

# Maki Performance Training Newsletter V1 I3

Volume 1, Issue 3

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## Openers

This month, so far, has been an exciting one for me. I was featured on channel 4's "The Express" for a fitness segment. The filming took place at Thompson Community Centre. A big thankyou goes to Patti Martin and Andrea Lyons for their

help by being my models for the shoot.

I 'm also pleased to announce that I will be marketing a high quality protein supplement--which I stand behind 100%.

For information about Nitrean and its benefits, click here.

I will also be stocking fish oil and two multi-vitamins formulated specifically for females and for strength trainers.

Finally, in the next two weeks I'll be making yet another move to a larger, improved facility.

<http://www.sportcentral.ca>

During last week I met several times with the gym's new owner. He has asked me to run the Personal Training Department, so I will be in charge of all training-related programs at Sports Central. The gym itself is quite large, the total facility area being about 45,000 square feet. The gym itself I have been told is around 30,000 square feet.

This is a big step forward for me, and I'm looking forward to the challenges that lie ahead in bringing the personal training program back to life there.

The new facility is located at:

Sport Central

2611 Viscount Way, Richmond, BC

Tel: 604-278-8884

It's All About The Food

If you're looking to change the shape of your body, to burn body fat or to simply fit comfortably into your clothing, there are a number of fundamental principles that must be established, applied and practiced on a consistent basis before changes can take place. You have to understand how to eat, when to eat and, most importantly, what to eat. Changing the composition of your body has to do with learning to use food as a tool to help achieve your goals.

While there's no deep secret involved, you do need to understand how to effectively incorporate and apply various principles. This doesn't include going on a diet, counting calories, or weighing your food. It's about applying some basic guidelines and fitting them into your daily schedule.

As a word of caution, it should be noted that the information presented may seem

straightforward on paper, but the actual task of fitting it to your needs can be difficult in the beginning. After working regularly on the application of these principles over a period of time, proper habits will develop and the process will become routine.

Below are some very simple, yet important guidelines. Follow and practice them on consistent basis to reap the rewards of a better-looking and feeling body!

### Taking Action

These recommendations are not based on perfecting your nutrition, but focus on teaching you a healthy and balanced approach to burning body fat.

Once these guidelines have been applied consistently the next step is to tailor it to your body and its specific needs.

1. Eat every 2-3 hours, no matter what. Eating between 4-6 meals per day allows

the body to better regulate blood sugar levels which determine when, how and what types of foods you will consume throughout the day. Taking control of your blood sugar levels will help your mind and body deal with the cravings you experience during your fat-loss program.

2. Eat complete, lean sources of protein (containing all the essential amino acids)

with each meal. Every meal should revolve around protein. Protein keeps you full

for a longer period of time, boosts your metabolism and stabilizes blood sugar levels.

Protein also leads to an increase in metabolic rate or what has been called the Thermic Effect of Feeding. It means that if you're trying to lose body fat, it's a smart idea to eat more protein as the thermic effect of protein is double that of carbohydrates and fats. In other words, eat more complete sources of protein!

3. Eat fruits and/or vegetables with each meal. If you travel for a living you can supplement with a Greens Plus product that has many of the essential nutrients provided by fruits and vegetables.

4. Eat breakfast--and make it the biggest meal of the day. One study has shown that eating breakfast actually does have an effect on how you eat throughout the rest of the day. (1)

“The intakes of 375 male and 492 female free-living individuals, previously obtained via 7-d diet diaries, were reanalyzed. The total and meal intakes of food energy, the amounts of the macronutrients ingested and the density of intake occurring during five 4-h periods were identified and related to overall and meal intakes during the entire day. The proportion of intake in the morning was negatively correlated with overall intake, whereas the proportion ingested late in the evening was positively correlated with overall intake. The energy densities of intake during all periods of the day were positively related to overall intake. The results suggest that low energy density intake during any portion of the day can reduce overall intake, that intake in the morning is particularly satiating and can reduce the total amount ingested for the day, and that intake in the late night lacks satiating value and can result in greater overall daily intake.”

In easy-to-understand language, this study described how people who ate meals

with high energy content in the morning ate less total calories the rest of the day, and vice versa. Those who didn't eat much in the morning actually ended up eating more during the rest of the day. So, in conclusion, don't skip breakfast! Doing so can actually sabotage your progress towards a leaner body.

5. Include some healthy fats in your daily eating. To ensure that your fat intake

comes from good sources, include salmon oil, cod liver oil, flax seed oil, hemp oil, and/or extra virgin olive oil and a variety of nuts and cold-water fish. These types of fats are essential because the body does not produce them and, therefore, need to be taken in from

various sources of foods. Some of the benefits of taking in EFAs are a reduction in blood pressure, lowered cholesterol levels, decreased inflammation and increased fat-burning by the body.

6. Drink water with each meal, during and after exercise, and eliminate all juice

and soda. Water facilitates all the biochemical reactions needed to drive our bodily functions, including protein synthesis, nutrient transport and metabolism. It also optimizes liver function so that it can metabolize fat and helps prevent excess food consumption by satisfying a sensation often confused with hunger.

7. All carbohydrate intake should come from fruits, vegetables and grains.

## Putting It All Together

To apply this information, here is a sample template of one day's food intake.

Notice how each of the preceding guidelines is reflected in every meal.

### Meal 1

1 bowl of oatmeal/2 large eggs  
scrambled, 2 egg whites with chopped veggies/ 1 piece of fruit/ 250 ml of  
water

### Snack

½ cup cottage cheese/ crushed pineapple  
mixed in/ 500ml of water

### Meal 2

1 or half whole wheat tuna (half or 1  
full can) pita with spinach, tomato, shredded cheese, cucumbers and Italian

dressing/ 500 ml water

Snack

1 scoop protein powder mixed in water  
or skim milk

Meal 3

4-6 ounce marinated chicken breast/ 1  
steamed yam and grilled vegetables/ 500 ml water

Snack

1 glass of milk

#### Eating to change

your body may seem like a difficult and overwhelming task; however, armed with the right information, support and motivation, this seemingly impossible goal comes within reach. All it takes is being pointed in the right direction, a little nudge and some perseverance in staying the course.

#### References

1. De Castro JM (2004). The Time of Day of Food Intake Influences Overall Intake in Humans, J. Nutr. 134: 104-111

Nutrition Tip:

## Going Bananas

This was passed on to me by a client. After reading this, you'll never look at a banana in the same way again.

Bananas contain three natural sugars – sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills – eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Brain Power:** 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain-power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

**Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

**Smoking & Tobacco Use:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

What an amazing fruit!!

Training Tip:

Train Hard / Recover Hard

Many of us put hours into training at the gym, pushing our bodies to ever higher levels in an effort to achieve our goals. One area that is often overlooked is the process involved in recovering in time for the next workout. As a result of hard training, our bodies take a beating from built-up stress. There is only so much they can handle before breaking down.

Taking the time to let the body recover, and implementing certain strategies, will speed up recovery time and allow us to get back into the gym to train again. Here are some methods you can use to recover faster from strenuous weight training and conditioning sessions.

- § Deep tissue massage
  
- § Epsom salt bath
  
- § Exposure to sauna or hot tub
  
- § Stretching
  
- § Sleep or naps
  
- § Pre/Post workout recovery drinks (help with repairing damaged muscle tissue)
  
- § Sport supplements

Maki Performance Training: A Testimonial

{YouTubeVideo id=RkX1xUsNmCc}

Powerful Quote

Accomplishing Goals

1. Know what you want.
2. Know why you want it
3. Know the price
4. Be WILLING to pay the price
5. Pay it!

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Business and Class Updates

If you have any suggestions for a specialty class you'd like to see offered, please drop me an email.

Here are the dates for some upcoming classes:

April 1st 2008 – Maki Fit

Maki Fit: Small groups and intense workouts. Take your physical conditioning to the next level.

March 18th 2008 – Fitness Boot Camp 6AM Session

April 7th 2008 – Fitness Boot Camp 7PM Session

Fitness Boot Camp: This isn't any ordinary boot camp. If you're up for a challenge you'll love fitness boot camp!

March/April 2008 – Awesome Abs Class (date to be announced)

Awesome Abs: Learn over 50 abdominal exercises you can use to strengthen your core!

Coming Soon – Kettle Bell Conditioning Class

Kettle Bell Conditioning: Add some variety to your workout life and learn how to use kettle bells to get faster results.

Until next time,

Maki Riddington

<http://www.dynamicconditioning.ca>