

Hi all,

Well we gave you some tips to getting into back into fitness after Christmas..we thought it was time that we gave you a few more pointers to keep you in fitness. Spring is finally in the air so it's time to get out and enjoy it, get motivated and stay motivated.

- **Get some goals...**there are some of us who love the feel of running and especially when the parks are looking so gorgeous but for others a little more motivation is needed. Why not sign up to a fun run/ race? Distances range from 5k to marathons. How big the challenge will be is up to you! My own personal challenge this year is the Shock Absorber Womens Only Triathlon. If you would like to join me do drop me a mail. 5k run, 400m swim, 20k bike ride. There is a shorter one for those who are trying their first ever triathlon. Give it a try! For more info go to: <http://www.humanrace.co.uk/more-info-on-shock-absorber-womenonly-triathlon-404.html>
- **Mix up your fitness and try something new.** If you have spent the cold months doing CV and weights in the gym why not get some fresh air and do your own circuit in the park for a change and for that added motivation get your family or friends involved. That way there is no way you will slack off. If you aren't sure what to do..book a session with one of us and you'll get your own circuit designed especially for you.
- **Kettle Bell** is another option if you are short of time but want to burn as many calories as possible and tone in a short space of time. Hitting every major muscle group, strengthening your core and lower back and burning 800 plus calories an hour it's a great way to improve your cardio vascular fitness, burn off that winter fat and shape up for summer.
- **Find your inner child.** If you don't already play a sport i.e Tennis, Basketball, Football now is a great time to take advantage of the warmer weather and play! It doesn't have to be competitive, and there are plenty of free resources i.e Basketball Courts, Tennis Courts etc. Think of all the countless hours you spent running around as a child and I'm sure you never spared a thought to how hard or how long you were exercising. Take yourself back to those times and simply play. We recently started cycling and I (Alison)still feel 14 every time I get on my bike and cycle round the park!
- **If you still need a little help getting motivated then try a motivation to exercise workshop or 1 to 1 session.** Diana Powley, leading NLP Hypnotherapist, is running Motivation to Exercise and Get Slim Stay Slim workshops locally and in Central London. Contact 0800 093 2024 if you are interested.

And...now for the **new part of our news letter**. We've found that there are lots of magazines with diets and tips in but most of them don't really go into the the more scientific side of how your body functions so we though we would create our own **Inner Geek** section specially for you! **This month our feature is losing body fat.....**

**So you want to lose fat but not sure where to start. Well, let s start with the basics. The secret to weight loss is really simple.....**

***You need to burn more calories than you consume.***

**The body is like any other machine you can think of and requires fuel to work efficiently. We fuel**

our bodies with food and drink in the form of protein, carbohydrates and fat. However, if you take in more fuel (food/calories) than you use the excess will be stored as fat. If you burn more than you consume you will lose weight.

Do not get too hung up on protein, carbs and fat. If you take in too many calories (in any form) you will put on weight.

A lot of diets require you to drastically reduce your carb intake. You will often lose a lot of weight quickly following this path. The reason for this is that a gram of protein or carbs generally holds approx 3-4 grams of water in the body. So the majority of the weight lost will be water and not fat. Carbs are a vital energy source and play an important role in the fat burning process. Fat burns in the flame of carbohydrates (cheesy I know)! Carbs contain approx 4 kcals per gram

Fats get a very bad press too, but are also very important nutritionally. For both men and women fat plays an important role in hormone support and vitamin and mineral absorption among other things. Fats contain approx 9 kcals per gram.

Protein(s) are the building blocks of the human body. Muscle, tendons, hair, etc are formed from proteins. As the body is constantly rebuilding and, especially after exercise, repairing itself it is vital you consume adequate supplies of protein. Proteins contain approx 4 kcals per gram.

The secret to successful weight loss is not to diet, but to make lifestyle changes. The average person uses 25 kcals per kg of body weight to function at rest. This is called the BMR (basal metabolic rate). Everyone is slightly different, but it's a good starting point.

If you weighed 70kg, your BMR would be  $70 \times 25 = 1750$  kcals.

Activity levels and other factors will affect these figures. For example, a person with more lean muscle will burn more calories at rest than someone with a higher body fat percentage.

- If you are fairly inactive add 20% to the above figure.
- If you are moderately active add 50% (exercise 3-4 times a week or cycle, run to and from work regularly, active occupation).
- If you are very active you could add 100%.

Using the above someone weighing 60kg with a fairly active lifestyle would need to consume  $1750 \times 50\% = 2625$  kcals per day.

As long as you are eating a balanced diet and exercising regularly this would be satisfactory daily calorie consumption. But if you wanted to lose weight you would need to create a calorie deficit by either:

- Decreasing your calorie intake or,
- Increase your activity level.

A good way to start is to continue eating the same meals but reduce your portion size. Have smaller portions of protein and carbs and bulk up your meals with salads and vegetables.

A pound of fat is said to be worth 3500kcal!!!! So to lose a pound of weight in a week you would need to create a deficit of around 500kcals a day. When you think 100g bar of chocolate or 100g of crisps could contain 400-500kcal, a can of fizzy drink approx 130kcal. A small amount of exercise can burn 200-500 kcals, so by combining the two you see what a difference small changes can make.

**Some basic guidelines for successful weight loss:**

- **Keep a food diary**
- **Eat regular meals and healthy snacks in between.**
- **Do not skip breakfast**
- **Try not to go hungry.**
- **Do not mistake dehydration for hunger. If you feel hungry have a glass of water first.**
- **Ensure you eat a balanced diet consisting of low fat protein sources, slow digesting carbs, fresh fruit and vegetables, nuts and seeds and healthy fats.**
- **Drink plenty of water.**
- **Have the occasional cheat meal or snack but avoid binging.**

**For more specific nutrition advice or for any other fitness, personal training queries, please contact us via the website [www.livewelbhappy.co.uk](http://www.livewelbhappy.co.uk)**

**Finally**, if any of you know anyone who needs to start exercising but aren't quite ready / able to do a full blown aerobics class...why not try Kellys **Chair Based Exercise Class**. Fantastic resistance work to help build bone density and strengthen core and tone your body. For more information call Kelly on 07752041503.

**Live Well B Happy....all!!!**

Alison & Sid