

LTYB

Listen To Your Body  
results focused personal training

# Newsletter

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“Did you know that the human body consists of around 75-100 trillion cells depending on the person's size? Around 86 billion of those cells need to be replaced everyday, so do your bit to help them!”

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## How Does Dehydration Affect Ageing?

With the human body made up of 70% water, does how much we drink affect how young or old we look?

The human body is around 70% water, and every physiological process in the body requires water from sleeping, to exercise and even sitting in our chair while we work. Water is the most popular drink in the world today, because the human body can only last 2-3 days without it. However this does not stop the fact that over half of the Western population are chronically dehydrated for most of their lives.



What we have to understand is that every organ in the body requires water to function. Considering our skin is the largest organ in the body, being hydrated will prevent the visible signs of ageing almost straight away, as the cells repair faster and continue to give us our youthful glow. A good way of testing your hydration is the skin pinch test. Pinch the skin on the back of your hand and if it snaps back to normal straight away then you are well hydrated, however if it leaves a bump and returns to normal slowly then you are considered dehydrated.

Another factor as we age that we must all be aware of is the decline of the thirst mechanism in the brain. I'm sure we can all relate to the days

in which there is so much going on that we find ourselves not eating or drinking for hours on end. As a result this signal declines over time because we ignore it in our fast paced day to day lives. Along with flooding our bodies with dehydrating drinks such as coffee and alcohol, this mechanism diminishes and we can go hours without a single glass of water and not even realise! There are hundreds of “hydrating” skin creams for the outside, and I believe that they can have good effects, but all hydration should come from the inside first.

Being hydrated also helps to preserve muscle. When you become dehydrated, the body releases the stress hormone called Cortisol which is a recognized as the hormone that basically turns muscle into energy. On average, we lose around half a kilo of muscle every year after the age of 34 if we are under-active. If this is the case, imagine what excess Cortisol is doing to accelerate this process!

Hydration helps to detoxify the body. As you may already know, toxins flood the body as a result of things such as alcohol, bad foods, cigarettes, and even exercise in the form of lactic acid build up. Water is responsible for getting rid of all of these toxins, and allowing vital organs such as the liver to continue breaking down these toxins to prevent chronic disease. Without water there is simply no way for these toxins to leave your body, so don't risk it!

In relation to nutrition, being hydrated helps the body to digest food. Have you ever felt as if the

foods you eat just aren't processing properly? Well the first thing you should look at is how much water you drink! When the body does not have enough water, it goes into shock mode and the system begins slowly shutting down. This stops the function of the digestive system and can leave you constipated and putting on more weight. Put simply, without enough water, your body can very quickly begin to experience its own form of drought, leaving many areas of your body dry in order to transport the available fluids to the vital organs. Picture your muscles as a sponge, having plenty of water. As dehydration occurs, these “sponges” will begin to lose their fluid and be left dry and withered, leaving them vulnerable to injury.



Everyone should consume at least 2 litres of water per day, and this is without even exercising! Once you have exercised, every kilogram you lose during exercise should be replaced with 1.5 litres of water. So make sure you always have a water bottle with you! Finally, try your best not to scull a bottle here or there, but continue to sip throughout the day to get optimal function out of your body and help slow the ageing process continually.

Team LTYB.





Cris Abate in the photo above. This is what happens when you are a Bombers fan and make a bet with Ben Fletcher!

"To fight the midnight munchies, have supper around 2 hours after dinner to ensure your not going to the fridge in the middle of the night"



# Meal of the Month

**Healthy eating tip:**  
**Breakfast really is the most important meal of the day!**

Even though I've sometimes had to skip it, I always feel more energetic and alert when I have it. My best mornings start with a tall, nonfat latte that I drink in a café after my workout. Back home, I eat either oatmeal (sometimes topped with fresh fruit), whole wheat bread with cheese or with peanut butter, or cottage cheese with fresh fruit. These are healthy choices, and the protein fills me enough to keep me going all morning.

**Andrew Selvaggi**

## Healthy Osso Bucco:

### Ingredients (serves 4)

- 1 tablespoon olive oil
- 4 (650g) beef or veal shanks (osso bucco)
- 2 large carrots, peeled, roughly chopped
- 410g can chopped tomatoes with roasted capsicum
- 2 tablespoons fresh thyme leaves
- 400g can cannellini beans, drained, rinsed

**400-500 calories per serving.**



### **Method**

1. Heat oil in a large saucepan over medium-high heat. Add shanks. Cook for 1 to 2 minutes each side or until browned. Add carrot, tomato and 1/2 cup cold water. Cover. Bring to the boil. Reduce heat to low. Simmer for 1 hour or until meat is tender.
2. Add thyme and beans. Season with salt and pepper. Cook for 3 to 5 minutes or until heated through. Serve.

# Cortisol and Obesity

"Can Stress affect your weight?"

Have you ever been highly stressed and all of a sudden felt as if you could eat an entire tub of ice cream? It could be due to that word that keeps on coming up; Cortisol.

Whenever your body is put under any form of stress, whether it be external to the body or internal, Cortisol is released. However although Cortisol is often regarded as a negative stress hormone, it is actually totally natural and has certain beneficial effects on the body. The problems arise when excess Cortisol is released due to constant high levels of stress in our everyday lives.

Science has shown that stress increases carbohydrate cravings due to the neurotransmitters serotonin and NPY



In addition to increasing food intake, NPY also increases the proportion of energy stored as fat and can block non-recipient signals to the brain. In simple

terms, lowering your stress will effectively lower the body's cravings for those bad foods that we think make us feel better.

When talking about fat loss, decreasing excess Cortisol levels is extremely important as the hormone targets the increase of fat storages specifically to the abdominal area. For someone who is relatively lean but cannot seem to get rid of that "ring" around the lower stomach line, then it is most likely related to excess Cortisol flooding the body. Some things that may help are learning some meditation or breathing techniques, as well as doing your best to control your feelings during those stressful times.

# Quick Facts

### **Exercise Boosts Brain Power**

"Not only does exercise improve your body, it helps your mental function", says certified trainer David Atkinson.

Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity,

All that makes for a more productive day. It is clear that those who are active and who exercise are much more productive at work,

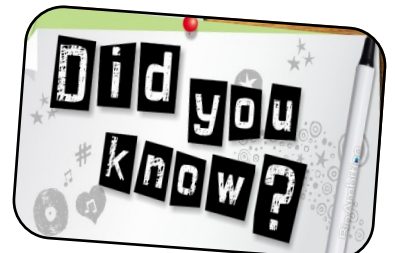
### **Movement Melts Away Stress**

As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life.

Exercise produces a relaxation response that serves as a positive distraction. It also helps elevate your mood and keep depression at bay.

You're not the only person who

will benefit from more happiness and less stress in your life. When you're less stressed, you're less irritable. It could improve relationships with your partner, kids, and co-workers.





“Ensure that you eat within 2 hours of your last training session to ensure that your hard work doesn't go to waste”

“Most people believe that you have to eat less to loose weight - in most cases it's because people aren't eating enough”



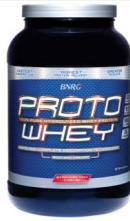
## Product Of The Month Footy Tipping Update

### Proto Whey - the Original and Still the Only 100% Pure High-DH Hydrolyzed Whey Protein

Proto Whey utilizes Micro Peptide technology to deliver protein primarily as di and tripeptides, optimizing delivery to your bloodstream, which means more pure protein to build muscle faster, train harder, work out longer and recover more quickly.

Proto Whey is naturally low in carbohydrates, fat and total calories.

LTYB Now Stocking



After 19 rounds of the Premiership season here are the current standings:

|                 |        |
|-----------------|--------|
| 1st greggodsell | 113pts |
| 2nd afletcher   | 111pts |
| 2nd BradJ1984   | 111pts |
| 2nd henryguldon | 111pts |
| 5th duckman22   | 110pts |
| 5th jdoolan     | 110pts |
| 7th bellpost    | 108pts |



## Sleep Deprivation Can Hinder Training Performance!

“How much you sleep can affect how much you lift!”

Most athletes would agree that getting enough sleep is important for optimal sports performance, but until recently this was just a theory without much evidence to back it up. But now researchers are discovering just how much sleep deprivation can impact athletic performance. Sleep reserachers are discovering that sleep deprivation can have a big impact on our basic metabolism and not getting enough sleep slows glucose metabolism by as much as 30 to 40 percent.

Eve Van Cauter, Ph.D., from the University of Chicago Medical School, studied the effects of three different durations of sleep in eleven men aged 18 to 27. For the first three nights of the study, the men slept eight hours per night; for the next six nights, they slept four hours per night; for the last seven nights, they slept 12 hours per night.



Results showed that after four hours of sleep per night (the sleep deprivation period), they metabolized glucose least efficiently. Levels of cortisol (a stress hormone) were also higher during sleep deprivation periods, which has been linked to memory impairment, age-related insulin resistance, and impaired recovery in athletes.

Van Cauter said that after only one week of sleep restriction, young, healthy males had glucose levels that were no longer normal and showed a rapid deterioration of the body's functions. This reduced ability of the body to manage glucose is similar to thstfound in the elderly.



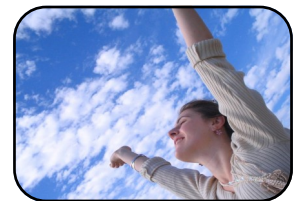
Most of what we know about sleep deprivation has to do with immune function and brain function. This study is interesting because it shows that sleep deprivation can negatively impact physiology that is critical for athletic performance -- glucose metabolism and cortisol status. While no one completely understands the complexities of sleep, this (and other research) indicates that sleep deprivation can lead to increased levels of cortisol (a stress hormone), decreased activity of human growth hormone (which is active during tissue repair), and decreased glycogen synthesis.

Other studies link sleep deprivation with decreased aerobic endurance and increased ratings of perceived exertion.

**What does this all mean?** Glucose and glycogen (stored glucose) are the main sources of energy for athletes. Being able to

store glucose in muscle and the liver is particularly important for endurance athletes. Those who are sleep deprived may experience slower storage of glycogen, which prevents storage of the fuel an athlete needs for endurance events beyond 90 minutes. Elevated levels of cortisol may interfere with tissue repair and growth. Over time, this could prevent an athlete from responding to heavy training and lead to over-training and injury.

Obviously, more research is necessary. But this study indicates that a chronic lack of sleep may affect metabolic function. For the endurance athlete, proper sleep during heavy training and before competitions certainly may help and is unlikely to cause harm.



### Why we Need Rest and Recovery

It is the alternation of adaptation and recovery that takes the athlete to a higher level of fitness. High-level athletes need to realize that the greater the training intensity and effort, the greater the need for planned recovery. Monitoring your workouts with a training log, and paying attention to how your body feels and how motivated you are is extremely helpful in determining your recovery needs and modifying your training program accordingly.

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