

A WEIGHT LOSS PLAN IS REALLY A FAT LOSS PLAN...

A fat loss plan can only be called successful if you keep the fat off for at least 2 years. Recent studies indicate that the number one predictor of “diet” success is exercise. Over 90% of those who kept the fat off for 2 years or more exercised regularly.

To lose fat and keep it off you need to INCREASE your muscle tissue or at least maintain it! The latest research shows that muscle is the key to reducing body fat. Each pound of muscle on our bodies burns about 50 calories a day! Each pound of fat burns only 2 to 3 calories. *By adding 5 lbs. of muscle to our body, we burn an additional 250 calories each day, even on the days that we are not exercising!*

Dieting without exercise will result in both muscle and fat loss. For example, if you lose 15 pounds by dieting alone, at least 5 pounds will be muscle loss. A 5-pound muscle loss means you are now burning 250 fewer calories per day. This is made even worse by regularly going on and off “diets.” This “yo, yoing” causes us to lose more and more muscle with each reoccurring “diet,” making it more difficult each time to keep the weight off.

HIGH PROTIEN DIETS

Many people fool themselves with Atkins-type high protein diets that tend to lower our body weight through dehydration. With high protein diets much of the weight loss is water and muscle, not fat. If the weight lost is muscle and water, it will be almost impossible to keep the weight off!

The average person can easily add 5 or 10 lbs. of muscle while reducing body fat and reducing their waist and hip measurements. This is possible because an equal weight of muscle takes up 1/3 the space of fat. Muscle is much more dense than fat. A pound of body fat is equivalent to a one-pound block of butter (4 sticks). A pound of muscle is equal to one and a third sticks of butter!

This is why it's possible to lose inches and become thinner without losing weight. One of our members

lost three dress sizes without losing a pound of total body weight! Over a year and half she added muscle and reduced body fat at the same time, using the MedX program. Even though her weight is the same, she looks like an entirely different person! She has continued with her program and has successfully kept the fat off for over 15 years!

THE SCALE IS THE ENEMY!

The scale gives us a totally inaccurate measure of what is happening to our body. Again, if we want to be successful, our goal is fat loss, not weight loss. “Diets” often give us a temporary feeling of success with quick weight loss, by dehydrating us and causing us to lose muscle! With the latest fad “diet” we could easily be losing weight and gaining fat! Unfortunately if we want to keep the weight off, the last thing we want to do is lose muscle!

HOW DO YOU LOSE FAT AND KEEP IT OFF?

START EXERCISING...

CAREFULLY AND GRADUALLY... The current research indicates that most of the benefits of exercise are accomplished with easy levels of exercise. The most important thing is to exercise regularly – try to get in at least three times a week! You will want to:

- First and most importantly, establish the habit of regular exercise— start easy and create the habit!
- Make sure to schedule your exercise sessions on your calendar or in your day planner— like any important appointment (which it is!)
- Keep trying different activities until you find the activities that are best for you.
- Make sure you can pass the “the talk test” when you exercise. If you are unable to talk while exercising, you're probably going too hard.
- Remember, exercise is something you should do for the rest of your life— if you make it torture, you won't keep it up.

WHAT TYPE OF EXERCISE SHOULD YOU DO TO LOSE FAT AND ADD LEAN MUSCLE?

There are two entirely different kinds of exercise; cardiovascular exercise and strengthening exercise. It is best to combine cardiovascular exercise such as biking, walking or group exercise classes with muscle strengthening exercise, such as the MedX circuits. Strengthening exercises are most important because without them you will lose muscle no matter how much cardiovascular exercise you do!

HOW DO YOU MAKE SURE YOU ARE NOT LOSING MUSCLE?

With consistent, 20 minute, twice-a-week sessions on the MedX circuit, your strength will increase. As you gain more strength, you can be sure that your muscle tissue is increasing. Once you can lift a weight 8 times or more, you should increase the weight at least 2 pounds for your next session. If you don't feel like you are gaining strength, please ask a Fitness Trainer to take a look at your program.

HOW DO YOU SET REASONABLE GOALS?

1 to 1-1/2 pounds per week is realistic. Each pound of fat is 3,500 calories— trying to lose more than 3,500 calories a week is difficult.

If you average more than a pound and a half per week, you are losing muscle as well as fat! People will often say “Oh I can lose 10 pounds in two weeks.” Of course you can, but it's not 10 pounds of body fat. Much of it is muscle and water, which reduces your chance of keeping it off. Take it off slowly and you increase the chances of keeping it off!

- Muscle loss makes it more difficult to keep the fat off. Take it off slowly, and you increase the chances of keeping it off!
- Define how you will reach your goal. Instead of just saying, “I want to lose weight,” say “I intend to lose weight by arranging my schedule so that I will get to All Sport at least two times a week, and I will choose more healthy foods when shopping for home and when eating out.”
- Redesign your daily routine to support these

goals. If ice cream or potato chips are your weakness, don't bring them in the house. If you know you tend to snack when you get home from work, rearrange your schedule to plan an activity for that time so that the temptation is eliminated. If fast food is your weakness, don't go there!

- Set small, realistic goals and reward yourself, as soon as you reach them. Jewelry or power tools are better rewards than Ben & Jerry's ice cream!
- Exercise is one of the few healthy stress management programs, and can also help with pain management.
- Inactivity is proven to be even more dangerous to your health than smoking.

SHOULD YOU SKIP MEALS?

Try to never miss a meal! Many people make the mistake of cutting back to one meal a day in an effort to lose weight. On one meal a day your body thinks its food supply is being cut off and does everything it can to slow fat loss! You are trying to lose fat, and your body is fighting you by slowing fat loss and increasing muscle loss. This is a formula for failure.

- Always eat at least three meals per day. Breakfast is particularly important because your body needs fuel after your overnight fast. **A recent study showed that eating breakfast reduces your chance of obesity by 50%.**
- Make sure to decrease your caloric intake slowly over a multi-week period to prevent your body from holding onto fat.
- To lose fat, you must burn more calories than you take in. This can be done by: 1) increasing the calories you burn by adding exercise 2) by adding muscle to raise your metabolism and 3) by slowly reducing the calories you take in.

POINTS TO REMEMBER!

Can you spot reduce? Spot reducing is a scientific impossibility. Sit-ups DO NOT reduce the fat on your stomach; they make the abdominals stronger and firmer under the fat layer. To reduce fat in any area you have to reduce overall body fat.

When starting to exercise, be careful not to increase your food intake! As your activity increases, you will burn more calories, and as your brain senses your increased activity, it will urge you to eat more. After a couple of weeks your appetite will begin to normalize, the urge to eat more will pass, and your body will adjust to the activity increase. This is the time to slowly begin lowering your caloric intake further to reduce your body fat.

A good high potency multiple vitamin is good for your health. There is a growing body of evidence that vitamins are beneficial and slow the aging process. Don't overdo it since some mega doses are harmful.

As we age the average person becomes more sedentary. As a result we gradually lose muscle and gain body fat. We first add fat within our muscles. In the early stages of adding fat this intermuscular fat is unnoticeable in the mirror. Because we can't see it we think that we are staying "in shape," when we are actually getting fatter. When our muscles are filled up with fat, the fat actually spills over and begins to store itself outside the muscles, under our skin. This is the point when body fat becomes visible in the mirror. It takes time to get to this point. Be patient since it will take time, exercise and often some dietary reductions to reverse the situation.

Stop and Think before you eat. Impulse eating is a decision to eat without consciously thinking, about whether you are hungry, thirsty, stressed or just eating out of habit. Stop and think before grabbing sugary or fatty, high calorie foods. They are expensive and have no nutritional value. If you have a bad day, get back on track right away. Don't say, "Oh well, I messed up the day already— what's the difference?" Every calorie makes a difference! If you can't live without pizza, have a slice for lunch; total deprivation does not work— it could lead to a take out binge later that evening. If you plan your meals and eat regularly, overeating can be avoided.

Avoid special diets/pills with "new fat burning" secrets or other claims. Billions of dollars are made

on these fraudulent products because there is virtually no FDA (Federal Food and Drug Administration) control over this area and many of the products are unsafe. An excellent guide for nutritional information is the American Dietetic Association web site www.eatright.org. The Weight Watchers system is also a credible source of sound nutrition information, and we recommend their program! We promise that if a safe wonder pill ever does come on the market, we will bring you the news first!

How should you measure your progress? Use measurements other than the scale to gauge your progress: An increase in your strength on the MedX circuit (using good form) is an accurate indication of increased muscle tissue. Increased ability to walk longer on the treadmill is a good indication of increased heart and lung capacity. These improvements also indicate an improved level of fitness that means your health risks and your risk of premature death have gone down! To gauge fat loss: most people tend to add fat to their stomach or hip and thigh area first. When these measurements are going down, this is a clear indication of body fat loss!

Focus on your successes. Many people who are successful with their exercise program fail many times before they finally establish a consistent habit of regular activity. The only difference between the people who are moving toward their goal and those who are moving away is that the achievers keep *restarting* every time they fall out of the habit! Very few people decide to start exercising two or three times a week never to miss again for the rest of their life! If you miss a week or two or even a month or two, don't worry about the past. Just get back in and make this week a good one.

There is no such thing as staying the same! At any point in time we are either getting better or getting worse. We are adding fat or losing fat. Small actions on a regular basis will keep us moving in the right direction!

AVOID THESE ROADBLOCKS

- Be patient at the start because your body will try to get you to quit exercising; it would rather

be home on the couch! Within weeks you will have more energy and eventually your body will actually miss the activity when you don't get it.

- Thirst can be mistaken as hunger— drink at least 2 quarts of water or more per day. The water will keep your body hydrated, fill your stomach and help prevent hunger. Insufficient amounts of water can interfere with your body's ability to burn (use up) your body fat.
- Focus on your positive inner voices that got you started like, "My health is worth this commitment", "I have always wanted to look better and feel stronger." Do not listen to your negative voices that try to get you to quit with thoughts like "this is boring," "I hate exercise," "I'm too old for this!" etc. Everyone has these temptations!
- Time is always a concern for us. Don't feel guilty about the time spent exercising to maintain the most important asset you have, your health. (What more can you do for yourself and those you love than preserving your health?)
- Pace yourself when you begin exercising and ask yourself, "Can I see myself exercising 6 days a week for the rest of my life? (Most of us can't.) Set reasonable, achievable goals— 2 or 3 times a week to start.
- Make double use of your exercise time and get some reading done while you are exercising or enjoy some uninterrupted thinking!
- Grocery shop with a list (not on impulse when you are hungry). Eat out with a plan: no greasy appetizers, pass the bread, salad with dressing on the side, low fat entree and share dessert with someone. Filling your cabinets or fridge with foods you cannot resist is self-sabotage. Think about eating reasonably at holiday time.

IF YOU ARE HAVING TROUBLE, ASK FOR HELP!

That's what we are here for. It's not magic! It is science, and we will be happy to help you with support and accurate scientific information. Speak to your fitness trainer today!

LOSE FAT AND KEEP IT OFF FOR LIFE

Excess body fat is connected to most major health problems. Losing muscle or water rather than fat reduces the chances of long-term success...

LEARN HOW TO ACHIEVE SUCCESS AND AVOID FAILURE

Mike Arteaga
All Sport Owner & Founder
Fitness Consultant



234 North Road, Poughkeepsie 452-5050
3425 Route 9W, Highland 691-6161

www.mikearteaga.com