

PEAK SPEAK- October 2007

PEAK PERFORMANCE Fitness Center

Welcome to our newsletter!

In PEAK SPEAK you'll find general fitness info, workout ideas, nutrition tips, and news about our health club.

Feel free to forward email or printed copies of our newsletters to anyone you think might find the content interesting.

We'll keep past issues available on our web site.

If you have any questions about the content, or ideas for features, please see Joe or Pete.

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The Skinny on FAT

What is FAT?

Fat is the body's major energy storage system. When the total calories you ingest is more than your body burns for energy, the body may turn these into fat for later use. Fat has many uses, including use as an energy source and a cushion to protect organs and bones. Fat serves other purposes and is necessary to maintain healthy skin, hair and nails- so you shouldn't cut all fat out of your diet. But in general, most people in the United States consume too much fat – which can lead to heart disease, obesity, diabetes and many other health problems.

Types of Fats

Not all fats are created equal! Saturated fats are those that are generally solid at room temperature- these are the least healthy and tend to increase the level of cholesterol in your blood. Foods that contain saturated fat include butter, cheese, some margarines, shortening, tropical oils such as coconut and palm oil and the fats in meat and poultry skin, so you should try to limit your consumption of those oils and foods.

Unsaturated fats reduce blood cholesterol when they replace saturated fats in the diet. There are two types of unsaturated fat - monounsaturated fat and polyunsaturated fat. Monounsaturated fats have been shown to raise the level of HDL (aka 'good' cholesterol) that protects against heart attacks. So in moderation they can be part of a healthy diet. Olive and canola oils, peanut butter and nuts are particularly high in monounsaturated fats. The American Heart Association (AHA) recommends that you limit calories from monounsaturated fat to no more than 15% of your total calorie intake on a daily basis.

Polyunsaturated fats come from plants and fish. Good sources of polyunsaturated fats include most other vegetable oils and high-fat fish such as salmon and tuna. The AHA recommends that saturated and polyunsaturated fats should make up less than 10 percent of your calorie intake.

Partially hydrogenated vegetable oils, such as those used in many margarines and shortenings, contain unsaturated fats called trans-fatty acids. Trans-fatty acids may raise blood cholesterol levels, although not as much as saturated fat.

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How Much Fat Should I Eat?

The American Heart Association and the United States Department of Agriculture recommend that you limit your fat intake to no more than 30% of your daily calories. Of that 30%, 10% or less of the fat calories should come from saturated fat. Check the Nutrition Facts labels of the foods you eat for information about fat from saturated and unsaturated sources.

Remember: a gram of fat contains 9 calories, while a gram of protein or carbohydrates contains only 4.

Reducing Fat Intake For Weight Loss

For weight loss and overall wellness, you should limit your intake of high-fat foods as described above. This will not only improve your metabolism, it will allow you more food for your calorie expenditure because fats have more than twice the calories per gram as proteins (which contain 4 calories per gram) and carbohydrates (also 4 calories per gram).

But just because a food is low in fat doesn't mean you can eat all you want and not gain weight. All foods contain calories, even low-fat foods. So it's possible to gain weight from eating too many low-fat foods! Keep your serving sizes and calories under control while monitoring your fat intake, and you'll be better able to manage your weight. It's also a good idea to choose foods for their nutrient content - not just fat-free or low-fat versions of low-nutrient foods such as cookies, cakes and candy. Fruits, vegetables and whole grains contain plenty of vitamins and minerals, while being naturally low in fat.

To use up your body's fat storage, you need to exercise regularly. Moderate aerobic exercise, which raises your heart rate, is especially important. And any exercise that builds muscle mass can also help you burn more calories because muscle burns more calories than fat.

PEAK's Keys To Weight Management Success!

Introduction

Fact: There is no such thing as a magic pill, or a special food or fat melting workout that will enable you to lose weight overnight.

The best way to achieve permanent results is to follow a complete and integrated fitness program that focuses on a change in **body composition** (body fat vs. lean muscle). Building lean muscle is the key to success in weight management. And building lean muscle requires a combination of sensible nutrition and exercise in order to achieve the desired positive change in body composition.

Calories In vs. Calories Out

To positively change the composition of your body (decrease fat, increase lean muscle) you have to manage calorie intake and expenditure. If you burn more calories than you take in each day you will lose weight: this is the *only* way to lose weight. If you do the opposite- take in more calories than you burn- you will gain weight.

Excess calorie intake gets stored as fat - even if you're eating nothing but healthy, supportive foods. Even though this appears to be a simple concept, don't be fooled. The caloric deficit must be kept small for you want to maintain lean muscle and only lose fat weight. This strategy allows you to keep a high metabolism while at the same time transforming the shape of your body.

If you reduce calorie intake too severely, your body will "think" you are starving and it will set into motion a series of metabolic and hormonal events that ultimately lead to muscle loss and a slower metabolism.

Even worse, skipping meals and starving yourself causes your body to increase the level of fat storing enzymes so you are actually teaching your body to become efficient at storing fat!

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PEAK's Keys To Weight Management Success! (continued)

Muscle is your Metabolism

The amount of lean muscle you hold is directly related to your metabolism and your metabolism defines the shape of your body. Your metabolism is simply the rate at which your body burns calories. Lean muscle burns a lot more calories than fat so when you lose muscle, your metabolism drops and you burn fewer calories.

So not only must you take in sufficient calories to burn fat rather than muscle, it's also important to build muscle, which in turn boosts metabolism. And the way to do this is, of course, to increase the amount of exercise you do. While aerobic activities such as running, swimming, fast walking help to tone muscle and burn extra calories, resistance training is the only way to increase the amount of muscle you have in your body.

A consistent and effective exercise program will help you burn more calories and maintain or even build lean muscle mass. Your goal is to keep your activity up and your intake down and you **will** achieve results.

Exercise and nutrition are both essential to weight management. Our Weight Management Program provides the complete formula for success:

The Five Factors of Fat Loss

- ✓ Supportive Nutrition
- ✓ Sensible Supplementation
- ✓ Resistance Training
- ✓ Smart Cardio
- ✓ Personal Assistance

Let us show you how our programs will enable you to reach our weight management goals!
