



Body Design's

Nutrifit Newsletter

How To Succeed With Your New Years Resolutions

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If you want to make a New Year's resolution stick, don't just think one up at a party tonight.

A new University of Washington survey found that making a successful resolution requires setting well-thought out, realistic goals and leaving room for failure.

Elizabeth Miller, a doctoral student in clinical psychology, did the study to see how people best change their behavior.

"If we can understand how people make those kinds of changes successfully, we can use that information to teach other people how to do it," Miller said.

Miller and her faculty adviser, Alan Marlatt, director of the university's Addictive Behaviors Research Center, posted questions on the Internet last January. A total of 264 people, ages 18 to 66, filled out both the initial and the follow-up surveys.

Participants selected their resolutions from a list, with many items health-related, and they could add their own ideas.

Increasing exercise was

the No. 1 New Year's resolution, followed by increasing time devoted to study or work. Next came eating more healthful foods. Then came reducing use of tobacco, alcohol, caffeine or other drugs.

In addition, participants rated how confident they were that they would stick to their resolutions and how committed they were to making changes. Tempted by friends to eat hamburgers and fries, for example, would they stick to their resolve to eat less-fattening food?

Not surprisingly, Miller found that people who stuck to their resolutions after two months were those who initially expressed confidence in and commitment to their goals.

That finding gets to her larger point:

You're more likely to meet your goals if you think through how serious you are about them. And you should consider the potential pitfalls and how you'll handle them.

In addition, Marlatt - who has studied behavior for more than 25 years - and Miller offered these pointers:

- Set broad and realistic goals. If

you resolve to get more exercise, for example, define what that means in manageable increments. For example, you'll start by walking three times a week, you'll build to jogging, and then you'll aim to run a long-distance race within a year.

- Keep track of your progress. Get feedback on how you're doing, and feel good about each step that you achieve toward your goal.

- Don't frame your resolution in absolutes, such as "I will quit smoking tomorrow." Rather, resolve to decrease smoking with the goal of quitting. Give yourself a realistic margin of success.

- If you fail, figure out why you failed and use that knowledge to try again. Miller found that only 40 percent of the people who successfully achieved their top resolution were able to do so during their first attempt.

- Don't make New Year's resolutions the day of the holiday if you haven't thought them through. You can make resolutions any time, or you can resolve on New Year's Day to make your resolutions by a set date.

Check Out Our Site!

betterbodyz.com will soon serve all members by offering the latest information on fitness and nutrition. All participating members will also save on fitness and nutritional products! Expect to see it up and running by the end of January!

Exercise May Enhance Sexual Prowess

Fit people are better in bed. They are more comfortable with their bodies, which makes them more open to exploring the nooks and crannies of the sexual playground. Because they are more in touch with their physical side than are sedentary people, they tend to be less inhibited and more likely to enjoy them-

selves. Exercise makes the sex organs work better. Training improves blood flow regulation throughout the body- in the sex organs as well as the heart, lungs, and skeletal muscles. Fit people have less sexual problems. In fact lifestyle is the single most important factor when assessing impotence risk factors, and physicians

often recommend exercise when treating impotence in men and orgasm problems in women. Exercise also will help endurance which in turn will keep you going and going, just like the Energizer Bunny. Also, you can improve your sexual skills by increasing pelvic strength and flexibility. (efit.com, Feb.

Do you have a subject you would like covered in an up-coming issue? Do you have a question that you would like answered? Send an e-mail to chris@beterbodyz.com.

The Secret To Building Killer Calves

By Kristen Stanton

Is there a secret to building thick, defined heart-shaped calves, or does genetics limit that ability.

Well, the truth is, genetics do play a role to an extent. But for those of you who weren't blessed with killer calves or genetics, there is hope.

The secret, is to mix and match the right training techniques to meet your individual needs.

If you weren't born with large gastrocs (gastrocnemius- the upper muscle of the calf region), you'll need to perform straight leg calf exercises, Using predominately heavy weight. Since heavy weight targets fast twitch muscle fiber, and since the gastrocs are primarily that fiber type, you will get more growth with heavy weight. Don't forget though, that the gastrocs do contain some slow twitch muscle fibers, so you will need to do some repetitive movements as well, to maximize effectiveness.

There are two major muscles that make up the calf. The gastrocnemius and the soleus.

The second muscle that makes up the calf, the soleus, is a flat muscle that attaches to your Achilles tendon and is underneath the gastrocnemius. It is primarily a slow twitch muscle and is trained best using bent knee movements like the seated calf raise. The soleus is best trained doing repetitions. But again, to maximize effectiveness, train heavy occasionally

For size, training on calf machines is not enough. In addition to training calves twice per week, you probably want to incorporate plyometric training, jumping rope being the most popular form of plyometrics.

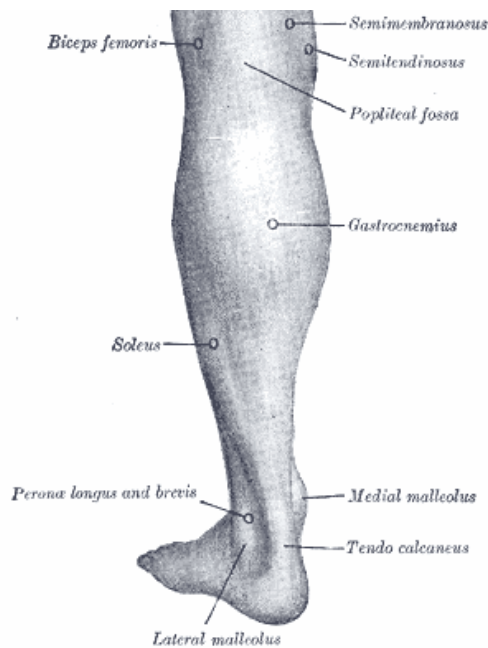
Try to jump rope for at least one minute, then take a 30 to 60 second break before starting over. It's that constant pressure on the calf muscles that will give you size.

When training calves for size as well as definition, you want to utilize a variety of calf machines. I recommend performing three sets, with a medium to heavy weight for 15 repetitions. The last set should be almost unbearable. They should be really burning.

Do four different exercises, performing three sets on

each. It is vitally important to stretch both calves for at least one minute before and in between each set. Stretching does play a role in developing size as well as reducing the risk of injury.

Also, it is very impor-



tant to obtain a full range of motion while performing the exercise. Drop your heels as far down as possible, and as high up as you can go with your toes extended, pushing with the balls of your feet.

Lastly, you must perform each rep slow and controlled, without bouncing at the bottom.

I suggest training underdeveloped calves twice per week, with a 72-hour rest period in between.

Try different exercises, and vary your routine every time. My favorites include the Atlantis Calf Raise, the Icarian Standing Calf Raise, the Icarian Seated Calf Raise and the Icarian Donkey Calf Raise.

But you can also get creative and do calf raises on the leg presses as well as standing one-leg, holding a dumbbell.

For definition, as well as building muscle strength and endurance, a great technique is to dropset. Start at a heavy weight, dropping the weight until completing 30 reps.

So for those of you who aren't genetically gifted, after trying these "secret" training techniques and persevering until your calves are as big and defined as you want, you can be proud that your calves were earned and not given!

NO SIDE EFFECTS FOUND WITH CREATINE



One of the many brands of creatine on the market

While athletes buy creatine by the truckload, a worry about the potential side effects has nagged it's users since it's introduction in 1993. Sure, many studies show that the stuff increases muscle mass, speeds recovery from intense exercise, improves muscular endurance, and increases sprint speed. But, what are the downsides? With no scientific evidence to support the claims, urban legend spreads like wild-

fire, linking creatine with the death of college wrestlers, high blood pressure, and kidney damage. Scientists though, are finally starting to study creatine's potential side effects. A well-controlled study from Mark Tarnopolsky's laboratory at McMaster University In Canada showed that taking 20 grams of creatine monohydrate for five days increased fat free weight (largely muscle weight) and total weight. Creatine use

did not increase blood pressure, creatine kinase or creatinine. (The two markers of kidney and muscle damage). The study noted that short term creatine use poses no problems for young adults with normal kidneys. While more studies are still in progress, creatine appears to be an effective and safe substance for athletes. (Med Sci Sports Exerc 32: 291-296, 2000)



Who Is Body Design?



Recently, Body Design took over the personal training and nutrition in four new locations. Currently they operate all personal training services in the West Boca Gold's Gym, the Gold's Gym inside the Deerfield Sports Mall, Total Health & Fitness in Royal Palm Beach, and the Winter Springs Gold's Gym.

Body Design's fitness and nutrition programs deliver all of its clients excellent results while also bringing organization and structure to each club's personal training program. Each Body Design trainer is not only nationally

certified, trained in house prior to employment, but also are required to attend weekly continued education within each club.

Each Body Design program is customized for each client. Along with phenomenal results, Body Design is committed to the education of each client so that they can become independent and maintain their results after the program ends.

The education that they receive will enable them to maintain a fit and healthy lifestyle.

Body Design offers all members of participating

clubs a free NutriFit Assessment where they will discuss goals, perform a body composition test, and then critique your current nutrition and fitness program to help you reach your goals more easily. Anyone interested is encouraged to sign up at the front desk or contact a trainer directly.

Body Design also wants to remind members that Body Design staff is always available to help or answer your fitness and nutrition questions. If no one is available please contact us at 1-866-766-BODY.

New Years Specials!

Special #1- Buddy Training- Find a buddy and begin a training program, save 25%, and then split the cost!

Special #2 Get started with a program today. Get 3 sessions and a customized program for \$95.

* Certain restrictions apply. Both specials are good through January and require coupon.

What Is Progressive Resistance?

Let's consider the couch potato who hasn't exercised for years. He joins the gym, comes three times per week and just sort of plays with the machines for about an hour, walks on the treadmill for twenty minutes and then leaves. The first few weeks he notices that he has lost a little weight, his energy is a bit better, and he is stronger. He thinks to himself, "At this rate I will be back in shape by summer time." Then the next week goes by and his results start to slow down and eventually stop. Why? Not considering diet at all and only focusing on the exercise, the simplest explanation is that his body has adapted to his workout.

As your muscles adapt to a given exercise resistance (weight), that resistance must be gradually increased to stimulate further gains. The key to strength, muscle development, and continued progress, is progressive resistance, which is also called "exercise progression," or "the overload principle." This is the gradual and

continual addition of weight to an exercise over time, or the continued increase to the overall workload. The purpose of adding weight and/or increasing the workload is so that your muscles are continually forced to work harder and thus you increase muscle strength, size and your body continues to progress towards your fitness goals.

More than likely, a beginning weight trainer will start exercising by using a basic total body workout. This is a good routine for beginners and is fairly simple. This type of workout will be performed approximately every other day. It is impor-

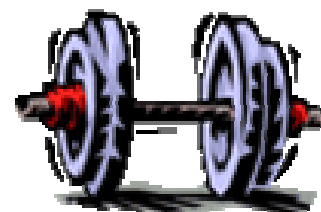
tant not to work the same muscle day after day. In addition, weight training, unlike cardio, should not be performed every day, otherwise symptoms of over-training may occur. Contrary to popular opinion, weight training does not actually build muscle it actually breaks muscle tissue down. Adequate rest and proper nutrition will cause the muscle to repair bigger and stronger. Because you are training the entire body when performing a total body workout, the amount of work performed by each muscle is limited. Therefore this type of training will not offer continued progress forever. As the body adapts, you will be add-

ing exercises, adding sets, and increasing weight. Weight training should rarely exceed one hour in duration.

As the workload is increased and as the muscles are worked harder they are going to need more rest between workouts. As sets and exercises are added, there reaches a point when grouping muscles into different workout becomes necessary thus turning into a more advanced split routine. This type of training is the next step in the progression. It delivers faster results and is also a bit more complex. If you are not seeing noticeable changes every two to three weeks and your nutrition is on target, you may want to take a hard look at your current resistance training program.

MEMBER Q&A

- Q: I do over 100 crunches almost every day and still cannot get the extra fat of my stomach. What am I doing wrong?**
- R: Losing fat is not as complicated as one might think. It takes a combination of weight training, cardiovascular exercise, and diet. Since spot reduction is impossible, all of the crunches in the world won't take fat off the stomach. I would suggest setting up a free NutriFit Assessment to learn more about those three key ingredients and how you can be successful at reaching your goals.**



The Relationship Between Reps & Resistance- "should I do 15, 12, or 8?"

By Chris Adair

It's important to understand the inverse relationship between exercise resistance and exercise repetitions. When exercising to the point of muscle fatigue, most people can complete about six repetitions with 85 percent of maximum resistance. "Maximum resistance" is the most weight you can lift one time, with good form. Most people can complete eight repetitions with 80 percent of maximum resistance, 10 repetitions with 75 percent of maximum resistance, and 12 repetitions with 70 percent of maximum resistance.

Most of us have heard "Lift heavy weight to build muscle and lift light weight to tone your muscles." This is one of those misunderstood "facts" that I like to call a half-truth. While some of the statement has some factual basis, it fails to completely explain the concept. This is just another one of those cookie cutter answers that you will read in a

magazine or hear from a friend who "works out a lot".

No good program is without three main components. They are proper nutrition, proper cardiovascular exercise, and proper resistance training. Whatever your goals, these three components must be combined together and done properly. Because we are talking strictly about resistance training, let's review the reasons why it is an essential ingredient when attaining any fitness goal. The first benefit is that resistance training increases lean muscle, which in turn will cause an increase in metabolism. Secondly, proper resistance training will cause all of the millions of muscle fibers to become more efficient at burning calories. There are three major types of muscle fibers, fast twitch, slow twitch, and intermediate. Fast twitch muscle fiber is characterized by having strength and power

capabilities but has little endurance. Therefore to target, or build a fast twitch fiber, a person must lift heavy weight. Slow twitch muscle fiber is characterized by having great endurance capabilities but has limited strength and power. Therefore, slow twitch fiber needs repetitive movement to target or build. And then there are the intermediate fibers that are basically a combination of fast and slow twitch. Since there are different types of muscle fibers in the body, and since each type requires a different type of workload, it is extremely important to vary the amount of weight so as to target each specific type of muscle fiber.

Now back to the correct answer. It is true that heavy weights will build size more quickly than lifting lighter weights because the body is composed mostly of fast twitch fiber. But by incorporating higher rep movements within your program you

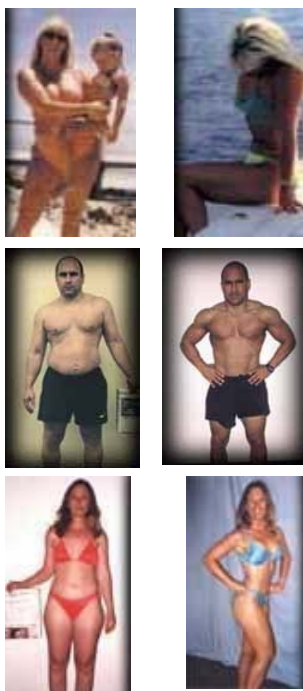
will cause the greatest increase in total muscle size.

As far as lifting light weight to tone muscles. Unless a person targets all types of muscle fibers, they may find that causing positive physical changes through exercise is a long difficult and time consuming process. However, by targeting all types of muscle fibers when performing resistance training, results can be ob-



The 3 Keys To Reaching Your Fitness Goals!

1. Proper Nutrition
2. Proper Weight Training
3. Proper Cardio Program



This is what you should expect from a qualified trainer!

Why Hire A Personal Trainer

by David Kozinski

David is an ACSM, CSCS, ACE, certified trainer who has been training for over 15 years.

Here are a few reasons why he feels that people should consider hiring a personal trainer to develop, implement and update their workout routines. If you can answer yes to any of the following statements, a personal trainer is for you!

* I do not have the knowledge necessary to train effectively to get results and/or eliminate injury, nor do I have the nutritional knowl-

edge to design an appropriate eating program to get results.

* I am totally out of shape (overweight, fatigued or lacking strength).

* I need assistance in changing my routine because I am no longer seeing results.

* I need help establishing obtainable goals and guidance in developing a routine to see these results because I am a beginner to the world of exercising properly.

* I am recovering from an injury or have a diagnosis that needs special exercises to prevent further problems from

occurring.

* I need constant motivation because I always talk myself out of exercising or do I not have the drive to work hard enough when exercising by myself.

* I haven't seen any changes in my body on a monthly basis like I would with a trainer.

FOR INFORMATION ON HOW YOU CAN GET INVOLVED WITH A QUALIFIED PERSONAL TRAINER PLEASE SEE A BODY DESIGN STAFF MEMBER OR CALL 1-866-766-BODY