

# Body Design's

## Nutrifit Newsletter



Get Fit!

March  
2001  
Issue 3

## Your Personal Best

Do you set personal records every time you work out? Well if you don't, you may want to consider it. If your workouts don't change, you run the risk of hitting a plateau, or having your results stop. One very important training principle that is often overlooked is the overload principle.

Setting new records is more than just raw weight,

it can be doing one more rep or even finishing your routine in less time with the same intensity. You are limited only by your imagination. Setting personal goals in the gym can have a profound effect on your training.

Achieving new success- even if minor- helps reinforce and strengthen your self image that you are a goal setting and a goal achiever.

Those small accomplishments will add up. The effects of such will ultimately transcend outside of the gym into every aspect of your life including work, relationships, school, and handling stressful situations.



## Is Your Cardio Program Tough Enough?

By Sean Yao  
PT Director Winter Springs



Consistent aerobic activity is an integral part of any health and fitness program. Aerobic exercise not only helps achieve a healthy body fat percentage, but has also been associated with numerous health benefits including a decreased risk of heart disease and hypertension, stronger heart muscles, and increased endurance levels. Many activities can be considered aerobic including walking, cycling, swimming, jogging, roller blading, and even dancing.

Incorporating a variety of activities into an aerobic program is recommended

as this will stress different muscle groups and keep your workouts interesting.

Prior to beginning your workout, it's advisable to warm up and stretch for 5-10 minutes. This will reduce your risk of injury, and also give your heart a chance to "ramp up" to the training zone level. In order to achieve the benefits of a cardiovascular workout and burn an optimal level of calories, it is important to follow these guidelines. Remember that these principles will change depending on your fitness goals. The American College of Sports Medicine has set recommendations on *frequency*, *intensity*, and *time* of aerobic exercise:

**FREQUENCY:** 3-5 sessions per week

**INTENSITY:** 50%-85% of heart rate reserve (VO2 max

is often used instead of HRR)

**TIME:** 20-60 minutes of continuous aerobic activity

**(Remember these are guidelines. Excellent results can be obtained with 3-4 days per week for 20 minutes. Intensity will depend on individual goals.)**



The intensity of any aerobic activity can be determined through your exercising heart rate.

To calculate your exercising heart rate, simply count the number of times your heart beats per interval (let's use 15 second intervals). Then multiply that number by the number of intervals that are in one

### Inside this issue:

Your Personal Best 1

Is Your Cardio Program Tough Enough? 1-2

How Much Protein Do I Need? 2

Employee Spotlight 2

Betterbodyz.com Up And Running 3

Glucosamine May Slow The Progression of Osteoarthritis 3

Check out the Product Wizard 4

February Top 10 4

Member Q & A 4

minute (4 in this case). So let's illustrate this with an example:

Mr. Jones is using the stationary bike in the gym, and he counts 30 heart beats per 15 second interval. Since there are 4 15-second intervals in one minute, we multiply 30 by 4 to get 120 beats per minute, or 120 bpm. Now, is Mr. Jones train-

## Is Your Cardio Program Tough Enough? (continued)

ing at the proper intensity? Let's determine that next.

To maximize your sessions, you need to work out at a level that is 60-85% of your heart rate reserve, or target heart rate (THR). VO2 max, which is a measure of oxygen consumption during exercise, is often used instead of THR. VO2 max requires equipment and is too costly to measure on a practical scale. To keep things simple, let's say the two are interchangeable.

Let's use the Straight Line Method to determine these numbers. This is a good method to use due to its

practicality and ease of calculations. Your maximum heart rate is calculated simply by subtracting your age from 220. Then multiply your maximum heart rate by your training intensity (60-85%) to get your target heart rate. For maximum cardiovascular benefits, it is recommended that you perform your aerobic workout at an intensity level at least 60% of your maximum during your session.

So let's go back to Mr. Jones. Let's say Mr. Jones is 20 years old. His maximum HR is therefore 200 (220-20). If he is training at 75% intensity level, his THR needs to be 150 bpm.

Use these guidelines to get you started on an aerobic exercise program.

Remember that if you are just starting out, take it slowly. You will gradually notice your endurance levels improving, and you can increase the intensity at your own pace.

Always mix things up with different programs and machines and keep things interesting! Fitness is a lifetime commitment, so do the activities that you enjoy and enjoy the activities you do!

Again, target heart rates will be based on goals. Speak with a trainer and they will help you determine an appropriate target heart rate for your individual goals.

## HOW MUCH PROTEIN DO I NEED?



For ages, recommended amounts of protein have been based on the needs

of the general population. Unfortunately this includes young people, elderly and those who don't exercise. I don't know about you but I don't want my personal needs to be based on the average of the general population.

Two studies examining protein need, were funded by Joe Weider, fitness enthusiast and founder of the fitness magazine Muscle and Fitness. They uncovered some important information. The first study, performed by Dr. Peter Lemon of Kent State University examined twelve novice bodybuilders. Each was given a diet consisting of 100% of the RDA (recommended daily allowance) of protein and carbohydrates. In addition, one group received a carbohydrate supplement while the other received a protein supplement. The study concluded that everyone in the protein supplement group maintained a positive nitrogen balance while all but one in the carbohydrate group did not. The other study conducted by researchers at UCLA and the University of Calgary confirmed that vital organs give up protein to muscles when in a negative nitrogen balance (protein intake is inadequate). This

negative nitrogen balance state, i.e. catabolic state, is counterproductive to training and potentially harmful if maintained for a long period of time.

"... the tested athletes who maintained a positive nitrogen balance, i.e. anabolic state, were eating 2-3 times the RDA for protein."

So how much protein should I eat? Well, the tested athletes who maintained a positive nitrogen balance, i.e. anabolic state, were eating 2-3 times the RDA for protein. The amount you need will obviously vary. Some recommend that during intense training two grams per kilogram of bodyweight, or 1-1.5 grams per pound of lean mass, depending on training.

Another important question that is often raised when discussing protein intake, is the question of how much protein can a person utilize during each sitting? The answer to this probing question was until recently about 35 grams. Recently though, studies have been conducted that show some athletes may use as much as 70 grams. This startling finding again squashes the "government" recommendations for protein intake.

Regardless, it is important to remember that nutritional needs vary

from person to person and from case to case. A person's nutritional program to accomplish specific goals will also surely be different than the nutrition program for maintenance and overall health.

**EMPLOYEE SPOTLIGHT**

BODY DESIGN WOULD LIKE TO RECOGNIZE TWO SPECIFIC EMPLOYEES FOR THEIR OUTSTANDING EFFORTS FOR THE COMPANY AND TO THE GYM MEMBERS AND CLIENTS.



JANUARY'S PT DIRECTOR OF THE MONTH GOES TO SEAN YAO OF WINTER SPRINGS FOR HIS CONTRIBUTIONS, DEDICATION, AND OUTSTANDING MONTH IN JANUARY.



THE COMPANY TRAINER OF THE MONTH AWARD WAS PRESENTED TO GINA STANO OF WEST BOCA FOR HER OUTSTANDING COMMITMENT TO HER CLIENTS AS WELL AS HER EXCELLENT JOB PERFORMANCE.

IT IS THE EFFORT OF THESE KINDS OF PEOPLE THAT MAKES AN ORGANIZATION SUCCESSFUL. WITHOUT THEM ANY COMPANY WOULD SURELY FAIL.

THANKS

# BETTERBODYZ.COM UP AND RUNNING!

Body Design is pleased to announce the launching of their fitness and nutrition website **betterbodyz.com**.

The site, designed entirely by it's founders Chris Adair and Corey Ritter and their partners at Phastnet is the only one of it's kind. Below are just a few of it's functions.

1. It allows members to learn about health fitness and nutrition.
2. Buy quality nutritional products at great prices.
3. View many tasty low carb and low fat recipes.
4. View amazing before and after pictures of present and former clients.
5. Read testimonials from present and former clients.
6. Preview photos and biographies of our

many qualified personal trainers.

7. Ask advice from doctors, fitness professionals, and nutritionists.



8. Get involved in on-line personal training.
9. Get nutritional programs on-line.
10. Participate in forum discussions with other members and visitors.

11. Get employment information.
12. Visit other great links.
13. Participate in our 12 week "Design Your Body" transformation contest.
14. Get published.
15. Use our nutritional product wizard that will recommend products after answering a series of questions.
16. Read past newsletters.
17. Watch the live gym cams.— Coming soon!

**Betterbodyz.com** will be the premier site for all of your fitness and nutrition needs. Feedback is strongly encouraged so that we may better serve our customers. If you have comments or would like us to carry a specific product please write to Chris Adair at **Chris@betterbodyz.com**.



## Glucosamine may slow the progression of osteoarthritis

*Jan. 25 — The widely sold dietary supplement glucosamine sulfate may help slow the progression of osteoarthritis, suggests a landmark study published Thursday.*

**E**ARLIER RESEARCH found that glucosamine can dull the pain of osteoarthritis — the painful stiffening of the joints that afflicts 21 million, mostly older, Americans — but experts say this week's report in The Lancet medical journal is the first to show that the supplement improves the structure of the joints. "I'm very excited about this study, actually, because this is one of the first studies that does what we call a randomized control," said Dr. Joseph Markenson of the Hospital for Special Surgery in New York.

Researchers at the University of Liege, Belgium, divided 212 arthritis patients into two groups: half received glucosamine daily for three years, the others were given placebos.

They found glucosamine improved symptoms by about 25 percent. But more important: X-rays showed that cartilage, the cushion between the bones at the joints, remained stable in those taking glucosamine. In those receiving the placebo pills, the cartilage shrank, indicating the arthritis continued to get worse. Side effects were the same for both pills.

**"They found glucosamine improved symptoms by about 25 percent. But more important: X-rays showed that cartilage, the cushion between the bones at the joints, remained stable in those taking glucosamine."**

"This is one of the first drugs to come out — even though it's a food substance — that actually can demonstrate in a controlled manner that it may stop the progression of osteoarthritis," Markenson said.

Americans already buy \$400 million worth of glucosamine a year to treat arthritis — and experts expect sales to skyrocket with this latest study.

Glucosamine sulfate is a synthetic version of a bodily substance that helps build cartilage. It was first marketed to treat horses. Many experts were skeptical initially but the growing body of research is changing some doctors' minds.

"In many ways it's astonishing. It's a challenge to the traditional scientific paradigm," said Dr. Tim McAlindor, an arthritis expert at Boston University Medical Center.

But because glucosamine is not a pharmaceutical, it is not regulated by the FDA and doses and purity vary from brand to brand. The researchers used pure glucosamine sulfate in the study; they said they don't know if glucosamine mixtures sold as dietary supplements would yield the same results.

*Robert Bazell is the chief science correspondent for NBC News.*

*The Associated Press contributed to this report*

*(Glucosamine can be conveniently ordered through **BETTERBODYZ.COM**)*



**Body Design**

Get Fit!

Body Design  
1029 N. Florida Mango Rd.  
West Palm Beach, FL 33409

Phone: 561-616-3747  
Toll Free: 866-766-BODY  
Fax: 561-616-9747

We're on  
the Web at  
**betterbodyz**  
.com!

● Plan For Healthy Results!

## February Top 10

Unfortunately, space does not allow us to recognize all of our outstanding clients, so if your name is not here it's not because you are not doing a great job. Below, in no particular order is our February Top 10.

**Congratulations!**

**Christina Flemming- (Age 39)** Christina has dropped 10% bodyfat in 10 weeks. A total of 18 1/4 pounds of fat while also gaining 5 pounds of lean muscle.

**Kim Fyfe- (Age 34)** Kim works out with Christina and has also made some incredible results, dropping over 13% bodyfat, a total of 20.1 pounds of fat, while gaining over 5 pounds of muscle. Kim is at an impressive 17.7% bodyfat.

**Rick Fyfe- (Age 35)** Rick, Kim's husband entered the program after seeing impressive results with his wife. In exactly 1 month, Rick dropped over 21 pounds of fat while increasing his lean body mass by over 9 pounds.

**Naz Irani-** Naz is a drummer and has reported tremendous increases in energy levels and increased endurance and strength levels when he performs. In just three weeks, Naz has added 5.4 lbs. of lean muscle, and dropped his bodyfat from 16.61% to 13.93%. *Awesome!*

**John Boxley-** John came to Body Design wanting to lose some weight, and more importantly lose bodyfat. In six weeks on the program, Mr. Boxley has lost 10 lbs. on the scale. John has seen his bodyfat composition drop from 26.12 to 20.41, and he has put on over 8 lbs. of lean muscle. .

**Sonja Devriendt- (Age 50)** Sonja who is already in great shape and who has above average knowledge jut couldn't get any leaner. But after less than a month, has dropped 5% bodyfat with our program.

**Gretchen Mansourian-** Gretchen worked very intense for the last two weeks. Her hard work paid off. She lost 2% body fat in only 6 training sessions. "I feel much better, my pants are fitting me much better." In addition, the exercise has increased her bone density by over 9%.

**Julie and Kelly Stumm-** In only three weeks sisters Julie and Kelly lost 4% body fat and gained five pounds of lean body mass.

**Jon Moores-** John is a rugby player and wanted to focus on getting more strength in his neck and also wanted to lose some body fat. In three weeks John has lost 7 pounds of fat. John stated that his neck was usually sore for three days after playing a game, but has had no soreness since the program. He also said he does not get winded as easily during the game. His hard work is really paying off.

**Debbie Rosenblum.-** Debbie has dropped 9 1/2 pounds of fat in just three weeks and gained 2 1/2 pounds of lean mass.

**Jeff Coppee-** Jeff has lost a total of 15 lbs fat and gained 5 lbs of muscle.



## CHECK OUT THE PRODUCT WIZARD

Do find it difficult do decide what nutritional products are best for your individual needs? Well, you are not alone. With all of the thousands of products that consumers can choose from, finding ones that fit your specific goals can be a challenge. That is why **betterbodyz.com** designed their Product Wizard. Simply answer a series of questions and the Product Wizard does the rest. The Product Wizard will itemize recommended products based on importance and it will also give a description of each and how it relates to you. And since **betterbodyz.com** only carries the products with a proven track record, you can be sure that everything that is recommended is safe and effective!

And don't forget, if we don't have something that you want, just send us a note at [info@betterbodyz.com](mailto:info@betterbodyz.com).

## MEMBER Q & A

**Q:** I went on a cruise last week and amazingly I lost 5 pounds. It seemed as though all I did was eat. How is that possible?  
- Shannon Grirsitch

**R:** It is quite simple. More than likely, your increased calorie intake increased your metabolism. Also, you probably ate fairly frequently all day long. The combination of the two had a positive effect on your body. Most people who are out of shape, do not eat enough, surprisingly. Also, they tend to eat once or twice per day. Visit our site (**betterbodyz.com**) for more information.-Chris Adair