



## Stop and Go: Interval Training can Take Your Fat Burning to the Next Level

Interval training is a powerful tool to achieve optimal results in your fitness and weight loss efforts. It is simply alternating bursts of intense activity with intervals of lighter activity. The good news is that you do not need to be a world-class athlete to participate in this type of training; you just need to be able to change speeds while doing cardiovascular activity.

Take walking. If you are a walker, you can increase your walking pace for a burst then retreat back to your regular pace. Once you build up endurance and aerobic capacity, you can walk then add intervals of jogging. Joggers can add intervals of running, and runners can add intervals of sprinting. The duration of increased intensity and duration of rest pace can be adjusted and manipulated according to your fitness level. As you increase in cardiovascular shape, you will be able to endure longer intense intervals and shorter rest intervals.

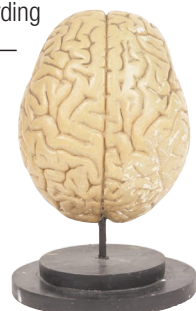
### The advantages of interval training

- **You Burn More.** It is believed by many in the fitness industry that this method of training is more effective at inducing fat loss than simply training at a moderate intensity level for the same duration. The more vigorous you exercise, the more calories you burn, even if you just increase intensity for short periods of time. According to Alwyn Cosgrove, author of "Afterburn: Extreme Fat Loss Training" (afterburntraining.com): "The recovery of the metabolic rate back to pre-exercise levels can require several minutes for light exercise (aerobic training), several hours for very heavy exercise (anaerobic cardio training) and even longer for prolonged exhaustive exercise (interval training). Therefore, interval training results in added caloric expenditure even after the workout due to elevation of metabolic rate"
- **You Improve Aerobic Capacity.** As your cardiovascular fitness increases, you'll be able to exercise longer or with more intensity. The body begins to build new capillaries, and is better able to take in and deliver oxygen to the working muscles. Muscles develop a higher tolerance to the build-up of lactate, and the heart muscle is strengthened. These changes result in improved performance particularly within the cardiovascular system.
- **You Add Variety to your Workout.** The 30-60 minutes of aerobic activity your body has adapted to is no longer going to cut it! Working out at the same intensity the entire time allows your body to adapt and not reach maximum results. Intervals come in all shapes and forms and can be applied to most forms of exercise. Special equipment is not needed, you can simply modify your current routine.
- **You Can Prevent Injuries.** Interval training also helps prevent the injuries often associated with repetitive endurance exercise, and they allow you to increase your training intensity without overtraining or burn-out.

## Exercise Strengthens Your Brain

Everybody wants to keep their mind in tip top shape. According to a study in the *American Journal of Geriatric Psychiatry* — which used brain scans to measure neurological activity of subjects — if you do these four things every day, you'll have a more efficient brain.

- Take walks.
- Eat five balanced meals.
- Reduce stress.
- Engage in brain stimulation exercises.



Of course, a great way to reduce stress is through the act of exercising, so hitting the gym for a daily workout effectively provides two of the four steps to a stronger brain.

## Make Your WORKOUT Better with MUSIC

Your iPod may help make you iFit! According to new research in the *International Journal of Sports Medicine*, athletes who listened to pop songs before exercising increased their anaerobic power. The researchers tested the athletes, all of them young volleyball players, and discovered that their heart rates and measures of peak performance were elevated after warming up to music. This study complements other research that indicates a link between grooving to the beat and enhanced aerobic performance. So jam to some good tunes, and see if you get a better workout!

# I Lost It at the Club!



Make the Commitment to Get Healthy! January 5 - March 2, 2009

## Exercise Helps Fight Colds this Winter!

What do you do to prevent colds? Take Vitamin C? Wash your hands often? All good. But don't forget to hop on the treadmill too.

Researchers at the Fred Hutchinson Cancer Research Center in Seattle found that women who did some sort of aerobic exercise for 30-45 minutes a day, five days a week, caught fewer than half the number of colds when compared to women who merely stretched. Over time, the immunity of the exercisers appeared to actually grow stronger. Also, the women lowered their total-body and intra-abdominal fat.



## The NEW Power Foods: The nutrients inside these common foods can help you reach your fitness goals. Here's how to make sure you get enough.



They may be in your salad or hiding in your soup. They're plentiful at your local supermarket and can even be found in generous quantities in a typical Las Vegas buffet. They're everyday foods that are chockfull of nutritional value — but you may be overlooking them as part of your daily diet. It's time to change that. Check out this list of common edibles that you can easily add to your meal or snack menu, and discover what each food can do for your weight-loss and health goals.

### BLUEBERRIES for brain boosting and antioxidants

Blueberries pack a mighty antioxidant wallop; research from Tufts University shows that the blueberry ranked the highest of the 60 fruits and vegetables analyzed in the ability to destroy free radicals. The reason blueberries are superior is because they have the highest anthocyanidin content of all fruits, giving blueberries their dark color. These powerful antioxidant phytochemicals not only zap free radicals but they also act like smart pills for your brain. Blueberries have been shown to enhance memory, help rejuvenate brain cells, and prevent dementia.

**Food serving:** A half cup of blueberries thrown into a protein shake adds over 70 mg of brain boosting anthocyanidins, only 40 calories and just 10 g of total carbs.

### CHERRIES to reduce inflammation

Cherries have been used to fight inflammatory conditions such as arthritis and gout for many years. The inflammation-fighting ingredients in cherries are antioxidant phytochemicals called anthocyanins. Inflammation can be a problem after workouts because it can actually work against the process of muscle recovery. A recent study found that cherry juice may dampen delayed-onset muscle soreness (DOMS) and expedite recovery following intense weight lifting. Use whole cherries or cherry juice to help reduce inflammation and promote muscle recovery following workouts.

**Food serving:** One to 2 cups of whole cherries are a good energy source before workouts and 2–3 oz of concentrated cherry juice is a good carb source after workouts.

### CHOCOLATE to boost blood flow and antioxidants

Chocolate offers numerous health benefits due to the fact that cocoa is rich in antioxidants and components that could benefit cardiovascular health. It can also help you if exercise regularly. New research reports that cocoa has a flavonol called epicatechin that helps enhance delivery of nutrients, hormones and oxygen to muscle fibers for promoting muscle performance, recovery and growth. This isn't an excuse to gobble down every chocolate you can find, but in the right form, it can deliver healthy benefits galore.

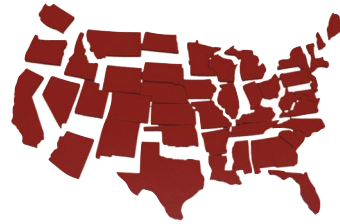
**Food serving:** Add about 400–500 mg cocoa extract, 1/4-cup cocoa powder or 1 packet of hot-cocoa mix (choose a sugar-free variety) to your pre-workout shake 30–45 minutes before your workouts.

I Lost It at the Club! is published by IHRSA and is a component of the 2009 I Lost It at the Club! campaign.

**BROUGHT TO YOU BY:**

## Thirty Seven

That's how many states in the U.S. reported increases in obesity of residents, according to the report, "F as in Fat: How Obesity Policies Are Failing in America, 2008," by the nonprofit Trust for America's Health and the Robert Wood Johnson Foundation. The South scored worse, with the five most overweight states being Mississippi, West Virginia, Alabama, Louisiana and South Carolina. The slimmest state is Colorado, followed by Hawaii, Connecticut, Massachusetts and Vermont, according to the report.



In total, approximately two-thirds of Americans are considered obese, according to their body-mass index, a measure of height and weight. According to the report, no state in the US reported a decrease in obesity, which means America has work to do to decrease the impact of obesity on society. For instance, one of the heftier states, Alabama, is imposing a "fat tax" of \$25 per month for state employees who are classified as obese to help pay for health insurance. Will other states follow their lead? Stay tuned...

## Question of the Day:

**How can I keep my workouts "fresh"? I tend to get stuck in a rut and then become unmotivated.**

- **Rely on your club!**
- **Utilize group exercise** and try a new class every week.
- **Hire a trainer.** Even if you only splurge once every few months, you'd be surprised the life infused into your workouts. If you can't budget it in, they'll usually share a couple of great exercises, on the house.
- **Create a circuit workout** and do it 2 times a week for a month. Take eight to 10 strength exercises and do them one after another in a row followed by a 10-minute cardio burst. Repeat one or two more times.
- **Create some goals.** Use body composition, flexibility, speed, strength or a sports event, i.e., road race, to motivate you. Remember the acronym SMART when setting goals: Specific, Measurable, Achievable, Realistic and Time Framed.

### QUICK TIP:

Take a multi-dimensional approach to reach your peak fitness. Layer your week with dance class, yoga, resistance training, and dedicated cardio to address strength, flexibility, heart health and fun. Find your blend!

## Migraines?

A large new study suggests that acupuncture may help relieve the migrainous pain of people with chronic headaches. In the study of 15,000 headache sufferers, subjects were divided into two groups: those receiving their usual treatments, and those receiving their usual treatments plus acupuncture. The acupuncture patients were treated for up to 15 sessions over three months, while the rest received their normal course of care. After six months, the ones receiving acupuncture had reduced their headache days from 8.4 to 4.7. The research was performed in Germany and published in the journal *Cephalalgia*.



## How to Calculate Your Body Mass Index

Body mass index (BMI) is a calculation that evaluates the ratio of your weight to height to determine if you are at a healthy body weight. BMI is often used to predict a person's risk of diseases associated with obesity, including diabetes, high blood pressure, heart disease and other conditions. For the most accurate results, ask a club employee to measure your BMI. If you prefer to calculate it yourself, here is the formula, courtesy of the Centers for Disease Control and Prevention. If your BMI is not normal, consult your physician for a healthy action plan!

**Calculate BMI by dividing weight in pounds by height in inches squared and multiplying by a conversion factor of 703.**

Example:

Weight = 150 lbs, Height = 5'5" (65")

Calculation:  $[150 \div (65)^2] \times 703 = 24.96$

### Interpreting Your Results

BMI Weight Status

<18.5 Underweight

18.5 – 24.9 Normal

25.0 – 29.9 Overweight

30.0+ Obese

## The NEW Power Foods continued from front

### AVOCADO to boost thyroid hormone

Avocados not only provide healthy monounsaturated fats, but they have multiple benefits for fat loss. Avocados have the ability to enhance the production of thyroid hormones. This helps you to maintain your metabolic rate, which can be critical when you're trying to drop calories. The avocado fruit also contains a sugar called mannoheptulose, which has been shown to inhibit insulin secretion — helping to prevent fat storage.

**Food serving:** Shoot for 1/2 to 1 full avocado per day for a healthy food choice that will help you drop body fat. (Don't forget to cut calories from simple and starchy carbs to stay in a calorie deficit.)

### COFFEE to promote health and burn body fat

Coffee contains the central nervous stimulant, caffeine, which is the primary reason most people drink it. But coffee also offers numerous health benefits. Recent research shows that moderate coffee drinking (about 3 cups a day) may decrease the risk of diabetes, liver disease, and even gallstones. The caffeine in coffee can also help you use more fat for energy when you exercise and research shows that it helps to blunt muscle pain during exercise, allowing you to train harder for longer. One study even found that caffeine helped lifters bench press a certain weight for more reps.

**Food serving:** A regular (8 oz.) cup of brewed coffee has about 100-200 mg of caffeine, so drink about 2 cups shortly before working out.

### GRAPEFRUIT for fat loss

A recent study reported that when just 1/2 a grapefruit or an 8 oz glass of grapefruit juice was consumed three times a day for 12 weeks, but no other dietary changes were made, subjects lost an average of 4 pounds, with many losing greater than 10 pounds. The researchers suggest that the reason has to do with the blood glucose and insulin lowering effect of grapefruit. This is believed to be due to the soluble fiber pectin found in grapefruit. Pectin helps to slow the rate that carbs (glucose) enter the blood stream, and therefore helps keep insulin levels down.

**Food serving:** Try 1 grapefruit 2 or 3 times a day to deliver about 130 mg naringenin, only 90 calories, over 2 g of fiber, 20 g of carbs, 2 g of protein, and 90 mg of vitamin C. If you are taking prescription medications such as antihistamines, anti-anxiety drugs, calcium channel blockers, cholesterol-lowering drugs, or immunosuppressants, do not eat grapefruit.

### GREEN TEA to promote fat loss and numerous health benefits

Green tea provides a laundry list of benefits that include fat loss, joint recovery, liver health, as well as the prevention of cancer, cardiovascular disease, and even HIV infection. The active ingredient responsible for most of green tea's benefits is a flavonoid called epigallocatechin gallate (EGCG). EGCG is an antioxidant that boosts metabolic rate and interferes with fat digestion. In the joints, EGCG appears to inhibit the enzyme that breaks down cartilage.

**Food serving:** Drink 2-3 cups per day. Supplement alternative: take 250-500 mg of green tea extract standardized for EGCG.

### SPINACH — for muscle building and other health benefits

Popeye was on to something. Besides its antioxidant phytochemicals, such as the carotenoids lutein and zeaxanthin, spinach is a good source of many nutrients that are important for muscle building and strength. Spinach is rich in glutamine, the amino acid that is highly important for muscle growth, immune function and gastrointestinal health. Spinach also contains octacosanol, a compound that has the ability to increase muscle strength.

**Food serving:** Use a full 10-ounce bag of spinach leaves to make a salad (eating it raw is best to preserve the nutrients) that will provide close to 1 g of glutamine, only about 65 calories, 8 g of protein, 6 g of fiber, almost 300 mg of calcium, 8 mg of iron, 80 mg of vitamin C, 16 mg of beta-carotene and 35 mg of lutein and zeaxanthin.

### SUNFLOWER SEEDS for joint and liver health

This seed is a good source of arginine and glutamine and even betaine. Betaine is a methyl donor, which the body uses for rebuilding the joints and protecting the liver from a variety of chemicals. Betaine is also good if you supplement with the creatine precursor, glycocyamine, as it helps to convert it to creatine. Sunflower seeds also are a good source of healthy fats and vitamin E.

**Food serving:** Eat a half cup shelled seeds to supply 12 g of protein, 15 g of carbs, over 7 g of fiber, close to 3 g of glutamine, and 1.5 g of arginine.

### TOMATO for health and fighting disease

Tomatoes — and especially tomato products such as tomato sauce, tomato soup, salsa, ketchup and tomato juice — are rich in the carotenoid lycopene and the flavonoid quercetin. The antioxidant lycopene fights heart disease and cancer, especially of the prostate. Lycopene is especially good for those trying to add muscle mass, as it boosts levels of insulin-like growth factor-I (IGF-I), the anabolic factor that is critical for muscle growth. Yet, IGF-I also promotes the growth of certain types of cancer cells. Lycopene prevents IGF-I-stimulated tumor growth.

**Food serving:** Try to get at least one source of tomato products daily.

### YOGURT for improved digestion and protein absorption

Yogurt is made by the addition of bacteria, such as *Lactobacillus bulgaricus* and *Streptococcus thermophilus*, to milk. This transforms the milk sugar (lactose) into lactic acid, giving yogurt its tart flavor and thick texture. The live bacterial cultures added to yogurt maintain your gastrointestinal health through re-establishing gut microflora, which are compromised by intense training. The microflora help you with better absorption of nutrients for maintenance of immune function. Yogurt also is a rich source of calcium, which aids fat loss.

**Food serving:** Shoot for 8 oz of plain low-fat yogurt per day.