



NEWSLETTER - MAY 2009.

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MAY IS FOR MOTIVATION

To make any kind of improvement - whether it's to shed some of those excess kilos or to be able to run longer distances, you have to continually push yourself one step further. One thing's certain about any self-improvement program - it will eventually reach a point where it stalls!

This can happen in winter when the days get shorter & mornings just seem too dark & cold to get out of bed or when you reach a major milestone in your program & you start feeling like you need a break. That's when you have to remind yourself that, unless you keep pushing yourself a step further than where you are now, you won't make any more progress.

It takes a strong mind to work hard enough to reach worthwhile goals because the mind usually fails long before the body does. Sadly, we can mentally talk ourselves out of success. You need to believe that even when you think you can't lift a weight 1 more time or do 1 more push up, you actually can do it if you push yourself! Only by doing this will you see continual progress & avoid stalling. Just think about how good you'll feel when you've made enough extra effort to achieve something that you originally thought you couldn't do!

There's a lot of truth in the saying: "A winner never quits & a quitter never wins." Be determined to be a winner; nobody wants to be on the losing side. When you feel the urge to quit, fight it! Keep your **motivation** in front of you at all times. Hold that image of a fitter you in your mind. You're pursuing an ideal & you need a clear vision of what you're aiming for.

Don't complain about being hungry or having a few aching muscles. Enjoy the sensations your body gives you that prove you have taken that extra step. You're entitled to feel proud when you've pushed yourself & won!

The really good thing is, once you've done something, your confidence increases because you know you can do it again & again. When you go beyond your preconceived limitations & achieve success a few times you begin to realise that you can overcome any self-imposed restrictions in every part of your life! Don't forget to reward yourself for your efforts - choose something special & celebrate your ability to push yourself further than you've ever gone before.

www.thebiggestloser.com.au

MAY IS FOR METABOLISM

The word **metabolism** is derived from Greek, simply meaning 'change' or 'transformation'. Human metabolism represents the total of all physical & chemical changes that take place within the body; transformation of food into energy, formation of new compounds such as hormones, growth of bone & muscle tissue, destruction of body tissues & a host of other processes.

Metabolism aids digestive function as well as absorption of nutrients & is most affected by nutrition, hydration & physical activity. Each of these factors is an imperative contributor to optimum metabolic health. When any one of them is deficient, the metabolic rate decreases. Consequently, weight loss & weight maintenance are directly related to healthy metabolism.

While lowering your calorie & fat intakes may be important components of weight loss, both decrease your metabolism, making it essential to stimulate metabolic rate through other means such as routine physical activity. It is not a good idea to skip meals or to reduce calories by a large amount, since decreased metabolism causes the body to burn fewer calories & less fat. It may also cause your body to store excess fat in reserve, defeating the object of lower calorie intake. Human metabolic rate reflects how rapidly the body is using its energy stores & this rate can vary depending on a number of factors, the most influential being exercise.

It's one of nature's cruellest jokes: some of us can eat anything & not gain any weight, while the rest of us only have to look at a cheeseburger to feel our jeans tighten! You can change this, as more & more research is showing. Though you won't go from someone with a slow-as-slow metabolism to being an instant calorie incinerator, there are ways you can optimise the metabolism you have. With little tricks that help your body burn calories faster while you're at a play & at rest, explains Madelyn H. Fernstrom, PhD, Professor & Director of the University of Pittsburgh Medical Centre Weight Management Centre, none of them involve weird diets, insane workouts, bizarre supplements, or going hungry.

Simple ideas to increase your metabolism

1. **Always eat breakfast** in the morning - a great way to 'break the fast'. Whilst research has shown that breakfast causes only a slight increase in metabolic rate (mainly due to the energy cost of digesting & absorbing food), it does in fact help boost your energy levels & improve concentration.

2. Increase the amount of everyday activity: as a person becomes fitter & gains muscle mass, they increase the amount of calories burnt at rest, plus they are more likely to use fat as a fuel source. However, energy intake needs to be sufficient to meet the demands of your exercise program. The imbalance of too little energy intake may eventually reduce resting metabolic rate.

3. Start doing some resistance training which will help to increase your muscle mass. The more muscle you have, the more calories you burn regardless of how active you are or how old you are. As we age our muscle mass decreases; adding resistance training to your workouts will help to maintain muscle mass.

4. Dine exotically - Chili pepper & mustard seed, spices often found in Thai, Mexican, Chinese & Indian cuisines, contain capsaicin. These types of food may elevate metabolism slightly & research has shown that eating them actually suppresses appetite, therefore reducing food intake.

5. Keep the fluids up - hydration levels are extremely important in the role of metabolism as over 70% of bodily functions take place in water so insufficient water causes all of your systems to slow down. Aim to drink at least 2 litres per day, increase this amount if you are exercising,

6. Subject yourself to different climatic conditions, which can make a difference to your resting metabolic rate (RMR). Exposure to the cold may stimulate shivering & therefore raise your metabolic rate by up to 50 per cent - those nude skiers may not be so mad after all!

7. Have the occasional cup of coffee - caffeine is a stimulant & may elicit a significant rise in RMR.

8. Make sure you are getting enough sleep - regular sleep patterns maintain optimal metabolic function.

9. Switch up your cardio: Interval training - alternating bursts of high-intensity activity, such as jumping jacks, with lower-intensity cardio, like jogging - revs your metabolism even more than cardio alone does. How to do: Push yourself as hard as you can for 3 minutes then slow to a more comfortable pace for 3 minutes. [LES MILLS GROUP FITNESS CLASSES](#) such as [BODY ATTACK](#), [BODY COMBAT](#), [BODY STEP](#) & [RPM](#) - all right here at [Revive Fitness](#) - are excellent interval training classes.

The most important factor that can increase the metabolic rate in general is exercise. Any physical activity will raise the metabolic rate, and will keep it slightly elevated post exercise.

WOMEN	MEN
1,200 to 1,600 calories	1,400 to 2,400 calories
Minimum number of calories needed daily - RMR resting metabolic rate	

The typical woman's RMR ranges from 1,200 to 1,600 calories. The average guy's is 1,400 to 2,400 calories.

Women have only two-thirds the muscle mass men have & the more muscle you have, the faster your metabolism is.

Where do the calories go? Between 60 & 70% of the calories needed for your RMR go toward sustaining your heartbeat, breathing & major organs like the brain & kidneys. The other 30 to 40% assist in maintaining body tissues & muscle mass, as follows:

- 19% Brain
- 7% Heart
- 27% Liver
- 10% Kidneys
- 18% Muscle
- 19% Other organs

MAY IS FOR MOTHER'S DAY

"When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself & once for her child."

Sophia Loren.



REVIVE STAFF RAMBLINGS

If you're wondering where young pocket rocket **Jeanette** is at the moment, she is away overseas - soon to return! We will also be missing the lovely **Fiona** from reception for a while as she is off to America at the end of May. Lucky for us she will also be returning to Revive Fitness.

MAY MOTHER'S DAY MUFFINS

Low Fat Ingredients

- 220g (1 $\frac{3}{4}$ cups) plain flour
- 1 $\frac{1}{4}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon bicarbonate of soda
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1/8 teaspoon salt
- 2 egg whites
- 250g (approx 3 small) mashed bananas
- 155g (2/3rds cup) caster sugar
- 3 tablespoons apple sauce
- 90g chocolate chips

Preparation method

1. Preheat oven to 200C. Grease a 12 cup muffin pan or line each with paper muffin cups.
2. Mix flour, baking powder, soda, cinnamon, salt & sugar together in a bowl. Mix in egg whites, apple sauce & banana until just moistened. Stir in chocolate bits, spoon mixture evenly into muffin pans.
3. Bake in preheated oven for 15 to 20 minutes or until a wooden skewer inserted in the centre comes out clean.