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Return to Work programs	Pre-Employment Screening
Business Outreach	Private Membership
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5th Edition

## Summer Is Coming

Sun, sand and sea add up to only one thing... Summer! Once summer hits people start wearing less clothes which means that everybody wants to look and feel their best. Chances are you have let yourself go over winter and are now looking to get back into (or start) an exercise routine. You may be aware that "cardio" training helps with weight loss and resistance training helps to build muscle but there is much more to these forms of training than you may think. Specific cardiorespiratory adaptations to exercise training include:

- Left ventricle and wall thickness (of the heart) increase.
- Stroke volume (of each heart beat) increases.
- Maximal heart rate may stay the same or

decrease. Heart rate at any given intensity is decreased.

- Resting blood pressure may stay the same or decrease. Blood pressure at any given intensity decreases.
- Arterial—venous oxygen difference increases.
- Pulmonary diffusion (in the lungs) increases at maximal work rates.

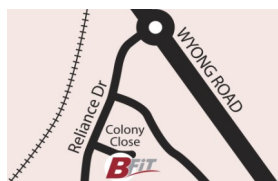
To put it simply, the heart becomes more efficient at pumping blood around the body and the lungs/ circulatory system become more efficient in providing oxygen to body tissues.

Specific musculoskeletal adaptations to exercise training include:

- Increased motor unit recruitment and firing rate.
- Increased bone mineral density.
- Increased tendon and ligament cross sectional area.
- Changes in muscle fiber type (IIX-IIAX-IIA).

To put it simply, muscle activation becomes more efficient and the bones, tendons/ ligaments and muscles become stronger.

As appealing as looking good in your bikini or board shorts sounds there are greater benefits that arise from exercise training. The best thing you can do to get physically fit in/ for summer is not to get lazy in winter. In doing so you don't have to resort to any extreme measures to look/ feel good.



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## Quiz

1. Exercise leads to what specific cardiorespiratory adaptations?

- A) Right ventricle increase.
- B) Stroke volume increase
- C) Maximal heart rate increase.

2. Exercise leads to what specific musculoskeletal

adaptations?

- A) Bone mineral density decrease.
- B) No change in muscle fiber type.
- C) Increased tendon cross sectional area.

3. To lose weight you should:

- A) Decrease your por-

tion size

- B) Consume 5 small meals/ snacks throughout the day.
- C) Both A and B.

4. When beginning to exercise you should start slow and gradually build up.

True False

**Turn over for answers**

## Quote of the month

“The Best Vision Is Insight”



BFit Studio Rehab & Wellness Centre is now on Facebook.

## Win Free Membership And Training!

Would you like the opportunity to win a free 12 week membership package AND free personal training sessions? This one off promotion offers the winner a real chance to address their health and fitness concerns with the support and guidance of specialist exercise therapists and allied health professionals.

So, if this is something that you think you can benefit from or you know of somebody who would gain from this package, please visit our website at [bfitstudio.com.au](http://bfitstudio.com.au) and follow the competition link for more information about the competition and how to enter\*.

**Good Luck!**

\* Offer not open to current members of the studio

## Exercise Tips For Weight Loss

Exercise (in conjunction with a healthy diet) is the best resource for weight loss. Quite often you are told to “go for a walk around the block” or to “pump some iron” but is this enough information to aid you in losing weight? The following is practical advice you can apply to your exercise regime.

### Cardio Training

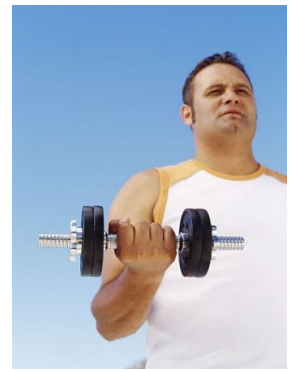
- Start slow and gradually build up. Going too hard too fast may result in injury.
- The impact on the knees during weight bearing exercise can be significant. To overcome this either perform weight supported exercise (bike, pool) or exer-

cise on softer surfaces (grass, sand).

- Once you’ve built a base foundation of fitness look to include short bursts of higher intensity exercise in to your regular cardio workout. This allows you to burn more energy without reducing exercise duration.

### Resistance Training

- Increasing lean muscle mass results in a higher energy requirement and as such you use more energy.
- Lifting lighter weights for a greater amount of reps or performing



multiple exercises one after the other without rest is a great way to increase energy expenditure.

- Performing compound movements (using multiple joints) and larger muscle groups (legs, back) is another great way to increase energy expenditure.

Before attempting any exercise please see your dr.

## Nutrition Tips For Weight Loss

People frequently choose over the counter products and technological treatments in an attempt to lose weight. Quite often they overlook the slimming options that occur naturally. Foods that help keep you full, are very nutrient dense and low in kilojoules at the same time are considered nature’s slimming foods. These foods are generally high in protein, fiber, healthy fats/ oils and water. Examples include oatmeal, fruits and vegetables, low fat yoghurt, nuts, eggs, chicken and fish.

When people go on diets they cut back on their intake of food and very often experience cravings or intense hunger, therefore they eat more. When you drastically cut back on kilojoules your body thinks

food is scarce so it conserves energy (which slows your metabolism and results in weight gain). To overcome this you should consider the following:

- Decrease your portion size.
- Consume 5 small meals/ snacks throughout the day (instead of 3 large meals).

Some additional advice for natural weight loss includes:

- Eat slowly. Savor the smell, texture and taste of your food. This will allow you to feel full without consuming as much food.
- Drink plenty of water. This will allow you to see if you are really hungry. Quite often you

are just thirsty.

- Regulate your intake of salt, sugar and refined foods. Foods high in these often lead to weight gain.
- Avoid eating during stressful activities. If you are stressed your digestion is compromised.

By following this advice (in conjunction with regular physical activity) you should be able to achieve realistic weight loss goals.

