

## NEWSLETTER - JANUARY 2009.

### HAPPY FIT HEALTHY 2009

from your friendly

### REVIVE FITNESS TEAM



Each & every one of us looks forward to the start of a New Year with a **Revived** attitude - invariably setting ourselves goals & those good old New Year's Resolutions. "At the end of the day (year?!)" however, we can only strive to be the best we can be & do the best we can with what we have. Each & every one of you reading this newsletter should be very proud of the commitment you have made to looking after yourself by working out at **Revive Fitness**.

### COMMON EXERCISE MISTAKES & HOW TO AVOID THEM

There are some common mistakes people make during exercise at the gym and simple ways to avoid them. According to a survey conducted by ACE (the American Council on Exercise), these are some of the most common exercise mistakes and tips for avoiding them.

1. **The All-or-nothing Approach.** Even if you have limited time for working out, research shows that just 10 minutes of exercise can provide important health benefits. A little can add up over time, so just do what you can when you can.
2. **Unbalanced Strength Training Programs.** Most people focus only on certain muscles (like the abdominals or biceps), when it is important to work the whole body & core to achieve balance and health.
3. **Poor Technique or Form.** Using incorrect form can lead to injury. Bad examples include: extending the knees forward beyond the toes during lunges or squats; using momentum to lift heavy weights; not exercising through a full range of motion, all of these will produce less-than-optimal results.
4. **Inconsistent Progression.** Exercising too hard too often or increasing intensity too quickly is a common mistake. Consistency & gradual progression are important for avoiding injury as well as for making improvements.
5. **Lack of Cross-training.** Many people stick with the same routine with minimal changes. The same workout week after week will lose its effectiveness & may lead to boredom, injury or burnout.
6. **Incorrect Machine Set-up.** Most exercise equipment is adjustable so you can set it up correctly to fit yourself, before use - if unsure how, ask the staff. Using poorly adjusted equipment is a set-up for injury.
7. **Skipping the Warm Up or Cool Down.** Taking about 5-10 minutes to gradually increase your body temperature & heart rate to start with, as well as decreasing it & stretching out at the end, has been shown to decrease your risk of injury.
8. **Poor gym etiquette.** This can range from simple rudeness (lingering on machines) to extreme poor taste (bad body odour or not wiping your sweat from machines). Always be considerate of other exercisers.
9. **Poor Goal Setting.** Unrealistic or vague goals can contribute to exercise dropout. The key is to establish a training goal specific & appropriate for your fitness & skill levels. Try to define challenging but not impossible goals.

## CALORIC EXPENDITURE DURING GROUP FITNESS CLASSES

A frequently asked question at **Revive Fitness** is "How many calories am I burning in my Group Fitness Class?" The following table displays average caloric expenditure for both female & male participants during our Les Mills programs BodyAttack / RPM / BodyStep / BodyCombat & BodyPump.

LES MILLS PROGRAM	Weight (kg)	Class Duration (Minutes)	Total Calories	Average Cal. per Minute	Total Cal. per 75kg	% of Calories from Fat	% of Calories from Carb.
BodyAttack	67.6	57	631	11.1	700	26.1	73.9
RPM	68.4	45.3	582.1	12.8	636.6	18.2	81.8
BodyStep	74.1	54.5	555.6	10.2	575.6	28.8	71.2
BodyCombat	68	44.7	462.8	10.4	509.8	32.8	67.2
BodyPump	71.1		411	7.2	435.7	16.7	83.3

For the 'Low Impact Fat Burner' class on Sundays at 9.30am & the 'Freestyle Step' class on Tuesdays at 7pm, you would expect a comparative result to BodyCombat on the table above.

### HOW MANY CALORIES CAN WE EXPECT TO BURN FOR ACTIVITIES OUTSIDE REVIVE FITNESS?

Moderate hiking for 30 mins	163	Moderate walking for 30 mins	135
Moderate cycling for 30 mins	195	Moderate swimming for 30 mins	180

## AT LAST THE KEY TO ETERNAL YOUTH - GO TO THE GYM!

\*According to scientists the secret of eternal youth is not to be found in a bottle of pills or some kind of potion but as simple as working out at the gym on a regular basis. Canadian researchers say they have found that seniors who regularly use weights have almost as much energy as people less than half their age.

\*Apparently as little as six months of gentle weight training will turn back one of the body's molecular clocks and rejuvenate ageing muscles to the extent that they are almost as powerful as those found in someone much younger.



Training was on standard gym equipment in twice-weekly, 1 hour sessions, involving exercises commonly offered in training sessions at most fitness centres. The strength test was based on knee flexion.

\*The study involved 25 healthy older men & women, all over 65, who were recruited at

McMaster University & were matched with a younger group, with an average age of 26, in terms of diet and exercise. None of the participants were on any medication or had diseases that can alter mitochondrial function. The researchers took tissue samples from their thigh muscles and found that after six months, the older group were much stronger than before & of even more interest was that the natural process of muscle aging seemed to have been reversed.

\*As a rule the mitochondria - tiny powerhouses generating energy within cells - become less active as a person ages. However the research found exercising reinvigorated the muscle mitochondria in the men & women studied to such an extent that by the end of the study the tiny structures were almost as powerful as those found in people aged just 20 or 30.

\*The researchers say it is never too late to start exercising & they now intend to look at whether more aerobic forms of exercise, that build stamina rather than strength, could have a similar effect.