



Maxwell's Fitness Programs *Newsletter*

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WE'RE ON THE WEB!

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Why is breakfast important?

Show me a fit, healthy, energetic person, and I'll show you someone who eats breakfast. Eating breakfast sets the tone for the rest of the day. If you skip breakfast, you set yourself up for a day of limited energy, bad mood, starvation later on, and metabolic sabotage. Regularly skipping breakfast can actually increase your risk of obesity. On the other hand, if you eat a fatty or sugary breakfast, you set yourself up for low mood and weight gain! So when you wake up each day, ask yourself what kind of day you want to have, then eat a breakfast that will allow you that! Your breakfast should include a healthy grain (cereal, oatmeal, toast, English muffin, etc.), a fruit (SO many to choose from!), and a lean protein (skim/soy/almond milk, cottage cheese, yogurt, egg, etc.). A multivitamin's not a bad idea, either. So please, if you do nothing else for yourself, at least eat breakfast. Who knows where the day will take you from there?!

Health Defined

I found many definitions for the word health: "Free from disease." "General condition of body and mind." "Level of functional and/or metabolic efficiency." But what's the definition of GOOD HEALTH? Well, choose from the following: "State of being vigorous and free from disease." "State of living without illness." "Very fit, in good physical condition." "Robust." Well, I want ALL of those! But how do you get it? It's quite easy, if you want it. First, eat healthfully. Second, get daily exercise. And finally, be positive! We at Maxwell's can help you with all of these, especially the exercise! It's important to wake up each day and vow to do everything you can to improve your health. The healthier you are, the better you feel, and who doesn't want to feel their best every day? At Maxwell's, we hope that you take everything we tell you to heart, and use it to improve your health and feel better.

WHAT MAKES UP A HEALTHFUL DIET?

Everybody is different, but below is a range that makes up a healthful diet. How are you doing?

Grains: 7-8 servings daily

Vegetables: 4-5 servings daily

Fruits: 4-5 servings daily

Meats, poultry, fish: 2 servings daily

Nuts/seeds/beans: 4-5 servings daily

Fats and oils: 2-3 servings daily

Sweets: 5 per WEEK

Low-fat or fat-free dairy: 2-3 servings daily



HOW TO EAT HEALTHIER WHEN EATING OUT

- Order an appetizer or side dish for a meal. Most restaurant meals are packed with more calories because they want the meal to taste good. Portion sizes are also large. So we simply have to eat less.
- Order one entre' and share it.
- Don't feel like you have to eat everything on your plate. Take the leftovers home. They'll taste great the next day!
- As soon as the meal arrives, cut it in half and pack it away to take home. This will take away the temptation to eat everything on your plate.
- Always choose a dish that is the most nutrient dense (higher proteins, grains, and fibers).

If we eat out only occasionally, the rules aren't as necessary. It's not what we eat once in a while that impacts us, it's what we eat every day. But if you travel a lot with your job, or other circumstances have you eating out frequently, try to follow the tips above.

PROPER LIFTING INTENSITY

A recent paper released by the ACSM shared numbers stating the more advanced fitness trainees need to train at 70-100% of their 1-rep-max (most they can lift) compared to a lesser percent for novice and intermediate trainees. I don't believe these numbers are released because it's important to find out what each percentage should be on each exercise, rather it's important to understand that when you've reached a certain point in your exercise career, you're no longer going to be making progress if you don't challenge yourself to use heavier loads. It's another example of overload. We have to overload the muscles if we want to make further progress. Early on, we may use minimal resistance and we'll make progress. That works out perfectly, because early on we want to be learning how to properly do the exercises. But later on, if we don't challenge ourselves, we're getting much less out of it. What keeps some people from lifting with heavier intensity? One of the reasons is the silly myth that lifting heavier will automatically bulk us up. That is a common fear among women, and that fear is unfounded. Genetics, gender, and many other variables determine that, and lifting intensity does not have anything to do with it. Another reason is the human tendency to not want to push that hard. It's not always easy to gear ourselves up to do the best we can. Even we fitness professionals need to get pushed a little in order to really do what we're supposed to do. But Maxwell's clients, no worries, that's why we're here. We'll push you to do your best. And even though some jokingly complain, we know you really like it and appreciate it, because that is one of the main reasons you come. It's very hard for any of us to motivate ourselves completely. Let me rap this up by stating what "heavy" is. We're not talking about being able to lift something ONE time. The range we're talking about is 70-100% of your 1-rep-max. 70% is typically around 14 reps or so, and yes, 100% does mean one-rep-max. But that gives us a nice range of roughly 1-14 in reps in which we do train. But the study once again points out that we really have to be doing those reps with the most weight we can handle, IN PERFECT FORM, each time we do them. Form is THE MOST important aspect of resistance training.