

TRAINING & NUTRITIONAL /Dietary TIPS -Debbie Bradfield (Professionally certified FITNESS TRAINER)

For www.shapematters.co.za

WHY I ADVOCATE CARDIO FIRST, FOR ALL MY CLIENTS

- Why Striving to attain VO2 Max is vital to ensure endurance

Cardiovascular training to initiate training session ensures an increase in muscle mitochondria (Breathing /gas exchange organelle in cells) for oxygen delivery to the muscle. This is associated with a rise in the capacity to produce ATP by oxygen dependent pathways and therefore increases the muscles' ability to burn (oxidize) fat as a fuel substrate (source) – compare to a car's combustion engine- combusting fuel to release energy to move the vehicle. Cardiovascular training at the outset is the cornerstone of my clients' training success. WHY? CV training and reaching VO2 Max gives you the stamina to cope with daily lifestyle and endurance, during training routine by igniting calorie burning and boosting metabolism. HOW? It assists in regulating blood sugar levels and improves the body's ability to use oxygen to ignite and burn (oxidize) fat with this added oxygen intake. It Fuels the brain with oxygen via ATP pathways – consequently this alerts all functions for start-up – trip switches all biochemical processes. (ATP=Adenosine Tri-Phosphate = energy production)

VO2 max = maximum oxygen volume reached the moment you achieve 60%-85% max. Heart Rate.

max HR=MHR = (220beats/min – age)

VO2 MAX = The maximum amount of oxygen a person can utilize per minute for gaseous exchange in muscle mitochondria and other tissue cells while reaching Maximum Heart Rate when working muscles.

It is the single best measure of cardiovascular fitness. Very few elite athletes exceed 70ml/kg/min.

It is usually achieved when an athlete sprints a distance of 2.5 km in less than 12 min.

FINAL PHASE FAT LOSS:-

HIIT = High Intensity Interval Training is effective for Fat Loss – this is when you train in short bursts/sprints by pushing your Heart Rate/HR up to 85% then drop to 50% MHR – 2 min jog at 50% incline level, then 1 min sprint at “0” gradient – “no incline,” followed by 6.5km walk at max incline for 2min per cycle.

– only finish 4 cycles – max. time = 20 min – not longer. HIIT increases your basal metabolic /resting rate due to post oxygen consumption by muscles, brain, vital organs etc.

DIETARY TIPS – HOW DO ALL MY CLIENTS LOSE A MIN. OF 5% BODY FAT WITHIN THE FIRST MONTH OF APPLYING THE ABOVE TRAINING TECHNIQUE AND FOLLOWING THESE DIETARY GUIDELINES – GUARANTEED:-

BURN IT UP! Every calorie counts so increase the no. of calories you burn with these tips:-

SPICE IT UP! – You can raise your metabolic rate hours after you've eaten a spicy meal of chilli's/ginger/cinnamon/curry spices/ white willow bark, yohimbe extract, cocoa beans etc .

PROTEIN – CARB CONNECTION.

PROTEIN helps to slow down the release of sugar from carbohydrates. Protein-rich foods such as eggs, lean beef fillets, liver, chicken, ostrich, fish, dairy products:- whey, casein-(cottage cheese), milk isolates, nuts- almonds, peanut, seeds:- pumpkin, sunflower, sesame; legumes: soya beans, green beans, lima beans; lentils, oats, whole-grains, dried dates, avocados- all, help us lose weight because they have virtually no effect on blood sugar – yet they fill us up swiftly. Standard high protein diets make use of this advantage, but they can become a problematic risk – particularly when based on an excess of animal fat which are high in saturated fat and hormonal residues – thereby increasing cardiovascular risk and cancerous tumour growths by disrupting our hormonal systems. The healthiest solution is to eat protein with **low-GL Carbohydrates**. That way, you stabilize blood sugar, feel fuller for longer and lose weight faster.

We **only need 1g Protein per kg body weight when active, for sculpting muscle** - however when bulking to build muscle volume, then 2g protein per kg body weight would be required for body-building.

This equates to around 20 g protein per meal for a 60kg individual consuming 3 meals daily. Take your goal weight you wish to achieve and divide by 3 to determine how many g protein per meal /d; or divide by 6 when considering your protein/whey/ supplement shake at bedtime and snack times as well.

LOW GL CARBS vs LOW GI CARBS – understanding the difference is vital!!!

GL = GLYCEMIC LOAD – a tool that tells you exactly how a particular food/ meal will impact on your blood sugar which is a level that is intimately connected with hunger and how much we eat/appetite and how much insulin hormone is released.

GL is a much more practical tool than GI or GLYCAEMIC INDEX which is a way of scoring how fast the carbohydrate in the food raises your blood sugar level with pure glucose when releasing its sugar into the blood.

GI factors in the quality and quantity of the carbohydrate giving you a more accurate reflection of the effect of the carb on your blood sugar.

Melons, for example have a high GI of 72 – out of bounds for a LOW GI dieter – but on closer inspection we analyse that only 6g of a 120g slice of melon contain the high concentrate GI carbohydrate – most of it, is sheer water- amounting to 114g H₂O – beneficial for hydrating pre/post workout.

CALCULATION: $GI = 72 / (\text{divided by } 100) \times \text{available CARB(in grams = 6g)} = 4.32 \text{ GL}$ which is actually a low Glycaemic Load Food.