

NUTRIFIT NEWSLETTER

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Special points of interest:

- Get the latest Facts about Fats!
- Find out why a Personal Trainer is not just for movie stars anymore.
- Body Design celebrates a successful year!
- Fat loss scams revealed.
- Let this be the year you finally do it!

THE “SKINNY” ON FAT

Fat is Not a Four Letter Word

By Heather Tunin

Fat is not a four letter word.

In fact, as a supplier of concentrated energy and “essential fatty acids,” it is a valuable and necessary part of a healthy diet. It is eating too much of the wrong kinds of fat that can cause health problems. It is recommended for a healthy diet that you consume no more than 30% of your calories from fat, and of those only 10% should be saturated. One gram of fat equals 9 calories, so a little bit will quickly add up to

your 30%.

Why Some Fat is Good for You

- Fat is where our body stores excess calories. When your body’s stores of glycogen have been depleted, it draws on necessary reserves of fat for energy.
- Fat helps maintain healthy hair and skin.
- Fat transports the important fat soluble vitamins, A,D,E,

and K through the blood stream.

- Linoleic acid, one of the most essential fatty acids, helps ensure proper growth and development for infants.



Body Design's Director of the Year; Mr. Shannon Chai
Mr. Shannon Chai

All Fats Are Not Created Equal

The fats you eat, as opposed to the ones that exist in your body and blood stream, are divided into 3 categories, according to their level of hydrogen saturation. Most fats contain all three kinds,

but are named according to the one that predominates. They are:

1. **Saturated-** contain as many hydrogen atoms as possible, are found in animal fats such as meat

and cheese, and are solid at room temperature. Consuming saturated fats can lead to high “bad” cholesterol levels.

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THE SKINNY ON FATS

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2. **Monounsaturated**– these contain the least amount of hydrogen, are found in foods such as nuts, peanut butter, avocado, and olive oil. Current research suggests that, as fat goes, monounsaturated is the healthy choice because of its ability to raise the level of your “good” cholesterol.
3. **Polyunsaturated**– these come from plants and fish. They are usually liquid at room temperature and, because of their high degree of unsaturation, they break down rapidly and are more likely to combine with oxygen to form free radicals which damage tissues and

ultimately place you at higher risk for diseases such as arthritis, cataracts, and cancer.



A Word About Cholesterol

“Good” cholesterol carries the artery clogging cholesterol out of your body. “Bad” cholesterol carries the cholesterol around your body, depositing it where it can cause serious problems.

The maximum recommended level of dietary cholesterol is 300 mg. One egg yolk contains about 250 mg.

THE AFFORDABLE PROFESSIONAL

By Holly Luther, R.N., CNC, CFT

If you are any thing like me, you have probably looked at all those movie stars and T.V. personalities and thought, “sure they can afford to look that good; they have someone planning their meals and workouts for them, all they have to do is show up.” If you had the motivation, access to new and im-

proved techniques and a regular training partner, you could look like a movie star too. Having your own personal trainer is just one of those unaffordable luxuries, right? Or is it?

There are ways to afford a trainer, especially in the Body Design

“this is the year to treat yourself like a movie star (the affordable price will be our little secret)”

Program. For example, varying the commitment, varies the price, the longer the commitment, the lower the price. Working with another partner can also decrease the overall price and, of course, as with all The Body Design Programs, there is a 3 week program development period which allows you to see a trainer for the first

three weeks, three times per week to establish a routine workout pattern. After that, you can chose from one, to as many as 4 times per week. So while you are considering your strategies for making personal training and nutrition counseling more affordable, let’s look at the benefits of a trainer.

- **Motivation:** From my own personal experience, I can tell

you, if you know you’ll be seeing and paying for your personal trainer on a regular basis, you’ll be more motivated to keep up your workouts. Some trainers



Working with a trainer means working efficiently and effectively!

will even prepare motivational tapes for their clients to listen to between sessions. Most professional trainers agree that while several sessions a week will maximize motivation, even a single session a week can be enough; certainly better than not seeing a professional at all. One benefit of weekly

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The Affordable Professional

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sessions is that variety is guaranteed. The trainer will likely offer a fresh routine based on your progress. Such variety is essential not only for maximum gains but also for continual interest as well.

- **Consultation:** Whether you have been working out for years or just picked up your first dumbbell, a personal trainer can be an effective consultant. For the beginning client the information and goals set at the Nutrifit assessment are essential for designing a program that is safe and

meets the goals of a new exerciser. For the more experienced athlete, goals are set in way that would fine-tune the workouts to focus on sports and/or client specific needs.

- **Education:** A personal trainer should be used as a physical fitness tutor. Just like a Dentist tells you how to take care of your teeth and gums, a trainer tells you how to take care of your body. For beginning exercisers, its often best to start with at least three sessions a week so the trainer can monitor your

fitness progress. Different levels of exercisers will have different outcome goals. An individualized program is essential.

“Exercisers who learn correct form are assured of better gains and safer workouts”

CHOSING THE TRAINER THAT IS RIGHT FOR YOU! RIGHT FOR YOU

Look for a trainer whose personality meshes with yours, and don't assume the most expensive trainer is the best one for you. And remember, with the Body Design Programs of nutrition and fitness solutions the options are many; you can arrange for a more affordable rate if you are willing to commit to a six months or a year's worth of sessions. These sessions can be conveniently paid by way of automatic draft from a checking or credit card account.



Body Design Trainer of the Year; Mr. Tony Bennett

So decide that this will be the year you treat yourself like a movie star (the affordable price will be our little secret)!

If you are willing to commit to a six months or a year's worth of sessions the price becomes proportionately more affordable. These sessions can be conveniently paid by way of automatic draft from a checking or credit card account.

THE JOURNEY

Have you ever looked in the mirror and not seen the body you remember? Do you look in your favorite magazine and find your self wishing that you looked just a little more like those models? Do you continue to buy larger clothes, telling yourself that next month you will get into the old ones again? Do you have low energy or maybe none at all; can't last when you are playing with the kids; out of breath when you walk upstairs to go to bed? Well all of these are excellent forms of motivation to get started on your journey toward becoming fit. Here are some guidelines for moving forward to establishing more healthy habits:

1. CARPE DEIM-Seize the Day; the best day to start is today!
2. Start slow, but get started; telling your friends about your
3. Challenge yourself, keep track of your progress; write it down

BY "BUZZ" BUSBEY

4. Set realistic goals, visualize them
5. Have patience; realize that it takes 2-3 months to break a habit
6. Prepare, plan and keep a log
7. Visualize your goal
8. Take before and after pictures
9. Enjoy yourself and believe you can do it
10. Get Professional help, call us at Body Design

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PYRUVATE & FAT TRAPPER ANOTHER FAT LOSS SCAM REVEALED

By Holly Luther, R.N., CNC, CFT

You might have received, as I have, what looks like an intercepted fax transmission that exalts the effects of a weight management combination of Pyruvate and a fat absorber. The fax contains an article (obviously outdated) that reports amazing fat loss results from the combination. The article goes on to say that the results are "proved" on Dateline NBC, (that great icon of nutritional research). Of course this article, which is at least 3 years old, assumes that the reader is ignorant of what Pyruvate is and the effects of Chitosan, which is the actual name of the fat absorber.

We, at Body Design desire to be your resource for sound nutritional and fitness information so we are happy to

enlighten our readers, members and clients alike as to the truth regarding these claims.

Pyruvate, in the mid to late nineties was touted as having a dramatic effect on fat loss. The studies used to support these claims used huge amounts of this compound, as much as 20-30 Grams per day, which is just not reasonable for the average person to attain. Literature just does not support that Pyruvate in small doses really has an impact on fat loss. Hence Pyruvate wins a place in the Fat Loss Scam Hall of Fame. Chitosan sometimes referred to, as "Fat Trapper" is actually a fiber that is naturally isolated from shellfish. It has a unique property that allows it to bind with fat in the intestines. The idea is to take Chitosan before ingesting a fatty meal so that the it binds with the fat

Body Design celebrated a banner year at it's annual picnic and awards ceremony. Recognized for outstanding achievement were: Company PT Director of the year— Shannon Chai, Company Trainer of the Year— Tony Bennet, Company Head Trainer of the year— Johnny Oye, Club Trainer of the month for December awards went to Chris Eaddy of Winter Springs, Gold's, Will Locke of New Port Richey, Gold's & Sharon Dahlquist of The Ozone in Orlando. November Trainer of the month awards went to Cheryl Costello of New Port Richey, Gold's & Phillip Mariani of the Ozone. Holly Luther was recognized for Internet sales and both Mike Delaney and Holly Luther were recognized for Outstanding performance. James Hellwarth of Powerhouse in Daytona was acknowledged for his commitment to excellence. Following the awards ceremony, the whole Body Design family enjoyed a great day of picnicking and celebration. Great teams accomplish great things!

and the body cannot absorb it. The fat simply gets flushed out. FLUSHED out. You will be able to enjoy a fatty meal only if you have a particular interest in redecorating your bathroom. Not only does Chitosan tend to make one slightly sick to the stomach but, although the concept seems to work well in a beaker there is some question as to whether it actually works in the human body. The use of a substance that blocks fats in the intestines also blocks the absorption of the fat-soluble vitamins, A, D, E and K. These vitamins are absolutely essential for the health of our skin, eyes, bones, immune system, heart health and most importantly, proper blood clotting. The deficiency of vitamin K can cause a life threatening anticoagulation issue. Training & nutrition; the only way! Life is cruel!