

NEWSLETTER

Holiday Issue

Eating and Exercising

"I work long hours and sometimes get so busy that I totally forget to eat lunch. I make it to the gym several times a week and really feel like I don't eat very much, so why am I having such a hard time achieving weight loss?"

Part of your problem may be your metabolism! Metabolism is the rate at which your body burns calories to sustain life. Your body needs energy all day whether you are sleeping, sitting or exercising. By skipping meals, your metabolic thermostat shuts down to conserve energy while waiting for appropriate fuel. This is why skipping meals can actually hurt your weight loss efforts rather than help.

I strongly advocate the idea of mini-meals especially when you are so busy at work that you can't take time to go to lunch. Bring healthy snacks to work—almonds, apples, string cheese, yogurt just to name a few! Mini-meals help you succeed on both mental and physical weight loss levels. Psychologically, mini-meals can help reduce cravings or poor food choices out of sheer hunger! Physically, eating small amounts every two to four hours helps to keep your blood sugar on an even keel and may even help your metabolism to keep burning at a higher rate.

You say you work out regularly but are you doing any strength training? Muscle is the other secret to keeping your metabolism revved! Muscle eats more calories at a resting heart rate than body fat so the more muscle on your body, the more calories you burn daily whether you workout or not. Starting at around the age of 35, women start to lose 1/2-1 pound of muscle a year unless you are actively doing something to keep it up.

How Can Plyometrics Be Integrated Safely?

Plyometrics is an integral part of our world and can play a key role in rehabilitation as well as performance enhancement training. The keys to proper integration of plyometric exercises are the same as they are with any training tool: proper pattern and technique execution; close monitoring of set and rep volume; proper dosage of plyometrics drills in relation to other training stimuli during the course of the training program; and sequential drill progressions in order to foster increased RFD without sacrificing ground contact time or technique.

Plyometrics can be a powerful aspect of training for a client with superior strength, cardiovascular conditioning, flexibility and general health and fitness. In terms of developing muscular power, this type of training can offer many benefits, especially as part of an integrated and safely designed program.



Party Tips

To help clients fit into their clothes after all the stuffing, buttery mashed potatoes and marshmallow-topped yams and endless desserts are said and done with takes a strategic battle plan.

Trainers can truly make a difference by helping their clients plan ahead. Here are some practical tips:

1. Work out before the big feast, family gathering or holiday party
2. clients should fill up on veggies before even thinking about looking at the dessert table
3. Eat a salad or some healthy food before going to a party or gathering and drink plenty of water ahead of time
4. When drinking alcohol, drink a glass of water after every alcoholic beverage
5. If you lose all self-control at the site of chocolate or other sweet favorites, eat a lighter meal to cut at least some calories before attacking the dessert table

The New Year

Finally, with many clients splurging in the next few weeks with the good intentions of making it their New Year's resolution to start eating and living healthier, a little early intervention is often warranted. Often clients get frustrated and say they will start exercising after the first of the year. That's too bad, because if they could just chip away between Thanksgiving and the New Year, they wouldn't have to fight so hard to lose the extra weight.

Set a Healthy Holiday Table

Studies show that when faced with more food, we eat more of it—up to 56 percent more. In fact, "54 percent of Americans say they clean their plates, no matter how much food they find there.