

Weight Loss

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Six weeks before a holiday, is a tradition. Traditionally, it's the time of year when the resolutions of regular exercise, healthy eating and clean living are at their peak and thousands upon thousands of you rush to your local gym in search for a personal trainer for weight loss advice and training.

As a lecturer to exercise and fitness professionals and a master personal trainer, I am constantly asked, "What are the key secrets to weight loss?"

The secret to weight loss is simply the follow up to this sequence below:

1. Eat less than you burn. Excessive calorie intake is the main and obvious reason for obesity, yet many people still do not understand the correlation between the foods they eat and the calories they burn off day-to-day. If you want to eat a lot and you want to be thinner, then you have to be more active.
2. Choose a quality over a quantity eating plan. The saying "You are what you eat" is true. If you eat too much of anything, then you'll wake up one day and see too much of YOU in the mirror. Try breaking your daily food intake into 5 or 6 portions and eat no sooner than 2 and no later than 3 hour inter-

vals. This ensures a steady flow of nutrients to the working muscles without leaving too much behind for fat storage.

3. Base your meal size on the activities that follow. For example, if between this meal and the next you will be sitting at your desk or watching TV, your calorie intake should be low as there will be little opportunity to burn off what you have eaten. If, on the other hand, you are going to the gym or working strenuously, then increase the size of the meal accordingly.

4. Use a 'Zig-Zag' approach to calorie reduction. We all know that traditional diets don't work because of their effect on metabolism, but cyclic dieting or 'zig zagging' can be extremely successful at maintaining muscle and losing body fat. Simply reduce your calorie intake over 2-3 days, then have one day where you eat a little bit more. The results can be quite dramatic!

5. Reduce your aerobic work. That's right, I said REDUCE! Aerobic training increases production of the hormone cortisol. This has the effect of breaking down muscle, the very thing we need more of in order to maintain a high metabolism. Place your priority on strengthening exercises that build muscle, and you'll be leaner in no time, and NO, you

won't get big!

Now that you have read these strategies, it's about time to sign up to Simply Fitness London's goals and results package and get more advice on weight loss. Read more information on weight loss below.

What Is Metabolic Typing?

Achieve your results by measuring your Metabolic Typing

Your metabolism is unique, and according to research, it has been shown that no diet works for everyone. Metabolic Typing (MT) establishes which foods are right for YOU and in what proportions. Conversely, MT identifies foods you should avoid. If mainstream solutions to weight loss are really that successful and effective, ask yourself two questions:

- Firstly, why do so many people bounce from one diet to another without success?
- And secondly, why is obesity such a massive and growing problem in this country?

As opposed to a generic weight management solution which offers a one size fits all approach, we are in a fortunate position to offer you customized solutions which will make you look leaner, younger and

add zest to your life.

To determine your MT we ask clients to fill out a simple questionnaire to identify what proportions of fats, proteins and carbohydrates they should be eating with each meal.

The Benefits of Metabolic Typing include:

- Achieve and maintain your ideal weight
- Eliminate sugar cravings
- Enjoy sustained energy and endurance
- Conquer indigestion, fatigue and allergies
- Bolster your immune system
- Overcome anxiety, depression and mood swings

For further info on MT, switch to our contact us page and complete the boxes.

What Are The Right Exercises For Me to lose weight?

There can be little doubt that exercise is central to optimal health. Just like your nutritional plan needs to be bespoke so does your exercise strategy. Any effective exercise plan should complement and help strengthen your body and not leave you feeling exhausted and weak.

We have consulted many a client who told us that their previous exercise programme was making them feel worse. If your body is giving you those type of signals then you are well and truly on the wrong exercise path.

Exercise is a stressor to the human body and considerable care has to be taken that we do not over stress an already stressed body.

By going through a detailed consultation process we are in a position to offer you an intelligent exercise programme that not only meets your needs and goals but also fits your lifestyle, reflects your current level of skill and capability.

Many people believe they must do lots of aerobic exercise to be fit and healthy. This is not necessarily true. A workout with weights in a circuit format has been shown to be at least as beneficial and takes less time to achieve the same benefits.

Aerobic exercise releases stress hormones into the body which are tissue destroying (catabolic state). This means that if your goal is to improve body shape you will have a hard job when your body is breaking itself down in this manner.

Exercise can only be beneficial if you actually do it.

Therefore, ensure you choose types of exercises that you know you will enjoy. Seeking the help of a C.H.E.K Practitioner to help you put an exercise programme together is highly recommended

Remember this...

“Exercise is like a drug, if you take the wrong drug you get the wrong response!”

The Uniqueness Of Being A Woman

Having coached and trained many female clients over the past five years I can certainly vouch that although females are equal to males they are well and truly not the same!!

One of the hang ups females often present with is the fear of strength training. To get the body you want you have to strength train. There are no two ways about it. The fear legitimately comes from a feeling that you will bulk from lifting weights.

This is a popular misconception and in our practical experience is a total MYTH. Females typically have 10x less testosterone (muscle growth hormone) than a male, which means the likelihood of female building big muscles from lifting weights is very unlikely.

Not only will strength training dramatically improve your appearance and thereby your self confidence but will also help with your posture and because it increases bone mineral density reduces the risk of osteoporosis. Good examples of key strength training for women include lunges and squats which will do a nice job of burning fat.

Females have a much greater tendency to opt for aerobic training than males. Aerobic training includes exercises like the X-Trainer, bike and treadmill where you are working on a continuous duration.

I have seen so many females anxiously watching the calorie counter clock up on these type of machines it is untrue!!

Let me tell you a secret...

You will never achieve body transformation by aerobic training only. Having worked at a leading health club chain for five years it

always amazed me that so many females did not change their body shape one iota from my first to my last day. They invested hours and hours into aerobic training and zero time on real exercise like strength training.

Excessive investment in aerobic training can indeed make you fatter

and not leaner. Research conducted in the U.S a few years ago found that the average body fat percentage for a female aerobics instructor was 23%. This is indeed high for an exercise professional. So avoid what Charles Poliquin accurately describes as Chunky Aerobics Instructor Syndrome (C.A.I.S)

Simply Fitness London's Ultimate Weight Loss Exercises



Abb crunches on swiss ball



Bench press swiss ball



Bent over laterals



Barbell Squats



Biceps curls on swiss ball



Hyperextension on swiss ball