



McAllister's
FITNESS

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Hi and welcome to the July Newsletter.

We are right in the midst of winter; it's cold and wet (how good is the rain) and we could all be excused for staying indoors, but let's be positive.

The days are starting to get longer (only just) and the warmer weather is on the way. Warm weather means less clothing, and if that thought scares you it's time to get off your butt and start your new-look-for-summer campaign.

This month we tackle the issue of why we struggle to get rid of stubborn fat, the type of fat that loves us so much it never wants to leave.

Also, check out the great programs and events happening to keep you enthused and on track throughout winter.

Our newsletters, events and much, much more can be found on the McAllister Fitness website. To keep up to date, visit www.mcallistersfitness.com.au

I hope this issue inspires you to move out of the plateau and lose that stubborn fat and achieve the results you deserve.

Have a great month
Enjoy!

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Stubborn Fat and what to do about it

We all have fat cells, some more than others. In fact, if you're a healthy adult with normal body composition, you have approximately 30 billion fat cells. Did you ever wonder why you have so many? Have you ever wondered what those fat cells are for?

The answer is fat cells are part of our genetic makeup, and back in the caveman days they allowed us to use stored energy when food was scarce. This survival mechanism works much the same today, however our needs have changed. In modern society food is rarely scarce, in fact, we have an abundance of it, some would say too much.



When you consume too many calories your body will store what it doesn't use and save it for a "rainy day", so to speak. But because so much food is available, that "rainy day" never comes and your body stores those extra calories as fat. When you consume fewer calories your body demands your cells release the stored fat for energy. This should be a pretty simple equation, however it appears that not all fat is the same.

The placement of fat deposits on the body varies depending on each person's genetic makeup, lifestyle choices and nutritional intake. Men tend to store their body fat around their bellies and chest (beer belly and man boobs). Women tend to store it around their hips, buttocks, thighs and back of their arms (big booty and tuck shop arms).

Many people approach fat loss and fitness with great enthusiasm and determination (and that's great). With this attitude, they go brilliantly for a while, lose body fat and feel great, but ultimately they get stuck at a point just before all of the fat is completely gone.

This is commonly known as a plateau, and it can be a stumbling block in anyone's long-term success. The plateau phenomenon causes many people to lose their enthusiasm and return to their old ways. When old habits take over again – and this happens to the majority of dieters - the body fat comes back with a vengeance. This is due to programming of the fat cell. Each time you try to lose body fat again, it seems to take longer and require more effort. This last bit of frustrating fat is often referred to as stubborn fat.

I have worked with many clients and I would say most have (myself included) a good amount of stubborn body fat. This fat is literally "programmed" to be very difficult to lose. It seems to remain on our bodies no matter what we do, hence the term stubborn fat. Most modern diets and weight loss programs seem to work in the beginning, but then they never really address the crucial part of fat loss – the stubborn fat.

Stubborn fat develops when your hormonal pathways are broken down. Age does play a part in this: fat deposits increase and become more resistant to fat loss methods as you age. You have little control over this, but you can control some of the things that lead to stubborn fat development. Yo-yo dieting is one of them. Losing weight on crash diets and then regaining it – often known as the “rebound effect”, will only increase stubborn fat in the long run. A decrease in exercise and activity level also compounds the stubborn fat problem. This is why people who crash diet on low calories and refuse to exercise, often have the worst stubborn fat problems of all.

Our ancestors really never had to deal with this problem because they moved and engaged in physical labour as a regular part of daily life, whereas today technological conveniences and modern lifestyle (which is extremely automated) have caused many of us to become lazy and inactive.

Stubborn fat is metabolised extremely slowly, it is resistant to the hormonal process that takes place while the fat-burning process is started up. To burn fat, the adrenal hormones, better known as adrenaline and noradrenaline, attach to the fat cell receptors and essentially open them up. Once open, the fat can be utilised in the energy pathways. To lose body fat, the adrenal hormones switch on and the body begins to use fat as energy. However, this does not occur in people with serious stubborn fat, therefore body fat is not lost. Stubborn fat has more oestrogen receptors which increase fat deposition and make matters even worse.

In addition, indulging in the typical modern diet and sedentary lifestyle can result in reduced insulin sensitivity which causes your fat tissue to become even more resistant to your attempts to lose it, making the job even harder.

Diets fail because they only look at the caloric reduction side of the equation. You need to understand the other variables in the equation – exercise and lifestyle. Getting rid of stubborn fat is not nearly as simple as just slashing calories and dieting. Stubborn fat is the result of a complex relationship between the biological and hormonal processes, all of which are affected by how you eat, how you move and the type of lifestyle you lead.

“Exercising without maintaining a balanced diet is no more beneficial than dieting while remaining inactive.”

Now that you understand why you have stubborn fat, right down to the hormonal and receptor level, the question is How do you get rid of this resistant body fat? The answer is to exercise regularly (boosts your metabolism). Increasing your daily movement can be as simple as walking more.

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Resistance training is also a great way to reduce body fat. There are many types of resistance training that are very effective at building muscle mass (muscle density burns body fat). It is also good to have variety in your programs. For instance, adding aerobic and interval training to resistance training really burns fat. For example: 3 minutes of aerobic training (alter variety and intensity) and 2-3 resistance exercises done in a row with no rest. Repeat the cycle for around 20 – 30 minutes. The body needs to be stimulated otherwise it learns to adapt, therefore no change.

When it comes to good health and weight loss, exercise and diet are essential and must be combined. Exercising without maintaining a balanced diet is no more beneficial than dieting while remaining inactive. Achieving a lean and healthy life is about movement sufficiency, not calorie deficiency.

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Spotlight on Bruni Abbott

Bruni has been training at McAllister's Fitness for over six years. She has been through many changes in our business and many changes in her business and career. Bruni works in the aged care faculty and has a real passion for helping people. Her kind and pleasant nature is contagious and she shares that with others unselfishly. She leads a very busy lifestyle and her every waking moment is filled with doing something. Even though she hardly has a spare moment to herself, Bruni manages to fit exercise into her schedule and keeps that as a priority that doesn't get put aside. She is a great example for anyone who struggles to find time for their health. As Bruni would agree, it's not about time, it's about priorities.



What hobbies, sports or interests do you have?

I have plenty of interests but to be specific, I love sailing, being with my family, stamp collecting and reading.

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

I have achieved many accolades from my experience at McAllister's, one of them is being able to continue my exercise with a purpose. Having a purpose about your health has taught me the discipline to keep going. I have been able to improve in areas I was lacking in, such as my co-ordination, and I have become so much stronger. I always keep a positive mind-set and now know that age isn't the barrier that stops us from doing things; it's the way we think.

Why do you train at McAllister's?

I continue training at McAllister's Fitness because I love the family-like atmosphere about it, it's a friendliness that always makes you feel welcome and part of the place, one you don't experience at a gym. I love the variety in my training, it is never boring, always challenging and they seem to know when to push me and when not to. That to me says they understand me.

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10 Turbo Questions

1. What is your favourite song?

Unchained melody

2. Who is your favourite band?

Credence Clearwater Revival

3. What is your favourite movie?

Ghost

4. What is your favourite food?

I love my fruit and veggies, but I'm a bit partial to asparagus and poached eggs.

5. Where is your favourite holiday destination?

The Greek islands or anywhere I can sail.

6. What was the last book you read?

River god – Wilbur Smith.

7. What really annoys you?

People who have no or bad manners and people who don't listen.

8. If you could be anything you wanted what would it be?

I am really happy with who I am.

9. What would be the one thing you would like to change in the world today?

To make the world a safer, happier place where people treated each other with respect.

10. Whom/What inspires you?

My mum because she had to do it tough and has taught me how to use my resources to better life and myself in positive ways. I also use many other different people for my inspiration, I like to take the good thing that they do, learn from it and implement it into what I do to create a world that is in line with my beliefs, principles and values.

What's on

Pedal "N" Punch

Saturdays - A six-week intensive 45-minute bike and boxing class.

Starting 11th August at 9 and 10 am.

Package \$72.00 or \$17.00 per single session

Monday nights - A six-week intensive 30-minute bike and boxing session.

A time-efficient workout that's guaranteed to give you a kick-start to your week.

Starting 13th August at 7.00 pm

Package \$60.00 or \$15.00 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.



Take control and activate your life program

This 6-week course is all about creating long-term positive changes to enhance your life and take you to the next level of personal development. Everybody deserves better, and I am passionate about giving you the opportunity to become your best.

Commencing: Tuesday 21st August 2007

For more information click www.mcallistersfitness.com.au/page3.php

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