

J U N E 2 0 0 6 N O . 2

nutrafit newsletter

WELLNESS IS A GIFT - KEEPING IT IS A LIFESTYLE



Monthly Tips

Hydration

With the heat hotting up, don't forget water. The fitter you are the more effective your body cooling system is (sweating). Training harder for longer increases your sweat production so it is vital to re-hydrate. Typically we lose 1 litre of fluid for each hour we work out. Remember we are all different, so you may want to weigh yourself before and after workout.

Drink 300 -500ml of fluid before workout, 200ml every 15 minutes to offset fluid loss

Summer Special Edition ✕

With Summer finally here, holidays on the horizon, this months bumper newsletter is packed with summer ideas and advice. Features include Body shapes - for you ladies, Tummy Toning and the inspiring story of Team Carpe Diem's Polar Race.

INTRODUCTION AND WELCOME NEW CLIENTS

Words from Dan Senior.

Firstly this month i need to make an apology. This newsletter, believe it or not, is the June Edition.

I know its a bit late but here it is, with Julys Edition close on its heels. Expect your July

'Holiday Edition' in the next 2 weeks, and then back on track for August 'Summer Fun Edition'.

If you had not noticed your monthly newsletters are now themed, with all articles relating to the time of year or chosen topic. Hope you like

the new approach.

If anybody wants to see anything specific in the newsletters please let me know, its your

newsletter.

Also this month, i would like to welcome new clients to both Nutrafit and in particular, your monthly client newsletter,

featuring advice, answers, and solutions on all aspects of health and fitness. I hope you are enjoying the Nutrafit experience and i look forward to helping each one of you to a healthier lifestyle.

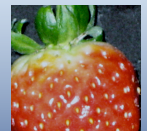


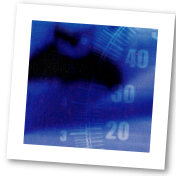
Go Organic - Fruit

With British summer fruits in season, it a great time to go for it with at least 5 day of fruit and vegetables. Why not try organic!

The 7 major minerals and trace minerals are crucial to all bodily functions and can only be derived from diet. Research shows apples grown in 1914 contained twice as much calcium, 25 times the iron, and 6 times the magnesium as one

grown in 1992, on account of the pesticides used today. Go organic - they are better for you and taste better too.





What Body Shape are you?

Are you a pear or an apple? One for the ladies, although you men may want to understand your ladies shapes and be more sympathetic.

Summers here, bikinis are out, Knowing your body shape can help you decide the best style bikini and other clothing to wear. More seriously, your body shape can help determine the best exercise and nutrition plans to reduce inherent risks.

The main difference is a genetically determined mix of fats, and hormones in women's bodies. Pears are dominated by oestrogen, the female hormone, this provides curves in the form of fat. Apples are dominated by the male hormones called androgens. all women produce this hormone in their ovaries and adrenal glands, but apple shaped women have more. As a result, apple shaped women are less curvy, and more angular.

There are also variations on the distribution of fats between to the two body shapes. Apples, have more visceral fat (fat around organs), this promotes heart disease and inhibits glucose tolerance. Pears have more subcutaneous fat (fat just beneath the skin). this protects against heart disease and diabetes. Although pears are more likely to suffer from low self esteem, and osteoporosis, Apples have a higher risk of endometrial and breast cancer as well as stress.

Its not all doom and gloom, just be aware of all the risks of your shapes, stay fit, and get rid of excess visceral fat. See the shape action plans below, or talk to Nutrafit if you have any questions.

Apple Shaped Bodies

Classic apple shape is slender legs, narrow hips, larger breasts and larger waist. As an apple is at its widest through the middle section, you will tend to put weight on around the waist.



RISKS - because of the visceral fat that gathers around the middle your risks include high blood pressure, high cholesterol, type 2 diabetes. A study in Australia found that out of 11,000 men and women, the apple body shape was a strong predictor of diabetes. If you have concerns speak to your doctor.

YOUR WORST ENEMY - A big risk to your health, and a bind to your life is **STRESS**. You produce higher levels of hormones like cortisol a stress hormone.

YOUR GOALS - Stay off the yo-yo diets, these are dangerous for you. Trim waist to help get rid of visceral fats.

YOUR DIET - Eat lots of what Nutrafit call A-list carbs - fruits, vegetables, beans, pulses, and whole-grains. These will help to prevent diabetes, heart disease and obesity. You also need to eat good fats (omega 3 fatty acids) from oily fish and use olive oil. Protein is another key component, beans, fish and in particular soya products. These can help you lose weight and control / prevent diabetes by reducing insulin.

Why Not try Herbalife Soya Protein Shake to increase protein. (Available from Nutrafit).

YOUR EXERCISE - You need to do cardio work 3 times a week minimum (this does not need to be in the gym it can be sports, brisk walking - or anything that gets you out of breath for 30 minutes), and resistance once a week. If you are struggling for ideas or motivation speak to Dan, or why not book an extra session once a month to up your tempo.

Pear Shaped Bodies

Your shape has a slender upper body, defined waist and heavier lower body. You put weight on around your bottom, hips, and thighs.

RISKS - Remember, you have lower levels of the male hormone called Androgen, so you are more prone to bone thinning (osteoporosis). you are also more at risk of getting Varicose Veins.

YOUR WORST ENEMY - Research shows that pear shaped women are less satisfied with their lives and shapes. Pear shaped women become pre-occupied with their hips, thighs and bums. Your perceptions are often distorted.

YOUR GOALS - Avoid weight gain in later life as this might bring some health risk associated with the apple shaped across to you. Develop muscle strength through resistant work - studies show strong muscles increase bone density (this is a good thing).

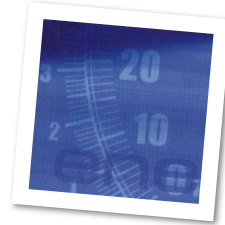
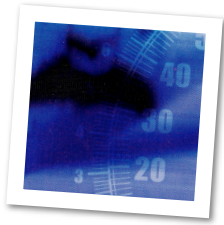
YOUR DIET - You have a lower resting metabolic rate than apples, so it is harder for you to lose weight. It is also a lot harder for you to lose weight from the pear zones - bottom, hips, thighs. A low fat diet is crucial for your weight loss / maintenance. Your pear shape should decrease with any weight loss. However your fat cells are still there, they decrease in size but not number so it is crucial to keep on a low fat diet - healthy living rather than diet. If you are concerned about your weight, add soya foods / supplements to your diet 3-6 times a week to aid weight loss (Why not try Herbalife soya protein bars and shakes (available from Nutrafit).

It is also important to eat a lot of calcium loaded food for the bones (green vegetables or a simple calcium supplement- Ask Dan about Herbalife)

Avoid - cakes, sugary foods, especially sugary breakfast cereals.

YOUR EXERCISE - Similar to apples plan, include running , skipping and more weights.





Take inches off that Tummy

Summer is here, time for a speedy shape up! Ten minutes a 3-4 times a week is all you need to focus on the that target are - Tummy. Read on to see how.

SIDE (BRIDGE) LIFT AND HOLD - Lie on side using forearm to prop yourself up. Lift hips off the floor, so that your body forms a straight line. Hold for 15-30 seconds then lower. Do 10 reps each side.

PLANK - Lie face down with hips / legs in contact with the floor, with upper body raised and supported by your forearms. Lift hips and legs off the floor producing a straight line through the body, stomach tight. If this is too hard keep knees on the floor. Hold for 15 -30 seconds. Do 10 reps.

BALL CRUNCH - Choose a ball the right size. (green if under 6 ft). Sit on ball, slide your knees forward and lean back onto the ball. Cross arms over chest and lift torso 'slowly'. Make sure lower back stays in contact with the ball at all times. Do 15, 3 times with short rest in between.

If you have any problems with any of these, please ask for a demonstration.

Six Pack Myths



MYTH - Ab Exercises will remove fat from my mid section.

FACT - Your body will off load excess weight systematically, not to one body part at a time. To see the holy grail (six pack) you need to remove excess fat from your stomach. the only way to do this is by following a low fat diet, starting an intense resistance programme and adding cardio to your workout. 2000 crunches will burn only 900 calories, plus you will need a medic. 500 calories can be done in 30 minutes on a treadmill, a much smarter move.

MYTH - You have to train Abs everyday to get a six pack.

FACT - This is over- training and most of you do this all of the time, So Stop. When you train a body part, its tissue breaks down therefore you need to rest it for the muscle to regenerate and get gains. Training Abs everyday will result in soreness and really slow gain.

Monthly Promotion - Dietary Analysis

WITH ALL THE TALK ABOUT DIETS AND EVERYONE WANTING THEIR BEST BEACH BODY, BE CAREFUL WHEN DIETING NOT EATING PROPERLY OR NOT EATING ENOUGH CAN CAUSE WEIGHT GAIN. IF YOU ARE NOT SURE HOW MUCH YOU ARE EATING OR WHAT TO EAT, WHY NOT TRY A DIETARY ANALYSIS. THIS SERVICE, PROVIDED BY NUTRAFIT, TELLS YOU WHETHER YOU ARE DEFICIENT IN NUTRIENTS, MINERALS, FATS, PROTEINS AND A LOT MORE. ADVICE IS THEN GIVEN ON WHAT TO EAT TO GAIN THE BEST RESULTS.

SPEAK TO DAN SENIOR - TRY DIETARY ANALYSIS - DO IT THE RIGHT WAY



Questions & Answers

Q - Progress Logs - does this mean i have to eat less and train harder to get weight loss for my next meeting?

A - No, the idea behind the progress log and meetings is to set individual realistic goals and track your results. Your goals may not be weight loss at all, it may be weight gain, dress size, body fat, fitness. Whatever your goals we will take measurements to track progress and continue to develop.

Q- I want to create tone but do not want to build big muscles lifting weights?

A - Toning and building muscles are one of the same - when using weights you are simply creating tiny tears in your muscles. When you ache all over the next few days, thats a sign that your body is repairing or Toning. Female clients will very rarely get big muscles from using weights, as your testosterone levels are so low. Testosterone is one of the main building blocks for building muscles.

JULY HOLIDAY
EDITION

Website
launch

Nutrafit
Summer Fun
Olympics

Holiday Diet &
Exercise

Beach Workouts
and Top Holiday
Tips

POLAR RACE 2007

Nutrafit is currently providing training and nutritional advice and support to Dan Byles and Richard Profit, who are in training for The 2007 Polar Race. Dan, Richard and Dans mother, Jan Meek have joined together as Team Carpe Diem, to compete in what has been titled as 'probably the Worlds Toughest Race". The Polar Race is a 350 mile walk and ski from Resolute Bay



in Canada to the Magnetic North Pole. Jan Meek at 62, will be the oldest person to take part in the 2007 race, and part of the first mother and son team to compete .



TEAM CARPE DIEM

The team are competing to raise money for the newly founded Carpe Diem Trust. The Trusts aim is to assist people to take control of their lives and achieve their full potential through exciting and extraordinary journeys of self discovery and personal development.

To Support the guys please go to their website and sponsor them.

www.carpediemtrust.com