



NutriFit Newsletter



Developing a Program for Obese Clients, part 1

By Jimmy Anzardo

Obesity is defined in several ways. The first and most accurate measure is having a body fat over 30% for women and 25% for men. Another definition is having a Body Mass Index (a chart that compares height to weight) of over 27.3 for women and 27.8 for men. Still another definition says being 20% over your "ideal" body weight qualifies a person as obese. No matter how you look at it, it doesn't make living in our body-conscious society easy.

An over accumulation of adipose tissue is not a disease but a symptom of something else. One theory as to what causes obesity is a link between

overfeeding in infancy with an increase in the size and number of body fat cells, which manifests itself as obesity later in life. Another explanation points to family and cultural eating habits. Additional theories include food sensitivities or allergies and even malnutrition, for when there is an inadequate intake of essential nutrients, fat is not easily burned.

Excessive weight gain due to overeating has been associated with anxiety and depression, where food is replaced for satisfaction missing in other areas of a person's life. A tendency towards obesity can be inherited, although it's true result (being just

"Today, 31.4% of men and 35.3% of women are considered overweight with over 40% of the population considered

overweight versus morbidly obese) can be influenced through diet and exercise. In almost all cases of obesity, the real cause can be explained by an imbalance of calories taken in versus calories expended. The most reasonable explanation

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Eating for Less Stress

By Robert Smith

When we experience a new or challenging situation, our bodies produce adrenaline (a stimulant) to give us the energy to deal with the situation. This energy is fueled by the nutrients we store from the foods we eat. Too much stress can drain our supplies of these nutrients, leading to feelings of fatigue, weakness, and even

more STRESS! The key to eating for less stress is to avoid foods that aggravate the stress response, and choose foods that increase our bodies' stores of essential nutrients.

Keep these tips in mind to help reduce your daily stress:

1. Avoid caffeine and alcohol. Caffeine is a

stimulant that, when taken excessively, produces the same physiologic responses as stress. Too much caffeine while already under stress can severely deplete your energy and nutrient stores.

Alcohol is a depressant that can aggravate stress. Used in combination with caffeine, people rely on the latter to pick them up and the

former to bring them back down. Our suggestion, stay off the caffeine/alcohol seesaw.

2. Eat Vitamin C rich foods. Your adrenal glands (which produce adrenaline) use Vitamin C during episodes of physical stress. Also, illness or injury can deplete Vitamin C stores.

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Thicken Your Back

By Gina Stano

The lats are large muscles, therefore you need to hit them from several different angles to maximize growth. The barbell row, T-bar row, and dumbbell row are three key exercises for building a thick V-shaped back.

Try work your lats on their own once a week so you have time to give them the specialized training they need and so that they are well rested. Here are a few pointers and suggestions for your next workout:

1. Perform four exercises and do a warm-up plus three sets of each exercise.

2. Do your first set with a weight that allows you to do fifteen reps, then add more weight and do twelve reps on your second set. Finish up with a relatively heavy weight and do 6-8 reps. These reps ranges will be to failure.

3. Keep the rep speed moderate and concentrate on the perfect execution of the movement. This will improve the mind-muscle connection.

4. Pause briefly during each rep at the point of peak contraction to lock in your gains before slowly lowering

the weight to the starting position. If you can't do this, then your using too much weight.

5. Use a variety of grips to work the muscles in different ways.

6. And last, stretch your lats between sets to lengthen the muscle fibers and stimulate muscle growth.

Thermogenics or Not?

Those commercials for supplements like "Exercise in a Bottle" and other miracle cures for the number one health problem in our country, obesity, are so compelling. It's no wonder the sports supplement world is jumping on the bandwagon of thermogenics as an aid to not only deflate our spare tires but also decrease our pocket book. The truth of the matter is, although we live in a society of instant gratification, there is no quick fix for a lifetime of poor eating habits.

In our business we are seeing more and more younger people wrestling with the results of the low fat, high carbohydrate trends, which have caused dramatic shifts in their body compositions. The "middle age spread" so often seen in our parents is now showing up in our twenty year olds. Will thermogenics be the quick fix or the patch that masks the continued shift from lean body mass to fat mass?

To answer this question, we first have to be clear as to what thermogenics actually do. Strip away the myths, cloaked by buzz lines like "fat burner" or "appetite

suppressant" and what you have is a substance that mimics the effects of epinephrine. It raises your heart rate, it reduces your appetite, and it prepares the body for "flight or fight". By increasing the heart rate, ephedrine (the active ingredient in most thermogenics), increases the caloric need by increasing oxygen and calorie consumption of the most active muscle in the body, your heart. This is a great strategy if you have enough calories going in. If not, this increased need produces a perceived emergency in the "engine room" of your body, dropping fuel consumption and encouraging fat storage. The appetite suppressant properties of this substance further discourage the intake of adequate calories and compounds this problem. The misguided thinking that the fewer calories consumed automatically results in fat loss contributes to the use of ephedrine. A more sound strategy would be to maintain an adequate caloric intake to support muscle gain and zig zag calories in a manner that keeps the metabolic rate high while targeting fat storage for "fuel". A low calorie diet will result in the loss of lean body mass thus creating an environment more conducive to fat gain.

The only real appropriate use for thermogenics would be in a diet

"Work your lats on their own once a week so you have time to give them the specialized training they need....."

strategy, that includes the building of significant enough mass so that the loss of muscle is a well-calculated loss, and for a short period of time such as would be the case in preparation for a body building competition. Thermogenics may be useful to curb cravings for foods not included on a very well calculated diet that includes enough calories to maintain muscle gain. Thermogenics should never be considered for use with clients who have anxiety disorders (panic attacks) glaucoma, thyroid disease, diabetes, high blood pressure, or who are taking monoamine oxidase (MAO) inhibitor drugs. Also the symptoms associated with benign prostatic hypertrophy may be exaggerated with the use of ephedrine.

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Developing a Program for Obese Clients, part 1

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includes factors of the release of the hormone insulin due to an imbalance of protein, carbohydrates, and fat, a slowed metabolism through under eating, infrequent eating, and lack of protein.

Now the good news, there is a way out for obese individuals. Part 2 of this series will discuss the program for obese individuals and methods of assessment. To conclude, in Part 3, we will outline the actual program design, explaining specific exercises, including flexibility concerns for overweight persons.

Control Your Stress

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Eating a variety of fresh fruits and vegetables can help ensure adequate Vitamin C levels.

3. Eat protein and complex carbohydrates. Your body will use more protein and carbs when under stress, especially physical activity. Good sources of lean protein include peas, beans, fish, and poultry. Complex carbs are found in fruits, vegetables, and whole grain

products.

What you eat can affect how you feel. By following these nutritional suggestions, you'll be helping your body handle stress more effectively, and you'll also be improving your nutritional health in general.

Healthy Recipe: Lentil Barley Soup

Ingredients:

- ▶ 2 tsp. olive oil
- ▶ 2 medium onions, chopped
- ▶ 12 oz. Fresh sliced mushrooms
- ▶ 2 large carrots, sliced
- ▶ 2 T. chopped fresh tarragon
- ▶ 5 cups chicken or beef stock
- ▶ 2 cups dry red wine
- ▶ One 14-oz. can crushed tomatoes
- ▶ ½ cup lentils
- ▶ ½ cup pearl barley
- ▶ Salt and freshly ground pepper

Packed with protein and fiber, lentils are enough to make this simple but delicious soup an ultra-healthy lunch option. Add a touch of heart-healthy olive oil, a dose of antioxidant-rich tomatoes, and lots of vitamin B from barley, and it's a nutrition powerhouse!

Directions:

1. Heat the olive oil in a large nonstick pot over medium heat. Add the onions and sauté until translucent. Add the mushrooms, carrots and tarragon, and continue sautéing, stirring frequently, until the mushrooms are wilted, about 15 minutes.
2. Add the stock, wine, tomatoes, lentils and barley. Bring to a boil and then lower the heat and simmer, uncovered, until the lentils and barley are soft, about 35 minutes. Adjust the liquids until the soup has the consistency you like, adding more stock or wine if it's too thick or cooking it longer if it's too thin. Season with salt and pepper.

Nutrition Information Per Serving (makes 4 servings):

Calories: 340

Fat: 3 g

Body Design's

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Plan for Healthy Results!

Body Design Welcomes New Addition



On August 8th at 2:25 a.m. Body Design picked up it's newest addition to the team. Christopher Vaughn Adair II, son of co-owner Chris Adair and Donna Adair was born weighing in at 7 pounds 14 ounces and an amazing 3% bodyfat (ha ha).

Christopher is already training hard and drinking a specially designed low carb formula to

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Maximizing Your Workouts

By Jodi Rivkin

If you're like most bodybuilders you may believe in the old wise tale that you must blast your muscles to failure on a regular basis. If this sounds familiar, listen up: such an approach, when used continuously doesn't yield the best results. In fact, it often ends up causing a serious plateau in your gains and could result in over training.

To build the biggest, strongest muscles that your genetics will allow, you need to turn on your explosive, fast-twitch muscle fibers. Conventional bodybuilding-type programs often neglect these fibers. This is a crucial part of training if you want to build more functional muscle mass and lasting muscle hypertrophy.

The primary stimulus for in-

creased muscle size and strength is tension, not fatigue. That is why the phrase "Diversify" not only applies to your finances but should be incorporated into your workout regiment as well. If your workouts are limited to one style of training you'll never tap into the incredible growth potential of your explosive muscle fibers.

Do you know what percent of your 1RM (1 Rep Max) you are training at? Since your high-

threshold motor units won't get called into action against a moderate resistance, be sure to train with 80-85% of your 1RM. With that kind of loading scheme, you should be able to complete just 3 - 6 repetitions per set. If your not sure what your 1RM is grab someone from Body Design and ask him or her for help. We have formulas to help you calculate your maximum lifting ability.

Your best bet may be to insert a strength cycle once every 6 - 12 weeks to maximize



Insert a strength training cycle once every 6-12 weeks to maximize the crossover effect of training.