

Nutrafit 2007 Plans

Nutrafit has some big plans for 2007. Take a look at some of the plans below:

January / February

Over the next few weeks you will all be getting a progress review, if you have not already had one.

During this session, you will be asked to amend your lifestyle questionnaire if any lifestyle changes have been made. It will also give you a chance to set new targets, review old. Weight Management Course - Towards the end of February, Nutrafit will be running a weight management course, suitable for anyone wanting to lose weight, gain weight or just eat a healthy balanced diet. The course will run for 6 weeks and is open to Nutrafit clients, Greens members and friends and family from outside. Nutrafit clients will get a special discounted rate for the course, An email will come out soon with more details. to register interest.

March

You will be given your own individual lifestyle report, commenting on your lifestyle and habits and making recommendations for improvements. These reports can then aid progress meetings if required.

April / May / June / July

In the 2nd quarter you will start to see big changes on the website www.nutrafit.co.uk. Week by week the site will be developed with new health and fitness products, articles and offers

August / September / October

Fingers crossed, the latter months should bear news on the opening of a Nutrafit Wellness Clinic. Depending on finding the right premises and location, Nutrafit hopes to open an exclusive personal training gym. This is currently in the planning and financial stages. The Wellness clinic will provide exclusive, private training, using the latest and alternative equipment for its clients. Over the next few months, Nutrafit will be sending out a questionnaire to all its clients asking about ideal locations, as I want to be able to take all my loyal clients with me, and offer the new exclusive

New Year, New You!

The festive season is well and truly over, and many of you have set your new year resolutions which are more often than not, health and fitness related. The New year, New you edition is packed with more health and fitness tips and advice, to help you achieve those resolutions.

INTRODUCTION

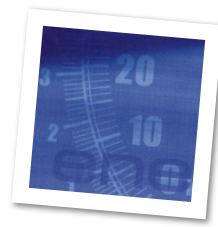
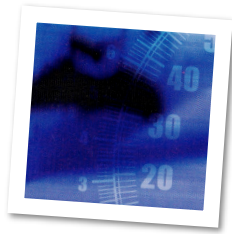


Words from Dan Senior. - Nutrafit.

Before we discuss those new year plans, I have an apology to make to you all. You will have noticed that it has been a couple of months since your last newsletter.. My sincere apologies, I have had difficulties with office refurbishment, technical problems and to be honest I have been extremely busy and a little bit lazy. Also in the last issue I promised a lifestyle special edition. This will be coming in a couple of months along with individual lifestyle reports.

Enough of the apologies, 2007 is here. It is usually now, a couple of weeks in when we all begin to struggle with those new year resolutions we have set. The aim of this issue is to get you all back on target, with great nutrition, exercise and motivational advice and tips. For any of you that are really struggling, book in for a review session, where we can take new stats and set new goals to work to. A new exercise program may help too. Don't put it off and lose motivation, talk to me and we can get you back on track.

Also in this month's edition, is Nutrafit's 2007 plans, monthly tips and offers.



Training & Exercise

Back To Basics

With 3 out of 4 women shunning exercise, and two thirds of men, it is no wonder that we are fast approaching one of the most obese country's on the planet.

With this in mind, at the start of a new year, it is a good idea to go back to basics with exercise advice.

The Department of Health recommends adults should exercise at a moderate intensity for a minimum of 30 minutes (an hour for children) on most days of the week (being at least 4 times). Moderate intensity is a level that gets you hot and sweaty but does not stop you engaging in a 3 sentences conversation.

What is best for me?

A little of everything would be the best answer for that question. As a rule of thumb aerobic exercise that will use large muscle groups, i.e swimming, cycling, are excellent for general health. Where jogging or weight bearing exercises are good for your bones.

However advice must be taken before starting a exercise plan, as certain exercises are not advisable for injuries, illnesses and other conditions (i.e. obesity).

It is also a good idea to build up exercise, too much too soon can cause harm. Try and stick with Department of health recommendations above.

Walking?

Walking is better than sitting on the sofa but needs to be brisk and for at least an hour. A gentle stroll has little positive effect on cholesterol levels or normalizing blood pressure.

Benefits!

Those adhering to the recommended guidelines benefit from a wide range of health positives. These include protection against heart disease, strokes, diabetes and osteoporosis. There is also growing evidence to suggest that moderate exercise helps to protect intellectual function as we age.

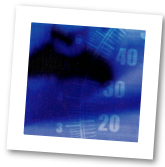
Variety is the key to any long term exercise plan. Choose exercises that fit your lifestyle. Try cycling to work where possible, take the stairs rather than the lift.

Be Patient for results - they will come eventually.

Those of you that have training with Nutrafit should be on the right exercise path, but if you have friends or family that would like to try Personal Training, remember they do not have to be a member of Greens, Nutrafit is able to sign them in.

MONTHLY PROMOTION

HELP FRIENDS A FAMILY ACHIEVE RESULTS. RECOMMEND A FRIEND TO NUTRAFIT PERSONAL TRAINING IN JANUARY AND FEBRUARY 2007 AND GET A £15.00 VOUCHER FOR USE ON ANY OF NUTRAFIT HEALTH AND FITNESS PRODUCTS AND SERVICES.



Stretching and Flexibility

A few tips on Stretching techniques:-

Stretching improves your body's reaction to eccentric exercise (the kind that makes you ache). Flexibility is the ability to move a joint through its range of motion. This is an extremely important component of your fitness, health and your performance. Stretching should never be overlooked and never missed out in a training session.

What's my flexibility goal? - Your goal is to achieve normal flexibility in major joints. Extreme flexibility causes joint instability and can lead to back, hip, shoulder and knee pain. Balanced flexibility provides joint stability and enables your joints to perform smoothly through exercise.

Balanced flexibility is achieved by combining static flexibility(i.e), active flexibility(i.e) and PNA stretching(i.e). If in doubt ask.

Research from Johnson State college in Vermont found that stretching does positively help individuals with the stress of eccentric exercise, so keep stretching, and if you do not stretch - **START TODAY** (it could also help prevent injury).

Summer Six Pack

It may sound too early, but it will take at least six months of hard work to get one. So for those of you who long to parade the beach with your defined abs, Read on.

The difficulty in getting a flat stomach or six pack is that we store fat on the waist line. Women have a greater amount of essential fat so it is harder for women to achieve the same effect. Anyone with a flat



stomach or six pack as one thing in common, Low body fat. You can train your abdominals for ever, but if you don't get rid of body fat, you will never achieve a flat stomach / six pack. Essentially there is two parts to achieving a flat stomach, strength training for your torso but more importantly fat burning.

The abdominal Region

This consists of 4 muscles;

- Rectus Abdominies
- Internal Obliques
- External Obliques
- Transversus Abdominals

However your six pack is not separate muscles, it is one sheet of muscles that work together. Muscles cannot contract with only part of their strength. It is therefore impossible to train lower and upper abdominals in separate exercises.

Abdominal Machines

Manufacturers have done everything to attract you into buying their machines that promise the ultimate six pack. Remember before you buy one of these machines, you can train your abdominal muscles forever but if you do not remove the fat covering them, you will never see them.

Research suggests that the old fashioned crunch is more effective than any machine out there.

TIP; Burn body fat by doing 3-5 40 minute high intensity c.v session a week, and use high intensity weight training 2-3 times weekly and you will start seeing results. Also to condition abdominals try crunches on an unstable surface like a swiss ball.



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Nutrition

Post Christmas Menu - 'Pick me ups'

Start Right

A 50 g serving of natural muesli with 120ml (average serving) of skimmed milk ; 219 calories, 4 g fat. As opposed to a healthy looking granola based cereal, of the same amount ; 261 calories, 6.7g fat

Multigrain toast (2 slices) with peanut butter; 300 calories, 6,7g fat (mostly good fat)
Instead of Toast and marmalade which is higher G I rating which means you will feel hungry very quickly 371 calories, 18g fat

Healthy Snack

A fruit scone ; 151 calories, 4 g fat
Instead of what many people feel is a healthier snack, flapjacks ; 700 calories, 38g fat

Buy big bags of mixed nuts, dried fruit and seeds, and divide into small packets to be eaten each day. Giving you a healthy energizing snack to nibble on instead of that chocolate from the vending machine. you will find you have more energy throughout the day.

Take 3 pieces of your favourite fruit to work and try and eat them by the end of the day. You will feel better for it.

Lunch Tips

Make your own sandwiches, you will be shocked at how unhealthy and high in calories, fat and salt some of the even healthier looking sandwiches in shops are. Choose multi grain breads, wraps and whole-meal pittas. Fill with lean protein such as tuna, turkey, chicken and add salad. Be creative - you might even enjoy it.

Examples:

Watercress, apple and parma pittas

Mix a handful of watercress, 2 tablespoons of drained tinned chick peas, half an apple, in greek yoghurt. Fill Pitta with mix and layer in parma ham. Approx. 395 calories, 8.8g fats (1.8g saturated), 62.5g carbs, 20.4g protein, no added sugar, 7.2g fibre. 2.2g salt.

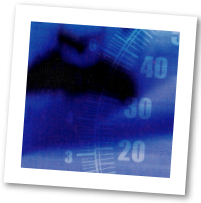
Chicken Salad for two

Sliced Beetroot, 1 tablespoon of walnut pieces, 1 sliced carrot, handful of sliced red cabbage, 4-5 cherry tomatoes, handful of green salad, 2 skinless chicken breasts, and 2 tablespoons of sunflower seeds. Approx. per serving - 163 calories, 7.4g fat (0.8g saturated), 10.2g carbs, 14.4g protein, 0.4g added sugar, 3.6g fibre, 0.3g salt

Top Tip

Ready Meals - For those of you that insist that you really have not got the time to prepare fresh foods. If you insist on ready meals, Try Sainsburys Super Naturals range - a healthy balanced option. Options

include, Beef with blueberries and lentils, Chilli and ginger salmon, Mediterranean pork with butter-bean and red pepper sauce.



Diet and Exercise Myths

Myth - You need to cut out all sugar to be healthy? Sugar is “empty” calories and provides no nutrients, but by sometimes adding a little brown sugar or apples to porridge it can make healthy snacks a little more tempting, while overall not doing any damage to your new eating lifestyle

Myth - Eating late at night makes me Fat? There is no evidence to show that there is a difference in how many calories are stored, when you eat at 10pm or 6 pm. It is the total number of calories over a period of time that will determine your weight and fat %, not when you eat.

Myth - You can take weight off in certain areas by doing exercises for that area? This is called spot reducing, and does not ultimately burn fat. It is possible to strengthen and tone different muscle groups, changing body shape, and give the illusion of weight loss. For example, doing sit ups will not take fat from your stomach but it will strengthen and tone. Whereas running will burn fat from your entire body, not just your legs.

You burn more fat if you exercise for longer at a lower intensity? It is all about TOTAL number of calories burned per session not percentage of fat calories burned per session. The faster you swim, bike, run, walk, the more total calories burned. Although you will be burning fewer ‘fat’ calories, you will burn more calories in total and will lose more weight. (as long as your calorie intake is not higher than your calorie burning)

Will I bulk up lifting weight, being a woman? The hormone testosterone is responsible for bulking of the muscles. As women’s testosterone levels are very low, 99% of cases it is not possible to build large muscles. Muscles take up less space than fat so by using weights women will lose inches. It also increases the rate of calories you burn at rest, and lowers your risk of osteoporosis.

Doing Abdominal muscle exercises will give me a flat stomach? The only way you are going to get a flat stomach is to strip away the layer of fat over your abdominal muscles. To do this you have to do Cardiovascular work to burn calories and strength / weights work to increase your metabolic rate, and follow a healthy balanced diet. See this month’s article of Summer Six Pack.

FEBRUARY EDITION

Health Special - Improving
Health through diet and
exercise

Client Body Fat Competition

Weight Management Course

Monthly promotion/ tips and
Advice