



10 tips on how to reach and maintain your perfect body shape, fitness and energy levels.

The key to maintaining healthy weight, body shape and energy levels comes down to 4 basic principles.

- **Wholesome healthy cuisine**
- **Superhydration**
- **High Intensity Strength Training (the most beneficial form of exercise)**
- **Rest**

These ten tips should help you make the right decisions regarding the above mentioned 4 important factors.

1. For health and good energy meals should be regular (every 3-4 hours or your body will conserve energy and limit fat loss) it is often those that only eat 1-2 meals a day that really struggle with weight management (a sure way to slow down a healthy metabolism is to starve it, the result, fat gain instead of fat loss). Regular meal options should also be low on the glycemic index and contain **whole foods**. Vitamins and minerals are best absorbed in a **wholefood** form from fruit and vegetables and wholegrains that are unprocessed.
2. For **women** wanting to reduce body fat it is important to note that reduction in calorie ingestion must be gradually introduced over a period of weeks. Research states that women should not sustain a caloric intake less than 1000 calories for more than 2 weeks (note sudden calorie changes can promote fat gain not fat loss if the change is too extreme), it is wiser to start at no less than 1400 calories and slowly decrease to 1200 or 1100 (this change should be limited to a matter of weeks and then be reassessed), it is difficult to prescribe the same solution for everyone therefore advice from a nutritionist should be sought especially if there are health conditions that need to be addressed (breast feeding, diabetes, thyroid issues etc). For **men**,

wanting to reduce body fat), it is wiser to start at no less than 1700 calories. For more information on safe and effective fat loss please email and ask about BodyTech's 6 week Fat2Muscle fat loss programme (email at bottom of tips section).

3. Superhydration (drinking 2.5+ litres of water per day) improves liver function; this in turn facilitates the fat loss process, increasing energy expenditure, appetite control and urine production. Good hydration also tends to make people more regular and consistent with their bowel movements, which is helpful for overall fat loss as well as preventing cancer (research indicates slow food transit times increase the risk of colon cancer, incredibly a study revealed a 56% increase in gastrointestinal transit after only 3 months of strength training so this along with good hydration is definitely something we should consider when addressing future lifestyle decisions, especially if we want to be the perfect 10 where health is concerned).
4. Can you drink too much water? For fat loss, drinking 3-4 litres of water per day for most people is a safe practise. Unlike endurance athletes most people (exercising or not) have no trouble urinating frequently, therefore fluid mineral balance is usually not compromised. It is important to remember the body is composed of 65-85% water, it has been designed to hold a lot of water. It is also important to note people with kidney disorders and people who take diuretic medication must consult with a physician before embarking on increased water consumption. Other added benefits achieved through superhydration- flawless skin, bright healthy eyes, a generous increase in energy. **Sadly most of us are dehydrated, over time we develop dehydration habits and no longer feel thirsty; this can lead to fatigue, joint pain, headaches, and raging appetites. Start making drinking water a habit today!**
5. Most people grossly over estimate the number of calories expended as a result of cardiovascular exercise. When you consider 0.45 kg's of fat (3500 calories) can take 6-10 hours of continuous activity to burn, you have to question the efficiency of running to lose fat (especially when it takes an average runner 56-72 kms to expend enough calories to burn 0.5 kg of fat). If you have a lot of time perhaps it's possible, but what about the injuries that might come alongside the fat loss? This type of ongoing impact exercise over stresses joints, bones, muscle tissue, tendons and ligaments.

6. Sadly even today the old adage and completely untrue myth that strength training bulks up women still dominates, you have to ask why professional trainers still prescribe cardio over strength training for fat loss given the facts: unless you strength train on a regular basis you can lose approx. 2.3 kg of muscle every 10 years and gain approx. 6.8 kg of fat (why: due to muscle loss your metabolism can decrease 5% every decade, and when you lose this muscle, the calories that were previously used to maintain active tissue now goes into fat storage. **A fact that might encourage you to strength train: If 1-3kgs of muscle are added to the body, the metabolic rate will increase by 250 to 500 calories per day, regardless of activity level (imagine losing fat while you sleep, you can do this when you strength train!).**
7. Both methods of exercise (cardio and strength training) will burn fat, however. The efficiency of each differs vastly. High Intensity Strength Training requires 20-30 minutes 3 times per week for optimum fat loss results, whereas a cardiovascular programme often requires about 45 minutes, up to 5 times per week. You can combine the 2 and reap the benefits of both forms of exercise.
8. Rest is so important when trying to achieve the perfect 10 in health, fitness, total wellness. Recovery ability involves certain chemical reactions at a cellular level, these reactions are necessary for your body to over compensate and become stronger and leaner. After a good strength training session your muscles actually become weaker. During the recovery period, they gradually gain strength and become slightly stronger than before. For a good exercise session to produce desired results, it must be followed by a non training period that permits the muscles to fully recover and reach higher strength levels. BodyTech prescribes a rest day between strength training days for maximum results.
9. There is a limit to the chemical changes your recovery ability can make within a given amount of time. It is important for you to understand that your recovery ability does not increase in proportion to your ability to get stronger. What this means is 'eventually', as you get stronger, you must do less overall exercise because of the greater demands you are able to make on your recovery ability. This applies to running, strength training, in fact any exercise discipline. Your new strength allows you to work out at higher intensities, as a result you must reduce the number of workouts per week, or reduce the amount of exercise per session (in this case one should not feel guilty about having time off to rest, the benefits are greater if you take the time, you

will achieve your results faster and will less likely suffer from injury, a symptom usually associated with over training).

10. Age, studies have proven aging does not reduce your ability to gain strength and build muscle (you are never too old to start a safe exercise programme!), however it does make your body more susceptible to exercise related injuries therefore the exercise programme practised must be designed to suit the individual. Be mindful of your starting fitness level and increase intensity as your fitness improves, for a person new to exercise it is best to seek professional advice from an exercise prescription expert (BodyTech trainers have excellent training and will happily assist you in this area).

If you have any questions pertaining to health, fitness, BodyTech membership, please do not hesitate in contacting me at BodyTech. Please phone and ask for Julie 623 3383, or email Julie@bodytech.co.nz

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