



Maxwell's Fitness Programs Newsletter

APRIL 5, 2010

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WE'RE ON THE WEB!
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Do you have issues with cholesterol?

Most of you know we have two kinds of cholesterol: HDL ("good" cholesterol) and LDL ("bad" cholesterol). High cholesterol is a big risk factor for coronary heart disease/heart attack and stroke. An HDL reading over 40 mg/dL is acceptable, but over 60 mg/dL is ideal. An LDL reading under 130 is acceptable, but under 100 is ideal. **Aerobic activity** is one thing that drives your HDL number UP and your LDL number DOWN. You want to raise your heart rate for at least 20 minutes each day to accomplish this. Such activity includes walking, jogging, swimming, and bicycling, and should be done at least 5 days a week. **Losing weight** can also increase HDL and lower LDL. Also, reduce the amount of saturated fats and trans fats in your **diet** and increase your fiber intake. Do this by increasing the amount of **fruits, vegetables and whole grains** you eat. Research also shows that **omega-3 fatty acids** help lower cholesterol. Get omega-3's in fish/fish oils, soybeans, canola, flax seeds and walnuts. And **DON'T SMOKE!**

So, if you have poor cholesterol levels, here's your prescription:

1. At least 20 minutes of moderate to vigorous aerobic activity at least 5 days a week.
2. Lose weight.
3. Eat a diet low in saturated and trans fats, and high in fiber and omega-3 fatty acids.

The "10-Year Club"

We are so grateful for our loyal clients! Several of you have been with us for 10 years or more. We'd like to thank the following people for their commitment to exercise and to Maxwell's:

Mike & Dianne G., clients since August of 1999

Reid H., client since January of 1996

Jerry J., client since October of 1999

Marian L., client since September of 2000

Gina & Gordon M., clients since March of 2000

Barbara S., client since June of 1997

Mary V., client since October of 1995 (Mary is currently our longest-standing client... Thanks, Mary!)



FORM!

Form, form, form. You hear us preach about it at every workout. Good form is somewhat open to interpretation. Some professionals may advocate a certain style of lifting while others may advocate something else. But ultimately, good form has roots. Good form will always have these characteristics:

- Correct posture. With every exercise, there is a certain posture to be maintained. As an example, the back should always remain flat and the neck should always remain neutral.
- Control of movement on the exercise. There are many different rep speeds that work, and there are different reasons for using each, but no matter what speed you're using, your muscles need to be in control of the movement. **Momentum should not be used.** Control the movement during every rep.
- Full range of motion. Every exercise has a particular range of motion that is full. You should always strive for a full **pain-free** range of motion. If you have to shorten a range due to discomfort in a joint, that's fine. If you shorten the range of motion to use more weight, it is not fine.

So why use good form? The answer is very simple: To get the most out of your workouts and each exercise you do. I believe in efficiency. If you're going to do it, do it right!

ENERGY IN MUST BE LESS THAN ENERGY OUT – AND...

Finally, mainstream is catching on to what we in the health and fitness industry have known for years: That the only way to lose weight is if energy in is less than energy out. Energy is calories. So to lose weight, you must take in less calories than you need. Period. There are some tricks, though, that will help you burn more calories and help this process along. Things we've all heard but maybe don't know why...

- Eat small frequent meals. Why? Frequent because there is something called the Thermic Effect of Feeding (TEF). This means that when you eat, you burn calories to process the meal you just ate. Studies show that 10-15% of our expenditure may come from this. So every time you eat, you're cranking up that furnace more, which gives more burning time for day. Take advantage! Small, of course, because you still need to stay below your caloric needs for the day if you want to lose weight.
- Incorporate strength training into your lifestyle. Why? Two BIG reasons: First, it's the only way to increase your Resting Metabolic Rate (RMR). You add muscle and have more live tissue that needs calories. The second big reason is because when you work out anaerobically (which is what strength training is), you get a greater "afterburn", which means you're burning more calories repairing the muscles that have just been broken down in the prior workout. So hours after a workout, you're burning more calories than usual.
- Incorporate intervals into your cardiorespiratory routine. Why? Just like the above example with strength training, when you go anaerobic (intensity higher than aerobic), your body uses more energy after the workout to bring the system back to normal-repair muscles.

