

LTYB

Listen To Your Body
results focused personal training

Newsletter

In this issue:

- Are You Exercising
Enough To Reach Your
Goals?

- Healthy Eating Tip.

- Meal Of The Month.

- How Much Coffee Do
Your Do?

- Quick Facts

- Product Of The Month.

- LTYB Footy Tipping.

- Website Launched!

- LTYB Fitness Days

Review.

“To increase
cardio fitness it’s
advised to work
out 3-5 times per
week”

Page 1

Are You Exercising Enough To Reach Your Goals?

First, it is vital to establish your goals according to what you want to want achieve from exercising. Is it to increase your overall health and reduce risk of illness, lose weight, increase cardio respiratory fitness, increase strength, or all of the above? To achieve your health related goals, it is important to consider how frequent you're training, the amount of time you train for and the intensity of your training. Frequency can be measured by the amount of days you train per week, time can be calculated by minutes and intensity can be quantified by using the percentage of your maximum heart rate that you are working at or you're 'Perceived Rate of Exertion' (RPE).



A calculation of $220 - \text{AGE}$ is used to work out your predicted max heart rate. For example if you are 48 years of age your predicted max heart rate would be $220 - 48 = 172$. A scale (called the 'BORG' scale) of 6-20 is used you established your perceived rate of exertion. For example if you were on the bike and you felt like you were exercis-

ing at a rate of 15, this would be considered that you were working at a "hard" intensity.

The following recommendations are based on research published by the 'American College of Sports Medicine (2010).'



If your goals are focused on achieving **health benefits** then it is recommended that you undertake physical activity 5-7 days per week for at least 30mins at a moderate intensity of 55-70% of max heart rate OR 12-13 RPE. The same principles of frequency and intensity apply if you are after **weight loss**; however duration of exercise should last 30-45mins. Duration can be accumulated throughout the day in multiple bouts of >10min per session.

If your goals are directed towards improving your **aerobic fitness** then it is recommended that you are physically active 3-5 days per week for 20-60mins at a moderate to hard intensity of 55-90% of max heart rate OR 12-16 RPE. It is further recommended that there be no more than 2 days between workouts. For **muscular strength** gains, weight train-

ing should be executed 2-3 days on non-consecutive days.

Or if you aspire to improve your **performance** in a specific sport or activity then it is recommended that you train around 7 times per week which may include multiple sessions per day reaching a very hard to maximal intensity greater than 90% of max heart rate OR 17-20 RPE.

Physical activity can be undertaken in the gym, going for a walk or run, gardening, playing with kids or pets, and playing sport. Other ways to increase physical activity include walking or cycling to work, uni or the shops, taking the stairs instead of the lift, walking the dog, make fitness dates instead of lunch/dinner dates with friends or go for a walk after dinner instead of watching TV. A variety in training also prevents staleness and keeps exercise interesting.

A multifaceted approach to training by incorporating a variety of different types of physical activities, proper nutrition and adequate sleep is optimal to keep you on track with your goals and achieve the best possible results. A final tip is to be as active as possible to improve or maintain your general wellbeing and quality of life.

Nadia Perich ESSAM, MAppSc (ExRehab) Student, BExSc (HumanMvt), BA(SportAdmin)

CYTOSPORT

PowerBar
PREMIUM SPORTS NUTRITION



“A regular cappuccino with skinny milk averages 150 calories”

“Creatine is a great addition to weight training to help you recover sooner and lift heavier”



Meal of the Month

Healthy eating tip: Which Bread?

When you walk into the local sandwich shop and place an order. You're confronted with an array of breads to choose from: white, wholemeal, multi-grain, sour, seeded, rye, not to mention all the different types of wraps out there. Unless you have a specific dietary requirements, the best type of breads are those that are in their most natural (unprocessed) form. Nearly all white breads are made from processed ingredients. The best breads out there are whole meal breads as they are lower GI and are lower in sugars.

Cajun lamb with healthy coleslaw:

Ingredients (serves 4)

- 2 tbs Dijon mustard
- 2 tbs reduced-fat Greek-style yoghurt
- 1 tbs white wine vinegar
- 6 cups thinly sliced savoy cabbage
- 1 green capsicum, thinly sliced
- 2 spring onions, thinly sliced
- 2 tsp caraway seeds, toasted
- 1/3 cup dill sprigs
- 2 tsp Cajun spice mix
- 2 tsp olive oil, plus extra to cook
- 8 lamb cutlets, trimmed of excess fat



1. Combine mustard, yoghurt and vinegar in a small bowl. Place the cabbage, capsicum, spring onion, caraway seeds and dill in a large bowl, then add the dressing and toss to combine.

2. Place the spice and oil in a bowl and stir well to combine. Add cutlets and rub all over with the mixture. Lightly oil a large frypan and place over medium heat. When hot, add cutlets in batches, and cook for 3 minutes, turning once for medium-rare, or until cooked to your liking. Serve with coleslaw.

How Much Coffee Do You Do?

Are you someone who drinks coffee? Well considering that it is the 3rd most popular drink in the world behind water and tea, I'm guessing the chances are that you do. However, have you noticed that around the 3pm mark you find yourself reaching for another one to pick you up? This is because caffeine is a stimulant, and works similarly to a high GI food like sugar that spikes your blood sugar and then sends you crashing down.

Instead of reaching for another coffee at 3pm and throwing your body clock out because you still

cannot sleep at midnight, I want you to try this little tip. When you ask for your next coffee, ask for an Americano – a long, or short black with natural cream. The reasoning behind this is that as I've already explained, caffeine is a stimulant that works the same as high G.I foods. However, cream is a natural fat (and an acceptable one), that is low G.I. A high G.I substance mixed with low G.I becomes medium G.I, so what happens here is that instead of the caffeine spiking and then crashing down the caffeine will spike then the cream will act as a neutralizer, bringing the “crash” of the caffeine

down a hell of a lot slower. Give this a try as it will almost certainly stop the need for a second coffee in the afternoon and will allow you to finish out your day on just one.



Quick Facts

Brown Rice:

The health benefits of brown rice are legion. Brown rice is an excellent source of magnesium, iron, selenium, manganese, and the vitamins B1, B2, B3, and B6. Brown rice is a good source of dietary fiber, protein, and gamma-oryzanol. White rice is brown rice that has had essential nutrients removed when processed in order to make it easier and faster to cook, and to give it a longer shelf life.

Creatine:

Creatine helps restore energy back into your muscles quicker than the body is naturally able to. Creatine comes in a powder form, usually tasteless, most supplement companies add flavor to make it palatable. Creatine is a great addition to weight training programs as it aids in putting energy back into your muscles so you can lift sooner and heavier. Creatine also assists in recovery from training.

Cardio:

Cardiovascular fitness can be defined simply as your body's ability to get oxygen and blood to the muscles. When you do physical activity and your pulse quickens and your breathing gets deeper, you are using your cardiovascular system. You can improve your cardiovascular system's efficiency through regular training. The short term used when referring to cardiovascular exercise is Cardio.





"The new LTYB website has sections on nutrition, weight and cardio training, Go to www.ltyb.com for up to date info"

"Food is fuel for the body, if you put the wrong fuel in your car, it won't run. Same with your body!"



Product Of The Month Footy Tipping Update

Musashi Creatine Recovery Stack

A quick recovery helps you to increase the intensity and frequency of your training sessions. More frequent training with increased load will assist with lean muscle and strength development.

Recovery stack can prevent muscle soreness after training and can assist your weight training program for enhanced results.

Musashi recovery stack comes in an amazing raspberry flavor. It's best taken after training.

LTYB is currently stocking



After 10 rounds of the Premiership season here are the current standings:

- 1st greggodsell 57pts**
- 2nd duckman22 55pts**
- 3rd Dangerfield 54pts**
- 3rd Ian Cuffe 54pts**
- 3rd melindakraps 54pts**
- 3rd RicharUren 54pts**
- 3rd Wareyl 54pts**



*Round 11 JACKPOT \$200



Launched!!!

Listen to Your Body is pleased to announce, after 3 months of development and countless hours of work.

www.ltyb.com.au has been re-launched with an amazing face lift.

LTYB had an resounding response with your feedback on the new website. Thanks to a lot of amazing feedback we have already made improvements to the website.

The WINNER of the best feed back for the LTYB website and the recipient of a months free membership is.....

CATHERINE BARCA

May Fitness Events

Wow, what a fantastic 2 days of mass fitness training. We had 31 participants from all different backgrounds of health, fitness and lifestyle.

On day 1 we split up into 2 groups and alternated a boxing circuit with an indoor strength and cardio circuit. On day 2, we set a task for everyone to complete 14 exercise goals in the allocated time which got nailed by every team member. Personally, I can honestly say all 31 people were fantastic and achieved an amazing amount of work in a short period of time. Thank you for your participation and we look forward to working with you in future events.



Lack Of Sleep And Cortisol

Recent research has indicated that sleep deprivation has been one of the most influencing factors on elevation of Cortisol levels, and is harmful to carbohydrate metabolism. Ultimately, excess Cortisol levels and the body's inability to process carbohydrates properly will significantly increase the chance of obesity. According to Michael Thorpy, Ph.D., and director of the Sleep Wake Disorders Center at Montefiore Medical Center in New York, "Sleep loss is associated with

striking alterations in hormone levels that regulate appetite and may be a contributing factor to obesity. Anyone making a commitment to



losing weight should probably consider a parallel commitment to get more sleep."

So if you feel you stressed out at work or university, then you should take a look at whether you are getting enough sleep. Another important thing to remember is that the human brain takes at least an hour to completely relax, so make sure you take some time out to chill out before getting some solid sleep.

Upcoming LTYB Events

Want to know more about training nutrition?

LTYB is pleased to announce that due to popular and growing demand we will be running an information night on Sports supplementation and general nutrition.

The information session will be run by industry leading supplement and nutrition specialist Warren Clampit. When: **Monday July 4th 6:30pm** at **LTYB studio**.

1000 STEPS Trek

LTYB is currently planning on running its next fitness day at the Dandenong Ranges National park. The 1000 steps is a 3km long Kokoda memorial trek.

The day will comprise of several fitness circuits and lots of steps! LTYB is currently working with parks Victoria to secure the venue. Watch www.ltyb.com.au for event dates and times!



If you're interesting in attending any of LTYB's events, contact us via www.ltyb.com.au or have a chat in the studio to one of our friendly team members.

