

# Lifestyle Fitness and Nutrition

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## Nutrition: How important is it?

Last month I started this article and talked about the basics of protein and carbohydrates. This month I will finish with fats and begin our discussion on resistance training.

Fat has 9 calories per gram, so 20 grams of fat would yield 180 calories. I am sure you have heard about the good fat, unsaturated, and the bad fat, saturated. I agree that you should keep saturated fat to a minimum. However, I think you should keep total fat intake to a minimum also. Total fat intake averages about 40%, of the average American diet, with a large portion of that being saturated. I think that you should have a total fat intake of 10-20%. Remember however you do need fat in your diet. Fat helps in the absorption of the fat soluble vitamins A, D, E and K. Fat also helps with cellular functions involving most systems in the body. Fat is also a good source of energy, when you can tap into it, and cushions your body's organs.

Reducing fat is relatively simple. Read the nutrition labels of everything you eat and keep a mental track of your total daily fat calories. Reducing fat will yield a more healthier lifestyle while reducing heart attack risk, and lowering cholesterol levels.

This concludes the brief overview of the nutrition aspect of the four healthy lifestyle basics. Please keep in mind that nutrition, in my opinion, is the most important aspect of a healthy lifestyle. Without proper nutrition, your training will suffer, your results from aerobics will be hindered and most importantly your goals will be harder to achieve.

I have helped hundreds of people with their diet and have the experience to help you. But remember, I can't eat the food for you, you must have self discipline and be self motivated. The limiting factor in achieving health and fitness goals is usually nutrition. And the limiting factor in achieving proper nutrition is usually discipline and self motivation. If you have been exercising for awhile and see little, if any, results, take a good look at your diet. Most people think they are eating healthy, when in fact, they are way off the mark. Give me a call and I can help. (513)743-9745

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## Resistance Training

First off I would like to talk about some basic principles of weight training, or for that matter, any type of exercise. There are three basic principles that need to be discussed. They are the principle of intensity, principle of progressive resistance and the principle of training specificity.

The principle of intensity says, in order for a muscle to adapt, the exercise stimulus must be intense enough to represent a challenge. Now there are four basic ways to increase intensity. First you can simply decrease the amount of rest you have between sets. Second, you can increase the number of reps you perform. Third, you can increase the weight or resistance, and fourth, you can use different angles to exercise the same muscle, using the same movement.

At the end of each exercise session, ask yourself "did I increase at least one of these intensity barriers". If not, then you have already recognized a reason why your results are lagging. If you answered yes, then decide which one you did not utilize, and work on that next time. Intensity is a relative term, and will fit everybody differently. You must exceed some threshold of intensity in order to elicit an adaptive response from your muscle. If your muscles do not get challenged, then how can you expect them to respond by getting bigger or stronger.

Next let's talk about the principle of progressive resistance. This simply means that as you get stronger, you have to keep progressively increasing the resistance to overload the muscle and elicit an adaptive response. Now this principle is closely related to the principle of intensity, but remember you can decrease weight while increasing intensity, but this is not true when applying the principle of progressive resistance. Obviously as you increase resistance, your intensity will raise accordingly. So as you get stronger, increase your resistance, in order to continue getting results.

Now, you can increase resistance a few different ways. First, you can slow the momentum of your movement down. Try doing this while doing heavy bench press, and tell me how much heavier it felt. Second, you can increase your weight. (Now that was a no brainer!) Third, you can use, what I call leverage factors. You can shorten the lever, such as your arm, and this will increase the load felt. For instance, try using the same weight on preacher curl, that you use on barbell curl. What you did is isolated the upper arm, and by doing this you decrease your leverage advantage, and increased the load put on your biceps.

The last basic principle I would like to discuss is the principle of training specificity. This simply means that a muscle will structurally and functionally adapt to the type of training stimulus applied. A simple example would be a marathon runner. Now, they train their legs hard, but they are not very large, but they are muscular. By training using endurance, they are hitting their type 1, slow twitch muscle fibers. However, look at a powerlifter, they have larger legs and can squat a ton, but could not run 26.2 miles. Power lifters train their fast twitch fibers, type 2 a and b, and this is why their legs are bigger. Fast twitch fibers are more likely to hypertrophy or increase the individual cell size. I could go on, but I felt that you should have the basic idea by now.

In later article I will elaborate on the different types of muscle fibers and their action, but remember this is only the basic principles, and is intended to familiarize you so you will understand future articles.

Next month I will continue with the other two Basic Principles of a Healthy Lifestyle. The last two principles will cover aerobics and rest. If you need back issues just let me know.

Arnold Swarztinegger Classic will be held March 2-4. I will be floating around the expo all weekend. Come up to me and let me meet you, I would really enjoy and appreciate it.

### **Its a Lifestyle not a hobby!**

As you read these articles, please don't think that changeing just one area in your life will make a world of difference. The idea is to only change one thing at a time, this allows you the oppertunity to see if it works or not. Then after you find an avenue that works for you, find another area that needs changed. Then change only one thing, and decide if that worked, if not then go back to the drawing board, and try something different. Always keep in mind the end result that you desire, and progress toward that goal.

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