



# Maxwell's Fitness Programs *Newsletter*

MAY/JUNE 2010

5889 S. Williamson Blvd.  
Suite 1318  
Port Orange, FL 32128  
(386) 767-1263

WE'RE ON THE WEB!

[www.maxwellsfitnessprograms.com](http://www.maxwellsfitnessprograms.com)

## ACTIVITY MONITORS ARE HERE!

We are now incorporating activity monitors as a tool to help our clients lose fat. The actual brand we're using is called **GoWearfit**. What are activity monitors? They are monitors that read and register all of your caloric expenditure. So now you will know exactly how many calories you are burning. With this tool comes an online program in which you input all of the food you consume. After you've uploaded the expenditure from the GoWearfit monitor into the computer, you will have an exact account of where you are as far as the caloric balance goes. The only way to lose weight is **energy in has to be less than energy out**. The problem is frequently that most people don't really know how much they're consuming and how much they're expending. Now you can know for sure. Studies show that people lose 3 times more weight when using these devices. They simply make you so much more aware of what you're doing and eating. With this device, you can't lie to yourself anymore! It is what it is. Forever, personal trainers such as myself have said "We can't follow you home". This came up a lot when discussing weight loss with clients. They can work very hard at the gym, but what about all those hours on their own? How are they eating? It's those hours that make and break weight loss. So now we can follow you home, so to speak! If clients elect, they give me their password and I continue to monitor their caloric input and output on a daily basis. With this I can help them make the adjustments that need to be made to put them in proper balance. After time, clients will learn how to do this on their own. The tool is only as good as how we use it. I believe it's a mistake to buy the tool without some guidance. We acquired these units to help people lose weight, not to sell the device. Ask Rob and Kelly more about this weight loss tool.

## DIMINISHING RETURNS

If you work out consistently, and push yourself as hard as you can in your workouts, eventually you could reach a point at which you are as muscular/strong/lean as you can physically get due to your genetic potential. The term that refers to this is **diminishing returns**. It is a form of plateau, and is therefore handled in the same way. Simply change up your routine to continue challenging your body. Or perhaps it's time to change your goals? For example, maintain your current body composition by continuing to exercise, but work on increasing your flexibility. Maybe you want to train for a competition (5K, marathon or triathlon)? Not by any stretch will any of us ever reach a point at which we can stop working out! It's the cornerstone to overall health and longevity. Will any of YOU reach a point of diminishing returns???



## “Talk Test”

Last month we discussed “RPE”, or Rate of Perceived Exertion, as a way to determine exercise intensity. Now we’re going to discuss using the “talk test” for this determination. Studies have indicated that the talk test correlates very closely with first ventilatory threshold, or the point at which respiration increases non-linearly. It is also the point at which it is no longer possible to speak comfortably, and an ideal zone to train in. During cardiorespiratory exercise, it should be slightly difficult but completely doable to recite the Pledge of Allegiance. Again, you’re able to speak, just not that comfortably. Using the talk test is an excellent tool for those seeking weight loss or improved aerobic condition. Generally, it is recommended that most people do 20 to 30 minutes 3 to 5 days a week of cardiorespiratory exercise.

## INCREASING OUR ACTIVITY

It’s really not a mystery why Americans are gaining weight at the rate they are—We’re eating more and moving less. Basically, the only form of activity most Americans get is in the form of structured exercise. Naturally, this is a very good thing to do for our overall health and fitness. But we still need to do more. Our bodies are really not built to be inactive. Look at kids, always moving. Let’s take after the kids. How can you increase activity without formal exercise? Park your car as far as you can out in a parking lot and walk to the store fast!! Challenge yourself to really walk everywhere, and walk fast! Those wearing activity monitors are seeing how effective that is. It really burns more calories. So really, awareness is the key. You should be aware each hour of the day of how to get in more activity. When you go get the mail, decide to take a brisk 10 minute walk. Fire that yard guy, buy a mower, and cut the grass!! Why work out for an hour and pay the lawn guy to cut the grass? I want each client and fan to start keeping a list of how they’ve increase their activity. Let’s have fun and help each other!

## The other side of the equation

We talk about energy in being less than energy out. So what about energy in? Those who have been tracking their diets are starting to see the patterns of what foods really create a greater surplus of calories and which are safer or more conducive to a better energy balance. Fats are typically a negative addition. Fats have 9 calories per gram versus 4 calories per gram of carbohydrates and proteins. Yes, some fats are good—we need our Omega 3’s. But don’t confuse healthy foods with fattening foods. Some fats can be healthy (monounsaturated) but still increase our weight, so we must eat them in moderation. But all in all, fats add to our caloric input more than any other food. Another culprit is pure junk food: soda, chips, candy, pastries. Why? Simply put, it’s so much easier to eat more of these foods than other foods. They taste good. One very tasty soda is packed full of calories. And if you stop at a 7-11 and get a big gulp, your drink may have enough calories to supply you for ½ a day let alone that hour. So these treats (and that’s what they were when I was growing up—not a diet staple) should still be thought of as TREATS and only eaten infrequently. So in short, if you want to create a negative caloric balance and get on the road to weight loss, knock out the fats using Omega 3’s as a supplement and get back to thinking of junk food as a TREAT, not an every day staple.