



Custom fit of Brevard personal training services

Melissa Vandett
B.S. Nutritional

Yoga
at Choe's Martial Arts Studio
In Eau Gallie

Get your day and your weekend off to the right start. Yes it's early, but you know that you'll feel great when you are done. Yoga is a great way to build strength and flexibility in the most functional way possible. It's a peaceful practice to get you back in touch with your body. Invaluable for getting blood and oxygen into all the parts of your body that need it most. Come enhance your commitment to lifestyle change. ☺ Located on W. Eau Gallie Blvd - next to Sorenson moving. Call for directions.

Circuit Training Group

Our meeting time has changed. We are meeting at **8:45am at Gleason Park** for circuit training (see article pg 3). A fun hour and a great way to get in shape.

Hill Work at
Eau Gallie Causeway
6:30pm @ boat launch
Open to all ability levels

Custom Fit News

April 2008

Why Isn't This Working???

So you've been at this for a while and now you are wondering; Why isn't this working?? Why am I not seeing the results I have been striving for?? For many of you, this information is just review – but it's a good reminder that going back to basics is all you need to be healthier, fitter, and leaner.

You aren't diligent about tracking your intake. This includes weighing and measuring your food (not guessing) & writing down what you are eating and drinking throughout the day. Awareness & accountability are the most powerful tools you have to be successful in anything. This is true whether your goal is weight gain, weight loss, lowering your blood pressure and cholesterol, or building muscle. No matter how good you think you are, it is doubtful that you are "guessing" your portion sizes correctly. Studies show that the average person underestimates their daily caloric intake by at least 300-400 calories. There are several reasons for this. The first is that we think we know what an appropriate portion size is because we "used to weigh and measure our food". Check yourself again. Miscalculating an ounce here and there throughout the day can make a big difference in your total daily intake. Second, we just don't realize how quickly calories add up. By writing them down, you can find those places in your diet that you are getting more than you bargained for. If you are eating out, you need to account for the hidden calories (an egg white omelet prepared on a griddle greased in butter, for example). And remember, even healthy foods have unhealthy portion sizes! Be sure to account for what you are drinking too!

- ***So you say; "I just don't have time"***: Sure you do. You just don't want to bother. Seriously, how much extra time do you think it would take to weigh and measure your food and write it down? This is a good indication of where your commitment to change is. A little pre-planning can turn everything around. Usually a few days of honest and diligent food journaling will show you why you are not seeing results and give you places to make productive change.

You aren't using your metabolism to your advantage. It is important to eat every 2-3 hours and spread your calories out evenly throughout the day. A steady stream of calories encourages your body to burn calories not hold onto them. Be a calorie burning machine! For those of you building muscle, a constant intake of energy (calories) enhances your workouts and your ability to put in the work necessary to build.

- Cut your day into thirds and eating the same number of calories in each third. You should plan on eating twice in each third allowing you to eat every 2-3 hours. When you break it down, breakfast and dinner should be roughly the same number of calories!
- This plan has you eating 5-6 smaller meals during the day. This will keep you from getting over-hungry. When you are over hungry you are more likely to overeat or make poor choices. When meal planning – refer back to #1 to be sure that 5-6 small meals doesn't exceed your appropriate caloric intake.
- ***So you say; "I am really good during the day and I just fall apart in the evening"*** - Here's why... Usually "being good" means over restricting calories during the day. This just sets up a "binge" at night. Our bodies require a certain amount of nutrition and calories to keep it going. If we do not provide it with what it needs throughout the day, it stands to reason that we will be very hungry and less able to restrict our intake at night. We rationalize the calories from our overindulgence as substitutes for the calories we didn't consume at whatever meal(s) we skipped. In reality, if you learn to eat appropriately throughout the day, you will consume fewer calories overall. Additionally, the earlier in the day you consume the majority of your calories, the more time & energy you will have to burn them off. If gaining weight is (con't pg 3)

Realize deeply that the present moment is all you ever have ~ Eckhart Tolle

Quick Facts on: **Antioxidants**

In order to understand how important antioxidants are to our health, we must first understand what a free radical it is and how the two are linked. Stay with me for a moment here....

The human body is composed of many different types of cells. Cells are composed of many different molecules, which are composed of 1 or more types of atoms that are joined together by chemical bonds. Atoms (like the rest of us) strive to be "stable". An atom is stable when it has the appropriate amount of electrons circling its core. When a chemical bond is broken it usually happens in a way that keeps the atom stable. Occasionally, an atom may be left with an odd or unpaired number of electrons in its core. This atom is now called a free radical and free radicals are very unstable. In an attempt to regain stability a free radical will "attack" the nearest stable atom and steal an electron. Although this process makes the free radical stable, it creates a new free radical that attacks another atom thus setting off a chain reaction. The final result is the disruption of a living cell. It is especially destructive when the damage occurs in the more important parts of the cell like its DNA or cell membrane. Free radicals are a normal phenomenon and the most basic functions can create them. They are a regular product of our metabolism. In fact, our immune system will intentionally create them to neutralize viruses and bacteria. Exercise and too much sunlight can create free radicals. Environmental factors such as radiation, cigarette smoke, herbicides, and pollutants are also a potential source of free radical formation.

Here is where antioxidants come into play. Antioxidants safely interact with free radicals by donating an electron to re-stabilize the free radical. The antioxidant doesn't become a free radical because antioxidants are stable with or without the electron they have donated. Problems with our health and wellness arise when free radical production is excessive and there aren't enough antioxidants present to neutralize them.

The most significant antioxidants are vitamin E, vitamin C and Beta-carotene (a pre-cursor to vitamin A). We will focus on these three for this article. There are other antioxidants to speak of including the mineral selenium and a strong bunch of compounds known as phytochemicals (examples of which are the carotenoids and flavonoids). These have strong antioxidant qualities, but we'll save that discussion for our next issue.

Finding Those Key Antioxidants

Beta Carotene is one of 50 *carotenoids* in foods that convert vitamin A in the body. It is usually found in red and orange fruits and veggies, although it can be found in some leafy green vegetables as well.

- Carrots, sweet potatoes, broccoli, apricots, cantaloupe, mangos, and red & yellow peppers are excellent sources
- *Lycopene* is another important carotenoid that can be found in tomatoes. It is one of the most powerful antioxidants and seems to protect against many diseases and cancers.

Vitamin E is a fat soluble vitamin that exists in eight different forms. Each form has its own biological activity which is the measure of its functional use in the body. Alpha-tocopherol is the name of the most active form of vitamin E in humans.

- Wheat germ, almonds, sunflower seeds, vegetable oils like sunflower and safflower oil, dry roasted peanuts and wheat germ oil are excellent sources of vitamin E. It can be found in smaller amounts in avacados, sweet potatoes, and mangos.
- When considering supplementation – natural vitamin E is best. Although it is more expensive than synthetic vitamin E, it is also more active. Your body will absorb it better and it will stay in your system longer. Keep in mind that vitamin E is a fat soluble vitamin and that your body will actually store it. This means that there is the risk of toxicity if you over supplement. Moderation in all things!

Vitamin C is a powerful vitamin and there is not much that it doesn't do for you. Staying strictly with its properties as an antioxidant, not only is it nature's most powerful antioxidant, it also helps other antioxidants work better.

- Tropical fruits like mangos, guava, and papaya are all high in C
- Dark green leafy veggies like spinach and kale are rich sources.
- Broccoli, Brussels sprouts, potatoes, and tomatoes along with citrus fruits and their juices
- Peppers, especially yellow peppers, are potent sources

Kudos & Congratulations to everyone who participated in the **Turtle Krawl 5k** on March 29th, in Melbourne Beach!

Donna McWilliams

Donna Soyk

Laura Pitten

Joni Hambel

Laura Riojas

Inga Young

Crystal McMurray

Charlotte Wienckoski

Renee Jiannine

Gabrielle Wienckoski ☺

Amanda Beach ☺

For some it was their first 5K! We Hope to see all of you at the Melbourne Art Fest 5k on April 26th



your goal, spreading your calories out will make getting all the extra calories that you need much more comfortable.

- **So you say;** “I’m just not hungry in the morning” – This is where eating twice comes in handy. You can eat light just after you wake up and eat a larger snack a little later in the morning. Usually the inability to tolerate food in the morning is a result of years of NOT eating in the morning.
- **So you say;** “I’m too busy during the day” – Plan ahead and bring food, nutrition bars or liquid nutrition to get your calories in. Eat something! There are others who have found a way. You can too! Don’t defeat yourself before you even get started!

Lack of Consistency – Are you “really good” most of the week and then eating and drinking your way through the weekend?? To shift the scale one pound, it takes a caloric deficit of 3500 calories.

If your nutrition and exercise plan is designed to create a total daily deficit of 500 calories (through diet modification and exercise), then you would have to be diligent all 7 days to lose one pound. I believe in taking a “day off” each week from following a specific nutrition plan ~*Obsession with your plan is as detrimental to your health as not following one at all*~ However, going overboard 1 or more days per week may considerably delay your progress. This is especially true if you aren’t as aware and accountable the rest of the week (refer back to #1). Whether you are trying to build muscle or lose weight, a well fed and well hydrated body will responds best to your efforts.

- **So you say** – “I need a glass of wine to relax” or “I want to go out with my friends and be social”. Having one or even two extra glasses of wine won’t make or break your success – it’s the excess. Also, examine how often you are “being social”. Part of a lifestyle change might mean learning to be social without the extra calories. (over→)

Honorable mentions:

- **Over-restricting your calories** – Your body needs a certain amount of calories to keep you alive. That includes organ function, activity, and keeping lean tissue (muscle) alive. If you are not taking in enough calories, your body will be more likely to hold onto the calories that you do consume (rather than burn them) and spare the body fat trying to lose.
- **Not exercising hard enough** – We tend to think we burn more calories than we actually do. Using a heart rate monitor is a great way to ensure you are working hard enough to get the most benefit from your activity, but not over-training (which can also prevent you from losing weight).
- **Not working out often enough** – 4-6 days of quality exercise is recommended to reap the benefits of exercise.

It is important to keep all of this in perspective. The goal of a good fitness plan shouldn't focus on the scale. Any constructive changes you make regarding nutrition and exercise will positively impact your health –and that, along with improving the quality of your life, is the greatest goal of all. When we focus first on feeling better and being healthier, it is amazing how our other goals fall into place with less effort!

Why Circuit Training?

Circuit training refers to a style of fitness conditioning in which strength exercises are alternated with activities that require more stamina and endurance, combining the benefits of both in one workout. Generally you, the exerciser, moves from one exercise to another with little rest in between each – ultimately getting more done in less time. By moving quickly from one exercise to the next you will keep your heart rate up and increase the intensity of your workout. The constant change between exercises can help to break up the monotony of your workout and make things a little more fun and interesting.

Depending on your goals, you can tailor your circuit to meet your needs. For instance, if you are looking to do a full body workout, moving quickly from one body part to the next will increase the efficiency of your workout by eliminating the need for rest and recovery in between sets. If improving stamina and endurance is your goal, you can alternate a strength exercise to activities ranging from jumping rope, to jumping jacks, to a 2-3 minute jog between sets. If finding a new way to stay fit or get in shape is your objective there is no better way than to keep your body in constant motion during your workout.

Circuit training is not a replacement for good old fashioned cardiovascular exercise in which we use our largest muscles (i.e. the legs) in a rhythmic fashion (i.e. biking, running, walking, spinning) for a constant period of time (20-60 minutes). For the benefit of your overall health and endurance level, it is important to continue to include that in your weekly exercise regimen.

By including a day or 2 of circuit training into your routine, you may find that your endurance and stamina improve quickly. Because circuit training moves from one exercise to the next at timed intervals, it allows even a novice exerciser to work at a higher intensity (and heart rate) level. We get stronger & fitter by (safely) pushing ourselves past our comfort level. This higher intensity level increases your metabolic burn not only during the workout, but can potentially increase it higher for hours after completion. Our muscles, like our minds, can become bored and less responsive to the same stimulus over and over again. The constant change and movement between exercises, especially if we change the routine even slightly each workout, keeps our muscles surprised which can increase the overall effectiveness of our workout.

If you decide to design your own circuit workout there are a few things to keep in mind. It is important to alternate body parts when moving from exercise to exercise. Using the same body part two exercises in a row is called a “super-set” and that is a different discussion for a different issue. Be sure to move quickly from one exercise to the next. Don’t waste time in between exercises, keep that heart rate and your intensity level up. If possible include both strength training and cardiovascular exercises (jump rope, jumping jacks, marching/jogging in place). Mix it up and have more fun!



**Look for exciting new things
from
Custom Fit of Brevard
to come this Summer!
Yoga, circuit training, group
exercise, weight loss group &
running camp!!**

**Thanks for making
Custom Fit of Brevard
Great!!!!**

