE YOUR RIGHT TO EAT

Before you eat, exercise, even if it's for only 10-15 minutes. You may find you have alleviated your hunger pangs.

#### 11) CALORIE CAVEAT

Don't skip a meal. In fact, eat more frequently. Six to eight small meals a day is optimal.

## 12) KEEP A FOOD JOURNAL

One of the most common characteristics of successful dieters is keeping a daily journal of food intake. There's no real mystery about this: when you must write down everything that goes in your mouth, it forces you to realize exactly how many calories you consume. Keeping a journal is also beneficial because you can pick up patterns in your eating – for instance, if you become ravenous at a certain time everyday or if your meals and snacks are too far apart. It can also be helpful to make note of your frame of mind whenever you eat or mention the circumstances. Binging as soon as you get home from work could indicate a stressful job or it could mean it's just been too long since lunch. A basic food journal requires you to enter the food you ate, number of calories, amount of fat, and how much you consumed. This can be expanded as much as necessary to meet individual needs. Just make sure you review it every few days to spot any habits that need to be brought under control.

## 13) DO YOUR HOMEWORK

We are all equal. We are all God's children. But we are NOT all the same! We have different occupations and hobbies, different health considerations and fitness goals, different body compositions and dimensions and maybe most importantly, different blood types. See your doctor and get a full physical, ask him or her lots of questions, research and read, and tailor activities, exercises and meals to your specific and unique requirements. Knowledge is power!

## 14) TIME TO STOP

Don't eat after 7 pm. Not even milk. Limit yourself to water, and you'll find that's a quick way to drop some weight.

## **EIGHT SECRETS OF WEIGHT LOSS TRAINERS**

WRITTEN BY ADRIAN MYBO / EDITING BY JASON S COMELY

Don't you wish sometimes that you had your own personal trainer to guide you through your workout and give you hints about getting more out of your exercise?

You may not be able to afford a trainer of your own but by incorporating these trainer hints and tips into your day, you'll be on your way to making your workout even more effective!

### 1) BUDDY UP

One of the best benefits of having a personal trainer is having someone to hold you accountable for your exercise. A trainer is paid to do this for you but the easy (and free!) solution is within your own circle of friends. Ask a reliable friend to be your workout partner and just the knowledge that she's depending on you to work out with her will increase your odds of staying on track with your exercise. A unique way of ensuring success is to allow each partner a certain number of "cuts" per month – at a price. Failing to show up for a session with your trainer still costs you money and so should skip your workout with your friend. Pony up \$10 for each cut and let it accumulate for six months or longer. At the end of a predetermined time frame, count the money and use it to treat you and your workout partner to a luxurious splurge.

### 2) SHORTEN YOUR WORKOUTS

Sure, everyone would like to be able to work out for forty-five minutes of uninterrupted time, but let's be serious! With today's busy schedules and demanding jobs, finding time to exercise can be a struggle, but the good news is that you don't need a huge block of time to see results. Studies have shown that workouts as short as ten to fifteen minutes can strengthen the body and improve your health. Fit several brief workouts in your day and you not only increase your metabolism throughout the day but you also reach the ideal activity level of 45 minutes to one hour.

Don't let yourself be discouraged by a lack of time; do the best with what you've got.

### 3) ADD VARIETY TO MAXIMIZE RESULTS

Undoubtedly the fastest way to see changes in your body is to keep surprising it! Changing up your routine every few days prevents your body from becoming conditioned to the same exercise day after day and requires it to call on different muscles for different activities. This means more muscles are worked over the course of just a few days, so you see the effects on your body in much less time than usual. An excellent method of adding variety is to incorporate weight lifting into your cardio routine. This requires the body to respond to challenges to balance, strength, and more, and speeds up your results.

### 4) JACK UP THE INTENSITY!

Most trainers recommend increasing the intensity of your workout to see improvement in your strength and aerobic capability. Too often people become comfortable with their level of exertion and aren't working as hard. Boosting the intensity keeps the body challenged and working harder. Taking deep, wide steps during aerobics and squeezing the buttock and thigh muscles challenge the body to a higher level of exertion and produce some amazing changes in just a few workouts. Weight-lifters should try adding 3-5 pounds to their current weight and see the difference in toning and strength after a few sessions.

### 5) KNOW YOUR EXCUSES AND HEAD THEM OFF

Personal trainers often deal with clients who make all kinds of excuses to get out of a session or to avoid a certain exercise, and must keep the client on track without offending. When you are your own personal trainer, though, it can be difficult to discipline yourself to your exercise schedule unless you give yourself an advantage. Sit down and write down all the excuses you would use to avoid exercising. Once you've done that, go back and counter all

your excuses. If you wrote down lack of time as an excuse, oppose it with suggestions for short, frequent workouts rather than one long session. If you can anticipate your own excuses and know how to respond to them, you've won half the battle against apathy.

## 6) MAKE IT FUN!

Perhaps the most common complaint about exercise is that it becomes boring too quickly. Personal trainers help you get through boredom by changing your routine or offering you new choices for activities. Help yourself break out of the boredom rut by choosing activities that appeal to you. Instead of spending thirty minutes inside on the treadmill, go for a hike on a local nature path.

Rather than doing your aerobics video for the millionth time, go outside with your kids and jump on the trampoline for a while. The goal is to choose an activity that you enjoy and that requires physical activity, so break out your tennis racquets and bicycles!

## 7) SCHEDULE & COMMIT

Signing up for a personal trainer is a commitment of your time, money and energy, and perhaps because of that commitment people with personal trainers tend to stick with the program. Apply that same sense of obligation to your personal at-home exercise program and you'll increase your chances of having a consistent workout plan. Schedule your workouts just like any other appointment and write it in on your calendar or Palm. Knowing that you have set aside time for exercise can help you follow through and stick to a successful program.

## 8) REWARD YOURSELF

Set checkpoints throughout your exercise program to assess your progress. Whether your goal is to lose weight, build muscle, or simply improve your health, take the time

to check up on your improvement and then reward yourself for all the hard work!



### **GREEN BERETS IN TRAINING:**

Food and sleep deprivation are used in training to condition commandos for possible capture by the enemy.

Trainees typically lose 15 lbs after such conditioning exercises... and no, I'm not recommending it!

## **NUTRITION FOR WONDER WOMEN AND SUPER GIRLS**

BY SUSAN NEULIST, A.C.E. CERTIFIED PT AND AMY LANOU,  
NUTRITION PH.D.

Is nutrition more important for active people and for competitive athletes than for non-athletes? The answer is NO! Nutritional practices equally impact health in people who are sedentary, exceptionally active, or somewhere in between.

But there is a difference: very active people will notice the effects of poor nutrition much faster than those who take things slower. If you are an athlete, good nutrition is very important for effective training and for performing at your best. You can feel confident that all of your energy, fluid, and protein needs will easily be met by adopting a plant-based diet.

### **ENERGY FOR EXERCISE**

Although the importance of nutrition is the same, whether you're a couch potato or a triathlon warrior, a major difference is the need for energy. If you exercise, dance, do physical labour, ride your bike to work, or compete in

sports, you have much higher energy needs than people who are inactive. Most people's bodies eventually adjust to this added energy drain as they become more active by naturally choosing to eat more food. For some people, the need to consume greater quantities of healthy foods is one of the most coveted benefits of increasing their activity levels.

A carbohydrate-rich eating style is beneficial for everyone, but for those who exercise, there are added reasons to pay attention to this nutrient. Carbohydrate is available as glucose in the blood and as glycogen from muscle storage sites, and is the main fuel utilized during high-intensity work—either exercise or play. During maximal intensity activity—such as sprinting, weight lifting, digging in the garden, or hitting a tennis ball—the demand for oxygen from the air is greater than the body's ability to deliver it to the cells. Under these conditions, known as anaerobic activity, carbohydrate is the only fuel available to the cells. Fat, which ordinarily can be used as a fuel, is unavailable when we exercise anaerobically, because oxygen must be present for the body to burn it. Also, one of the key factors for endurance (the ability to continue an activity for a prolonged period of time) depends on the amount of glycogen stored in muscles.

There are a number of factors that affect your ability to store carbohydrate as glycogen for later use during an activity:

Muscle fibre type (determined genetically).

- Level of conditioning (trained muscles have a greater storage capacity and more efficient conversion for glycogen into energy).
- Dietary intake of carbohydrate before, during, and after exercise.

- Total calories consumed, because carbohydrate will not be stored for later use if too little food is consumed.

When performing strenuous activities, especially those lasting longer than one hour, ideally you should start with full or nearly full glycogen stores. Consistently eating enough calories, with 65-80% coming from carbohydrates, and allowing your muscles time to recover are the keys to having readily available muscle glycogen stores.

## WATER: THE FORGOTTEN NUTRIENT

Water does many wonderful things for the body, including regulating body temperature, and is thus very important for everyone. Active people, however, lose more liquid through perspiration and respiration and therefore need to consume more than do their sedentary friends. The dampness of our appropriately named sweatshirts after exercise makes it clear that a lot of liquid is lost in perspiration. In addition, when we work hard, our breathing rate increases because we need to get more oxygen from the air to the working cells, and each of those breaths is carrying precious moisture out of the body.

The effects of a lack of adequate fluid (dehydration) are rapid and severe. Early effects of dehydration include muscle cramps, decreases in strength and endurance, dry mouth, headache, dizziness, and nausea. Later effects include decreased ability to regulate body temperature, confusion, clumsiness, and even loss of consciousness. Therefore, adequate starting water levels (hydration) and regular fluid replacement during activity are critical for both health and performance.

## GUIDELINES FOR FLUID REPLACEMENT

- Begin activity fully hydrated (at least 8 or more

cups of fluid daily).

- Within 30 minutes before exercise drink 10-14 oz. of plain cool water.
- During activity drink 3 oz. every 15 minutes.
- After exercise drink until no longer thirsty; then drink one more cup of fluid.

## PROTEIN AND PHYSICAL ACTIVITY

Protein-essential for building new cells and cell repair-is the nutrient that athletes often seek for building muscle size and strength. Both strength and endurance athletes need more cell repair than inactive healthy people, so it makes sense to think about how much protein is needed for exercising bodies.

### HOW MUCH PROTEIN DO YOU NEED?

The RDA for protein is 0.8 g/kg body weight for the average American adult. Researchers estimate that an athlete may need slightly more- 125% (1.0 g/kg body weight) to about 150% (1.2 g/kg body weight) of the RDA protein recommendation. It is very easy to get this protein from a healthy plant-based diet, as many plant-based foods that we usually don't think of as protein foods—such as bread and vegetables—actually contain appreciable amounts of protein. And since athletes have much higher energy needs and, therefore, eat more food, getting the protein we need isn't difficult at all.

Here are examples of two athletes and their protein and energy needs:

Athlete Size Protein Need % Protein for Energy Need of

140 LB skater (@1.0g/kg) 64 g protein/day 10% of calories  
2600 calorie diet

200 LB basketball player (@1.2g/kg) 109 g protein/day  
12% of calories 3700 calorie diet

These examples show that as a highly active athlete you can consume adequate protein to cover your increased protein requirement simply by eating 10-15% of your calories as protein.

### IS MORE PROTEIN BETTER?

Some athletes incorrectly believe that if some is good, more must be better. More protein will not make your cells make more body proteins. Protein by itself is not a stimulus for muscle growth. It is this mistaken premise that is behind the high-protein weight powders and bars marketed to strength-training individuals and high school-aged men. Often these products contain three to five times more protein than that recommended by the RDA, protein that is in addition to that eaten in meals.

Our bodies use proteins by breaking them into individual units called amino acids, and then putting them back together into a variety of body proteins that are needed for specific cellular functions. When we have enough food protein to make all the body proteins the cells need, the rest is excess or essentially waste.

When people eat more protein than they need, they will convert the excess amino acids to energy. Amino acids are not an ideal fuel because part of their structure has to be stripped off (nitrogen-containing group) and discarded as urea in the urine before the remaining parts can be converted into energy or stored as fat for later use. The preferred fuels for the active body are carbohydrate and fat. Therefore, consuming excess protein is not an efficient way to energize the body, and regular high protein intakes increase the risk of chronic disease.

## DOES PLANT-PROTEIN PROVIDE THE SAME BENEFIT AS ANIMAL-PROTEIN?

Plant protein is just as effectively used to build muscle protein as is animal protein. Athletes who choose a plant-based diet need to choose a wide variety of plant-foods to meet their energy needs (this goes for sedentary people too!). When you do this, you provide your body with a wide array of essential amino acids to choose from when building muscle and other body cells. As stated earlier, some plant foods are quite rich in protein. The following table compares percent of calories as protein in various foods, and you can see that, in several cases, plant proteins have a higher percentage of their calories as protein than do some animal products.

Because there is some protein in almost all plant foods (except fruit which is quite low), when you consume enough calories to meet your energy needs on a varied plant-based diet, you easily consume enough protein, whether you are highly active, sedentary, or somewhere in between.

### PERCENT OF CALORIES FROM PROTEIN:

soybeans 33%  
black beans 27%  
broccoli 45%  
spinach 49%  
mushrooms 39%  
milk, 2% 27%  
broiled hamburger 33%  
canned tuna 30%  
cheddar cheese 25%  
fried chicken 38%

A plant-based diet can give active people the stamina and vigour they need for high performance—without the stresses to general health of an animal-based diet. Exercise and plant-based eating are the perfect partners for a healthy, active life.