



# Body Design's

## Nutrifit Newsletter

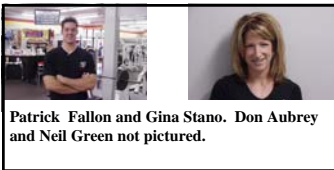
February  
2001

Issue 2

## Body Design Welcomes New Staff

Body Design would like to welcome their new additions. Body Design currently operates the personal training services in four fitness facilities in Florida.

At the Gold's Gym in West Boca Raton, we welcome Don Aubrey hailing from San Diego California, Patrick Fallon, Gina Stano, and Neil Green a former strength and conditioning coach from Pennsylvania.



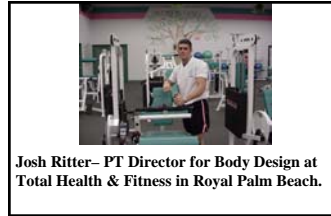
Patrick Fallon and Gina Stano. Don Aubrey and Neil Green not pictured.

In the Deerfield Beach Gold's Gym we would like to welcome trainers John Weinenberger, Mike McCormick, Ned Hickey, Lorainne Kelly, and Brittany Laine.



John Weidenberger, Mike McCormick, and Ned Hickey. Lorainne Kelly and Brittany Laine not pictured.

From Total Health & Fitness in Royal Palm Beach, we would like to welcome Josh Ritter our new personal training director.

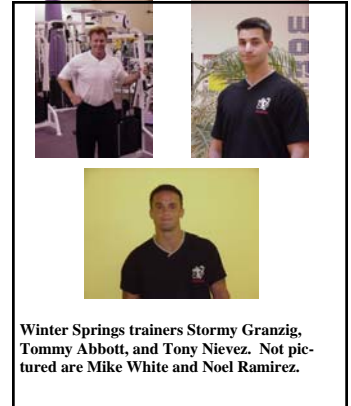


Josh Ritter- PT Director for Body Design at Total Health & Fitness in Royal Palm Beach.

And last but not least, Body Design would like to welcome it's new additions in Winter Springs. Sean Yao, the new PT director, and trainers Mike White, Noel Ramirez, Stormy Granzig, Tommy Abbott, and Tony Nievez.



The Winter Springs PT Director Sean Yao is also a Physical Therapist.



Winter Springs trainers Stormy Granzig, Tommy Abbott, and Tony Nievez. Not pictured are Mike White and Noel Ramirez.

If you have questions about your current fitness or nutrition program, our professional trainers are always available to answer questions.

## How To Crank Up Your Metabolism

By Chris Adair

There are two schools of thought about which type of training has the most impact on metabolism and fat loss. We have those who advocate cardio, spending countless hours in aerobics classes and the stair stepper, and then the ones who lean more towards resistance training. Clearly, a combination of resistance training and endurance training will yield the best results for increasing metabolism and losing fat, but what does the scientific evidence say about the two forms of exercise.



### RESISTANCE TRAINING

Every cell in your body uses energy (burns calories). Muscle burns between 50-75 calories per pound per day. New research has shown a pound of muscle to even burn as many as 90 calories. A pound of fat, on the other hand, burns a measly 2-8 calories. Consider this; If you were to increase your muscle mass by just 10 pounds, your metabolism

would increase between 500-900 calories per day. That means you could eat 500-900 more calories per day and never gain weight. Countless studies have concluded that resistance-trained individuals have resting metabolisms 10%-25% higher compared to people who just engage in aerobic activity. 1,2

### AEROBIC TRAINING



Unlike the data associated with resistance training, most of the data on endurance

### Inside this issue:

|                                                             |     |
|-------------------------------------------------------------|-----|
| <i>Body Design Welcomes New Staff</i>                       | 1   |
| <i>How To Crank Up Your Metabolism</i>                      | 1-2 |
| <i>Clients Are Speaking Up About Body Design</i>            | 2   |
| <i>Smoking And Your Fitness Results</i>                     | 2   |
| <i>Drinking Your Calories May Be Worse Than Eating Them</i> | 3   |
| <i>Stress And Exercise</i>                                  | 3   |
| <i>Safe Food Quiz # 1</i>                                   | 3   |
| <i>Member Q&amp;A</i>                                       | 4   |
| <i>Body Design Soon To Have Own Supplement Line</i>         | 4   |
| <i>Health Notes</i>                                         | 4   |

(How to Crank Up Your Metabolism)  
(Cont- from page 1)

training and it's effects on resting metabolism is blurry. While some studies have shown slight increases in RMR (resting metabolic rate), others have shown slight decreases. Most speculate that this is because aerobic activity has little or no effect on muscle growth, therefore little effect on RMR.



### EATING

The energy needed to digest food is referred to as the Thermic Effect of Food or TEF. This effect increases RMR by 6%-16% for perhaps 8-10 hours

after eating a meal. <sup>1</sup> In addition, under-eating decreases RMR and Yo-Yo dieting may also decrease RMR.



### AGE AND GENDER

Most think that males have a higher metabolism than women. However, if we calculated men's and women's muscle mass, pound for pound, they would be very

similar. And what about age? After age 20, RMR usually declines about 2%-3% per decade, mostly due to loss in muscle. So how do you avoid a slowing metabolism? By performing proper weight training and combining proper nutrition you can maintain and even increase muscle as you age, allowing you to maintain a higher metabolism.

1. Gleim, G.W., McHugh, M.P. Flexibility and it's effects on sports injuries and performance. *Sports Medicine* 24(5): 289-299, 1997.
2. Alter, M.J. Science of stretching. Champaign, Il; Human Kinetics, 1988.

## Clients Are Speaking Up About Body Design!

"I would first like to express my thanks to Josh Ritter and Body Design for this remarkable program that I joined. The amount of support given by both parties is phenomenal."- Tom Dodgen

"I am actually seeing and feeling results on a weekly basis."- Kathy

"Thank you seems like such an insignificant thing to say for all you have done to help me. I really appreciate your dedication and support since September"- Randi Boike

"The purpose of this note is to say thanks for not only helping me get back into shape, but for helping me regain my confidence. You taught me a valuable lesson. The difference between winning and losing."- Mike Gandee

## SMOKING AND YOUR FITNESS RESULTS

By CHRIS ADAIR

For those of you who are smoking and trying to get in shape, I will spare you some frustration. It's going to be a long road.

Smoking? How does it really affect you? Most people focus solely on the lungs. Maybe you can't run like you used to anymore, maybe you don't have the stamina like you did before you started smoking, or maybe you may even get short of breath sometimes. But who cares right? Wrong. While it does affect the lungs and the ability of the lungs to process oxygen, it really affects every cell in the body, depriving those cells of oxygen. Just like a cell needing adequate hydration to function properly, cells also need oxygen. And when they don't get enough, they don't work properly. So why is that important to you? Well, most of you reading this are probably at the gym, and you are there because you have specific fitness goals in mind.

As far as fat loss goes, it is almost impossible to reach a persons ultimate goal while smoking. Every time I have worked with a client who smokes, they notice fat loss at first, and then the results slow and eventually stop. No matter what I would do with their exercise program or diet, a lot of times the fat loss wouldn't budge.

*As far as fat loss goes, it is almost impossible to reach a persons ultimate goal while smoking.*

That is usually when I had enough leverage to get the client to at least cut back. Once they did, the fat started to come off again. This event would usually be enough to get them to quit all together.

What if you want to get huge? Building muscle is no easier. All of the chemicals that accompany the nicotine poison the cells. And in case you don't

know, poison is not the first supplement I would recommend for building muscle.

I know what some of you are thinking. I know a lot of people who smoke and are thin. Well, here is my response to that. Was the person out of shape and then got into shape while smoking? And is the person lean, not just thin, because you can be small and still have a high body fat percentage?

Whatever the case, maybe this was all the information you need to finally kick the habit!

*If you would like more information on how you can quit smoking call 1-866-766-BODY.*



## Drinking Your Calories May Be Worse Than Eating Them

New studies have discovered that your body may not register calories from liquid as easily as calories from solid food. When you eat a sugar laden solid food, the body usually will make an adjustment and cause you to compensate by eating less later in the day. However, when you drink a soda or other calorie filled liquid, you may not eat less food later because the body did not properly register the calories.

In one study, people were asked to consume 450 calories of jelly beans for four weeks and then were asked to drink 450 calories worth of soda for the next four weeks. It was discovered that during the weeks of eating jelly beans, the participants compensated subconsciously by eating roughly 450 fewer

calories. So they ingested no more calories than usual. During the weeks of drinking the 450 calories worth of soda though, participants didn't compensate, therefore increasing their daily caloric intake by roughly 450 calories.

Usually liquid calories do not trigger our satiety mechanisms and therefore don't influence hunger. Making matters worse, Americans are consuming more and more beverages each year.

So before you drink that 64 oz. Super Big Gulp from 7-11, think about those love handles and that spare tire.

## Stress & Exercise

Everyone should have a repertoire (REP-er-twar) of stress-reducing techniques, and exercise is one of the best. A body lacking in physical stamina is in no

shape to handle stress. An exercise tune-up can increase your emotional as well as your physical strength. Exercise enhances, rather than saps, your energy; It also has a distinct relaxing effect. Stress declines as physical exercise increases. In fact, stress has a substantial debilitating effect on physical and emotional health among those who exercise infrequently, but not among those who exercise regularly. An exercise program can help relieve the anxiety and tension common among people in high-pressure jobs and difficult life circumstances, possibly diminishing the psychological factors that increase the risk of heart attack.

In general, exercise promotes a sense of well-being by enhancing ego strength, dissipating anger and hostility, relieving boredom, and resolving frustration. Exercise can help make stress manageable in your life, but it's important to remember to do it safely. For anyone over thirty-five or with a history of ill-health, especially heart disease, a complete physical and stress test is recommended before starting a vigorous exercise program. For more information on stress and exercise, talk with a fitness professional.

## Safe Food Quiz #1

Brought to you by the U.S. Food and Drug Administration

### THE REFRIGERATOR

Answer the questions below, and see how you rate with food safety!

1. I Keep a thermometer in my refrigerator and make sure the temperature at 40° F or less?
2. If refrigerated meat, fish, or poultry smells okay, it's safe to eat.
3. I give the inside of my refrigerator a thorough, warm soapy wash every month.
4. I always defrost frozen meat, seafood, poultry in the sink, so I can rinse the thawed juices right down the drain.
5. If I'm using meat, poultry, or fish that has been frozen, I make sure I cook it the same day I defrost it.



1. YES- Most microbes won't grow if the temperature is cold enough (*Listeria* is an exception). That means no more than 40° F. The only way to tell is by using a thermometer.
2. NO- If something smells spoiled, don't eat it. But keep in mind that most of the disease-causing bacteria in food cause no order.
3. YES- Those drips, crusts, and splashes in your fridge are old food. Why bring your fresh food in contact with them?
4. NO- If you don't defrost your food in the microwave, make sure you do it in the refrigerator. Either way discourages bacteria from growing. Place the defrosting food on a pan or plate on the bottom shelf so juices do not contaminate other food. Store thawing meat, poultry, and seafood well away from fresh food that you will eat (fruit, for example).
5. NO- You don't have to cook meat, poultry or seafood the same day you defrost it. Beef and pork within 3-4 days, poultry and ground meat within 1-2 days, and fish within 24-36 hours. That doesn't give dangerous bugs time to multiply.



Body Design  
 9018 Wendy Lane  
 West Palm Beach, FL 33411  
 Phone: 1-866-766-BODY  
 Fax: 561-753-9994  
 Email: chris@betterbodyz.com

### Plan For Healthy Results!

**Were on the web!**  
**Betterbodyz.com**

## MEMBER Q & A

ASK CHRIS TO ANSWER YOUR FITNESS OR NUTRITION QUESTIONS!

*Q: Everyone always tells me something different. For losing fat, should you do cardio before or after weight training? - Joanne*

*R: Joanne, for losing fat, it is best to do cardio after weight training. Most of what you eat turns to sugar. Some of that sugar is stored in the muscles as glycogen. It is good to have good glycogen stores for an effective weight training session. When you are finished with the weights, more than likely you will be depleted during your cardio, allowing you to burn fat instead. Remember though, fat is burned last and muscle is burned first if you are cutting calories too drastically and not training properly. Also cardiovascular exercise causes your body to produce a catabolic stress hormone called cortisol that you would not want to be in your system when weight training. - Chris*



|                                                            |                                                                  |
|------------------------------------------------------------|------------------------------------------------------------------|
| Buy 2 Sessions, get 1<br><b>FREE</b><br>New Customers Only | Buy 5 Sessions, get 2<br><b>FREE</b><br>New Customers Only, Exp. |
|------------------------------------------------------------|------------------------------------------------------------------|

**561-451-8010**

"Located in The Shoppes of Loggers' Run"  
 11387-A W. Palmetto Park Rd. Boca Raton, FL 33428

## Body Design Soon To Have It's Own Supplement Line

Body Design will soon have it's very own nutritional products under it's sister companies label DNS- Diversified Nutritional Solutions. Body Design will carry a variety of high quality supplements at deep discounts via the betterbodyz.com website.

We will carry the most effective supplements for all fitness goals. If you would like to be on our information mailing list please go to the site and leave your information. Expect to see the product out sometime in February. Below is a list of our first products that we will introduce.

1. Protein Powder- 3 flavors
2. Creatine Monohydrate
3. L-Glutimine

4. Multi-Vitamin & Mineral
5. Joint Therapy- Glucosamine/ Chondroitin
6. Thermogenic Fat Burners
7. Pro-Hormones- Androstene etc.
8. Insulin Regulator
9. BCAA- Branch Chain Amino Acids
10. Carbohydrate Blockers
11. Protein Bars
12. Combination Products
13. Weight Gainer

**For information on becoming a distributor write to Chris Adair at chris@betterbodyz.com**

## HEALTH NOTES

- Grapefruit juice may not mix well with certain medications and may heighten blood levels of nifedipine (Procardia), terfenadine (Seldane), triazolam (Halcion), and cyclosporine (Sandimmune). Eating the fruit doesn't have the same effect.
- Vitamin E may help with male fertility. Israeli researchers who gave male fertility patients 200 mg. of the vitamin daily found that their sperm's fertilizing power increased by 10% causing a 30% greater change of conception.
- Only 10%-20% of a persons blood cholesterol is effected by the amount of fat and cholesterol the persons eats. The majority of blood cholesterol 80%-90% is made by the body when insulin levels are high.