

## In this issue:

-Eating around your workout.

- Meal of the month.

-Group Fitness Launched.

-2 Key elements to your workout.

## Eating Around Your Workout

“How eating around your workout can effect your results in a major way”

To help ensure that your workout is the most effective it can be for your body, having a good idea of what is proper to eat before and after a workout is consequential. While some people stubbornly refuse to eat before their workouts as they mistakenly view eating before a workout to be counterproductive, eating first may actually spur your body into burning more fat while exercising, and not the other way around. In order to endure a high level muscle building, fat burning workout, your body needs many nutrients to fuel it.



While you do not want to workout on a full stomach, you do want your body to have the necessary fuel it needs to not only make it through the first couple of reps, but the last few reps as well.

If you still cannot grasp this idea, try working out on an empty stomach one day, and then on an adequately

full stomach the next. When your body has more energy it will be able to work harder for you. This does not mean eating a buffet dinner before the lunch, but rather a light lunch or breakfast an hour before heading to the gym. When planning your pre-workout meal focuses on simple carbs such as fruits and vegetables and proteins that are oatmeal or a yogurt cup. You will notice the difference as your body has the energy not only to complete your normal routine, but rather, have extra energy to spare, which is how you should feel after a workout, without feeling the need to indulge in a huge meal.

What you eat after you finish working out is equally important. Once again carbs and proteins come into play as you want to eat foods that will be absorbed directly into your digestive bloodstream and replenish your body's nutrients without adding fat to the body. Eating within 30 minutes of your workout is the best way to consume the nutrients needed as your metabolism is still high and you will burn off the fat and calories from what you eat. A whey protein shake is an excellent source of nutrients that will help maintain muscles you just helped build during your workout and prevent losing some of the muscle mass in between your recent workout and the next



one.

Carbohydrates are also important because you need to maintain your muscle tissue. If your muscle tissue starts to breakdown you will be no farther ahead than when you started. Carbs that contain high fiber content such as oatmeal, whole wheat bread, or fiber cereals are great to this end. If this principle sounds familiar to you; that is because it is similar to how conditioning athletes carbo-load before a serious event. In your case however, you are not building mass, just simply protecting your muscle tissue so a small serving will be sufficient.

For your workout to be most effective, it is important that you take into consideration what you eat both before and after it.

## Meal of the Month

### Crisp-skinned Salmon with mustard spring greens With Lemon Mayonnase Dressing

Incorporate more fish and green vegetables into your diet with tasty recipes like this one.

#### Ingredients (serves 6)

- 6 x 180g salmon fillets with skin
- 2 tbs olive oil
- 2 bunches thin asparagus spears, woody ends trimmed
- 250g mixed sugar snap peas, snow peas and baby green beans
- 80g unsalted butter
- 1 tbs wholegrain mustard
- 1/2 cup mint leaves
- 2 tbs finely chopped chives
- Lemon mayonnase dressing
- 1/2 cup (150g) whole-egg mayonnaise
- Juice of 1 small lemon
- 2 tbs creme fraiche or sour cream

#### Method

Preheat the oven to 180°C.

For the dressing, place mayonnaise, lemon juice and creme fraiche or sour cream in a bowl and mix until you have a loose dressing. Season with sea salt, then set aside.

Rub the salmon fillets with the olive oil and season with salt and pepper. Heat a large ovenproof frypan over medium-high heat. When the pan is hot, add the salmon skin-side down and cook for 1 minute until it starts to crisp. Turn and cook for a further 30 seconds, then transfer the pan to the oven and bake for a further 5 minutes or until cooked but still a little rare in the centre.



Meanwhile, blanch all the vegetables in a pan of boiling salted water for 1 minute until bright green. Drain, refresh in cold water, then drain again. Melt the butter in the same pan over medium heat, then stir in the mustard. Add the blanched vegetables and mint, toss for 1 minute, then stir in chives and season with sea salt and freshly ground black pepper.

#### Serve

400-500 calories per serve

*“Not getting the results you want but your workouts and nutrition are right? Consider your warm up and cool down, and make sure they’re spot on too”*



# Group Fitness

## LTYB Launches group fitness classes.

Listen to Your Body has specialized in personal training for the last 10 years; we have seen thousands of clients and have had over 100,000 sessions. Our personal training service has been industry leading for many years now and we are pleased to announce we will be launching a new type of session to offer to everyone.

LTYB has launched “LTYB Group Fitness” we have been trailing our group fitness classes for the last year in 6 week bursts to gauge the response and popularity from our clients. The response was amazing. Because of that LTYB has decided to launch Group Fitness as a part of our regular training option.

Unlike our Personal Training sessions, group fitness classes will be focused on specific types of training. Our first batch of group fitness classes will be Boxing, Core Fit, Outdoor and Teen Fitness. Over time LTYB will be introducing new types of Group Fitness sessions.

Team LTYB have been working hard programming all of our sessions so everyone who attends gets the most out of their workout. Each class will be unique, non contact and for all fitness levels.

Contact team LTYB for further information on classes.



### Classes start from February 6th

- Mon:** 6:00pm Outdoor  
7:30pm Core Fit
- Tues:** 5:00pm Teen Fitness\*  
5:45pm Boxing  
6:45pm Boxing
- Wed:** 6:00am Outdoor
- Thurs:** 5:00pm Teen Fitness\*  
5:45pm Boxing  
6:45pm Core Fit
- Fri:** 6:00am Outdoor

Teen Fitness is for ages 12-16yrs\*

# 2 Key Elements to your workout

## Warm up and your Cool down

While they are too often overlooked, two very critical segments of your exercise routine are the warm up and cool down. Too often people jump into their weight training without a proper warm up and walk away with no attention to stretching or a cool down period. When not addressed you are putting yourself at a much higher risk for many physical problems including the potential for severe injury.

1. Let us first discuss an effective warm up. The purpose is to increase the body temperature, flexibility and prepare your muscles and joints for some strenuous activity. By using movements that involve your major muscle groups, perhaps specifically targeting the area you are training you will be properly preparing yourself for a workout. Many who use resistance training with weights or machines will start their program



with a set of exercises using much lighter weight to ready their bodies then move into using more weight after they have completed the warm up set. In other words you are running your muscles through a light drill using the muscles and the movement they will be performing when using the heavier weights that will tax

them. This warm up serves a physical need but it can also work to mentally prepare you for an activity, or to gain some focus to undergo a sport or intense workout routine.

2. The cool down is ignored even more than the warm up.



When in a hurry you complete your set, clean and bolt out of the gym onto something else. Bad move however! Without properly stretching and slowing the heart down you are leaving yourself open to dizziness, fainting, blood pooling, cramps and muscle soreness. Proper stretching after your workout is very important. These are stretches that target the muscles you just put to the test. These stretches should last approximately 30-60 seconds and you do not bounce. This stretching process will also give you a chance to have your heart rate come back down to a resting rate gradually. Slow deep breaths in through your nose and out through your mouth will aid in this cooling down process. After an intense cardiovascular workout you need to slow down and cool down with a light walk as well. Reduce your pace gradually and bring your heart rate down over time, not just hopping off the treadmill after a 30

minute run. You need to keep moving but slowly to reduce the likelihood of blood pooling in this instance

Your warm up should last approximately 5 minutes, however in cooler temperatures or if you are tired it may take slightly more time before you feel 'prepared'. You need to listen to your body and feel comfortable with what you are undertaking. The cool down again means slowing yourself down to the level where you are relaxed and you have given the muscles you have used that nice, long, however gentle stretch so you can reduce muscle soreness and cramping. There is no such thing as a cool down that takes too long, this is a relaxing time and you can't put a timer on the need to relax.



These are two areas you need to learn about prior to taking on a resistance training program. The warm up will ready your body to lift weights or use your own weight for resistance. The cool down will slow the pace down after the workout and assist in stretching out the muscles to prevent severe stiffness and soreness. These components of your program are easily overlooked especially when you rush through a workout but they will be critical to your success.

