



# McAllister's

## F I T N E S S

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It can help you lose weight and improve your body tone.

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Process of change seminar CD available

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Hi and welcome.

I hope you had a fantastic Easter break, and that you didn't lose the plot by eating too many eggs and stack on heaps of unnecessary weight which, no doubt, makes you feel guilty.

Now It's time to get over that and get back to the purpose of your resolution, to get into shape. I really enjoy Easter, it's a great time to relax and rejuvenate and generally take it easy. It's what I call the re-evaluation break where you can re-assess where you are and make the appropriate changes. I'm hoping it was a time for you to refocus and fire up the motivation motors again.

Start thinking more positively and you may be amazed at what riches, rewards and results come your way.

This month we will explore the topic of resistance training (weights) and its role in weight loss and the health benefits that it brings. We talk to sisters Jane Jones and Peta Prout in our "Spot light on" section, and there are more fantastic group programs and products to get you happening.

Have a good April, and most of all, be the best you can.

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## Strength Training and Weight Loss

So you've started out on your weight loss journey; you're eating healthy and have added some cardio workouts such as walking, jogging, swimming or a fitness class to become more active. In a word, you're pumped and ready to take on the challenge. It's time now to take that daunting step into weight (resistance) training.

There is a myth that sends fear among some people, especially women, that if they do weight training they will start to look like the next Arnold Schwarzenegger or Linda Hamilton. The truth of the matter is that those kind of results are rare. I have been weight training for many years now (I 'm huge, but I'm no Arnie) and I haven't bulked up much at all. This is because my body type won't allow it, and even though I am a male and full of testosterone, I would need heaps more testosterone and to be lifting extremely heavy weights to gain any significant size. So any women who believe they bulk up when using weight training, let me know your secret. You have to remember, those women who are big and buffed are professional athletes, they have an incredibly strict training and nutritional regime designed specifically for putting on a high amount of muscle and many are blessed with great genetics.



## Resistance Training and Gender Differences

It is now evident that gender differences can affect fat loss. It appears that men lose more fat during exercise while women need a greater training stimulus to induce fat loss. The major factors associated with fat loss that appear to be influenced by gender include body composition, fat characteristics and adipose reactivity, response to exercise, hormonal differences, age and genetic factors. In pre-menopausal women, for example, it appears that resistance training may be better than aerobic training in reducing sub-cutaneous fat and visceral (stomach) fat and that aerobic training is better in reducing overall fat.

Apart from the benefits of long-term fat utilization, resistance training increases bone loading, a key component in minimizing bone loss and delaying osteoporosis, a major concern for many women of all ages.

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**Five good reasons to include weight training into your exercise program:**

1. It strengthens your joints, making them more stable and less injury-prone.
2. It not only works the muscles, it also increases bone density.
3. Results are fast regardless of age and sex. Your strength can increase by up to 72 per cent in the first four weeks.
4. It not only improves the overall tone of your body, it will also improve your posture, which will help in making you look slimmer.
5. It helps to burn calories faster. Lean muscle tissue is 17-25 times more active than fat. This means you will burn more calories even at rest! By adding 1-2kg of muscle to your body you'll burn an extra 70 – 100 calories a day.

When you first start a weight program don't be disheartened if you gain a couple of kilos. It is often said that muscle weighs more than fat, but believe it or not, 1kg of fat weighs the same as 1kg of muscle (scientific stuff that). The difference is muscle tissue needs to be fed so it will use energy (calories) to replenish.

If the scales are not moving, don't despair. Weighing yourself is not your only means of tracking your progress (it only makes you cry). There are several other ways to keep track of your progress to find out if you are gaining muscle or fat.

1. Measure yourself. Get out a tape measure and measure various parts of your body. Common areas to include are hips, waist, thighs [mid], bust/chest and stomach. You won't need to measure yourself every week - once every one to two weeks is usually best, as you won't see much of a difference on a week-to-week basis.
2. Use an article of clothing to help measure your progress. That pair of jeans or skirt that is a little tight right now is perfect to help you visualise your progress.

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## Technique Vs Strength

If you are new to weights and their proper use, it is best to get a qualified person to show you how and what you need to do. They can also help you keep track of your progress.

If using a personal trainer or exercising with someone else is intimidating for you (or you don't have the money for the trainer), try a video or DVD at home. You will need to buy some free weights (dumbbells or barbells), but check out the program before you buy any equipment.

Once you get going make sure you start off slowly! If at anytime, the weight you are lifting becomes too heavy for you STOP and change to a smaller weight. The old saying "No pain, no gain" is completely outdated - you can sometimes do more harm than good. You need to focus on using the proper techniques rather than increasing the weight. That is, **how** you lift not **what** you lift is the important point. Only when you are comfortable and confident with the program is it time to add more weight.

There are two types of training programs **maintenance** and **progressive**. You need to do a progressive program to lose weight. Most people are doing a maintenance program expecting progressive results. Being progressive stimulates the muscles, this recruits more muscle activity and therefore, more calories are burnt. Even if it is minimal weight increments it's OK. As long as you are challenging the body every time it will respond.

## Warm up/down

Another point to keep in mind - you should warm up with some cardio exercises so you don't start lifting with cold muscles. A warm-up should be 5-10mins of gentle aerobic activity. Eg. rowing, jogging, stepper, skipping etc; it is important that the warm-up gets the heart rate up. Make sure you do a "cool down" at the end of the session, this should include stretching to stretch the muscle groups worked.

## How often should I do weights?

For most people, short sessions just two or three times a week are more beneficial than one mammoth session a week. You don't have to spend hours a day to see results, you can train 20 to 30 minutes two to three times a week and see significant improvements. The main thing, as with everything, is to be consistent.

## Take home message

In summary, weights are extremely beneficial when it comes to any weight loss program. This is because as the muscles become stronger and the blood flow to them is more efficient, the pressure on the heart is decreased. The heart can then do the work it is supposed to do and help the other organs of the body function at their optimum, and that's what we all should be aiming for. So if you want a healthy heart, a toned up the body and to lose some weight get out your dumbbells and start pumping some iron.

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## Spotlight on sisters Peta Prout and Jane Jones

Peta Prout and Jane Jones are sisters who started training together in February 2007. They train hard so they can enjoy their nights out. Peta and Jane both have one of the hardest jobs, being a mum and finding the time to exercise as well as fill in their food diaries! Peta is also studying to be a nurse.

They train hard and are willing to try anything put in front of them while making their sessions a load of fun in the process. With their effort and commitment they are well on their way to achieving their goals and more. They are both an inspiration to anyone who believes it's all too hard.



### Peta Prout

#### What hobbies, sports or interests do you have?

I love working in the garden, going on holidays and, I would not have said this 4 months ago, exercise.

#### What special feats or accolades have you achieved from training at McAllister's?

I have started to think more positively and feel better about myself.

I have gained confidence and now believe I can do it, and I have taken 10 seconds off my rowing time trial.

#### Why do you train at McAllister's?

My main aim was to lose weight and tone up, but by gaining the confidence, belief and positive attitude to take on the challenges asked of me, I have developed a different outlook on life, one that I really love and is better than any weight loss. Now that's value!!

### 10 Turbo Questions

- |   |  |
|---|--|
| 1. What is your favourite song?<br>Can't get you out of my head | 6. What was the last book you read?<br>James Hird – Reading the Play (autobiography)                                     |
| 2. Who is your favourite band?<br>Kylie Minogue                 | 7. What really annoys you?<br>People who pre-judge   |
| 3. What is your favourite movie?<br>Any "Rocky" movie           | 8. If you could be anything you wanted what would it be?<br>Free spirited  |
| 4. What is your favourite food?<br>Italian                      | 9. What is the one thing you would like to change in the world today?<br>People's attitudes so they become more positive |
| 5. Where is your favourite holiday destination?<br>Noosa        | 10. Who/What inspires you?<br>My partner Ben. He is positive, supportive and we are a partnership.                       |

## Jane Jones

### What hobbies, sports or interests do you have?

Fashion, shopping, good wine and eating out.

### What special feats or accolades have you achieved from training at McAllister's?

Significant weight loss and an increase in my fitness. I feel better with my overall health and I've taken 8 seconds off my rowing time trial.

### Why do you train at McAllister's?

My main reason is to have time out when I don't have to think too much, it's all programmed for me, I get told what to do and how. I also love the feeling of having the energy to do things again without feeling like crap.

## 10 Turbo Questions

1. What is your favourite song?  
Jessie's girl by Rick Springfield
2. Who is your favourite band?  
Scissors Sisters
3. What is your favourite movie?  
Dirty Dancing
4. What is your favourite food?  
Chocolate
5. Where is your favourite holiday destination?  
Italy
6. What was the last book you read?  
Memoirs of a Geisha – Arthur Golden
7. What really annoys you?  
Bad attitudes
8. If you could be anything you wanted what would it be?  
A child again – they don't seem to have a care (free spirited)
9. What is the one thing you would like to change in the world today?  
People's respect for peace
10. Who/What inspires you?  
My family because they are supportive, give me happiness and they create challenges that are unknown which help me grow into a better person.

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## What's on

### **Pedal "N" Punch**

This is a 45-minute bike and boxing class running for six weeks. It has started, but come along and be part of the experience for the rest of the sessions.

**Saturday at 9 and 10 am and  
Monday at 7 and 7.30pm.**

**Cost: \$15 per session.**

Pedal "N" Punch is for anyone who wants to add an extra session to their routine, or wants to up the intensity in their training, or just loves being motivated while working in a group environment. A thoroughly challenging, but extremely enjoyable workout.

### **Boxing boot camp**

This is a five-week boxing and cardio program, two sessions per week for 30 minutes each.

**Monday and Friday starting 30th April at 9.30am.**

**Cost: \$150.00 (gloves included)**

Hurry, don't miss out on this fantastic fat-burning workout.

### **Process of change seminar**

Find out the five reasons why people never reach their goals, how to change your mindset, and start creating the life you always wanted. The Audio CD is now available for \$10.00.

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