

getactive 4 life



Apologies

I must firstly apologise for not sending as many newsletters as I would like, but I will try to produce at 3 termly newsletters

Classes

Please note there will be no Pilates Classes on

Monday 29th August

Monday 24th October

Monday 31st October

Summer Hooping Workshop

There are still 4 weeks to go, so come along if you fancy learning some hooping tricks and routines and have some fun

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I have read many articles from Dr Marilyn Glenville and wanted to share this report with you.

Research from the Department of Health in 2005, has shown that Britons now have the fattest stomachs in history. Between 1993 and 2004, women's waistlines ballooned by an average of 1.6in (4.1cm) to 34.1in (86.6cm) and men by an average 1.5in (3.8cm) to 38.4in (97.5cm). Figures published in 2004 showed that between 1951 and 2005, women's waists have increased by 6.5in (16.5cm).

What's the cause?

The main reason some people gather more fat around their middle than others is specifically because of the action of the stress hormone cortisol.

Millions of years ago, our bodies were designed to react quickly to danger. Like wild animals we were on constant alert so we could run or fight if threatened. When your brain thinks your life is in danger it stimulates the release of adrenaline and cortisol

This fight or flight response is incredibly clever and thoroughly efficient. It provides instant energy for 5-10 minutes allowing you to react swiftly to dangerous situations.

These days, many of us live under chronic stress. But our bodies can't distinguish between late trains, missed appointments, spiralling debt, infuriating work colleagues, family disputes and the truly life-threatening stress it gears up to challenge. So it reacts exactly the same as it's always done. The problem with many modern lifestyles is that stress (our 'perceived threat') is almost continuous and comes without the natural release that either fighting or fleeing might provide. Unless you do something physical (as your body is expecting you to) all that extra energy, in the form of fat and glucose, has nowhere to go. It must be simply re-deposited as fat.

Food cravings you can't control

After a stressful event cortisol levels in the blood often remain high for a while, effectively increasing your appetite because your body thinks you should refuel after all this fighting or fleeing. This means people under constant stress quite often feel constantly hungry. Worse, their body urges them to stock up on the foods it thinks will be most useful after all that 'activity' – carbohydrates (like sugar) and fats

Do you have a problem?

For the purposes of measuring fat around the middle,

BMI (body mass index) isn't the best test. The best test is the difference in size between your hips and your waist (your 'hip to waist ratio'). This is the true measure of fat around the middle and the best indicator of whether or not you are going to be vulnerable to all the health risks associated with it.

Just get a tape measure and compare your waist measurement (at the narrowest point) with your hip measurement (at the widest point). Divide your hip figure by your waist figure to get what is known as your waist-hip ratio.

For example: 86cm (34in) waist divided by 94cm (37in) hip = 0.9

If your calculation gives a figure greater than 0.8 you are officially apple shaped and you need to take action. For men the danger zone is above 0.95.

Menopausal?

If you are going into the menopause, your body will be extremely reluctant to let go of the fat around your middle. This is because fat is a manufacturing plant for oestrogen which will help protect your bones from osteoporosis. It's a very clever system, designed to protect you, but it helps explain why mere diet and

exercise along does not always work.

Why tummy fat is bad for you

Not all fat in the body behaves the same. Fat around the middle of the body literally has a mind of its own and it actually operates just like an endocrine (hormone-secreting) organ, producing its own array of hormones. This fat around the middle manufactures an array of chemical messengers including blood clotting agents, substances



which contract blood vessels and raise blood pressure (vasoconstrictors), inflammatory agents, hormones (like oestrogen) and molecules which control hunger.

This “toxic fat” is far more metabolically active than fat elsewhere and it increases the risk of heart disease, high blood pressure, stroke, cancer and diabetes.

So what can you do to get rid of the fat around your middle?

Follow this four pronged approach for three months to see a significant change in your body shape and as a consequence, it will dramatically improve your long term health.

- 1) eat healthily
- 2) take supplements
- 3) address stress
- 4) take exercise

Eating healthily – NOT dieting!

There is a chance that your pattern of eating is subconsciously telling your body that it is under stress. If you restrict your diet or cut calories your body inevitably thinks there is a famine out there and that causes stress. It will slow down your metabolism to hold on to your precious fat stores. Furthermore, if your blood sugar levels fluctuate, your body will be releasing adrenaline which is the same hormone it releases when you are under stress. Once more it encourages your body to store fat. The solution is to find a way of eating that tells your body all is well – and reassure it that is not under stress. Aim to stick to a healthy eating plan 80% of the time and allow yourself a 20% off for good behaviour (and human fallibilities!) and don't talk about 'good' and 'bad' foods (it induces guilt). Instead try to think of foods as junk (unhealthy) and healthy foods.

Supplements

Because your body has been under this constant stress for so long it will usually need a bit of extra help to get its functioning back to normal, and to reassure it completely that it's not under constant attack. You can get this extra help in the form of supplements and herbs.

When you are continually stressed, the body becomes increasingly nutritionally deficient. Also a number of chemical reactions are involved in turning glucose into energy instead of fat. Certain vitamins and minerals help this to happen.

If you are deficient in these nutrients, the body will find it harder to let go of that weight around the middle.

Chromium, Magnesium, Zinc, B Vitamins, Co-enzyme Q10, & Vitamin C

Exercise

Exercise or physical activity has never been more important. If you have fat around the middle of your body caused, in part, by the activity of your stress hormones, exercise MUST become one of your priorities. By simply making time for exercise in your life, you can control the potentially damaging fight or flight response.

Muscle is metabolically active. This means it requires fuel in the form of calories just to maintain it even when you are sitting doing nothing. So the more muscle you have, the more calories you use up, and, if you don't overeat, the more fat you will burn. This is one of the infuriating reasons why men tend to find it easier to lose weight than women - they generally have more muscle than women.

Address Stress

Address the stress in your life. Prioritise, delegate, put yourself first, learn some relaxation techniques, put things in perspective, take time to eat, take time to go to the toilet (yes! Really), take regular exercise, spend time with your friends, have a cuddle (maybe not with someone you don't know), laugh and get enough sleep.

Weight gain with age

It is sad, but true that we all tend to gain weight as we get older. One of the main reasons is that we lose muscle. After the age of 40, women can start to lose about 230g (½lb) of muscle a year. So over ten years between 40 and 50, most of us will have lost 5lbs of muscle. As muscle mass decreases, our metabolism become increasingly sluggish. Let's face it; we all also tend to get less active as we get older so this inactivity will only add to the problem. With less muscle and less activity weight is likely to pile on as fat.

Dr Marilyn Glenville PhD

Dr Marilyn Glenville PhD is the UK's leading nutritionist specialising in women's health. Dr Glenville is the former President of the Food and Health Forum at the Royal Society of Medicine, a registered nutritionist, psychologist, author and popular broadcaster who obtained her doctorate from Cambridge University.

Date for your diary

**Sunday 18th September
09:30**

20 mile circular walk around Buntingford organised by Isabel Hospice. I would love any of you to join in with me or sponsor me on this walk.

Application forms can be downloaded at <http://www.isabelhospice.org.uk/images/Chain%20Walk%20leaflet%20final.pdf>

I will also be setting up a Facebook page for Sponsors etc., later on this week



My suggested iphone / itouch / ipod App

As you know I have an iphone and love some of the apps on it, so thought I'd share 2 of my favourite apps of the moment.



Have you ever wondered what that song is playing???

Well there is an app to find out the title and artist **Shazam**. You just open the app, press record and it works out the title and artist for you. How cool is that!!!



And the funnest app I have ever used and keep using on my poor friends **Fat Booth**



Here you take a face picture of your culprit, line up the eye and chin markers, press go and before you know it they are a porker!!

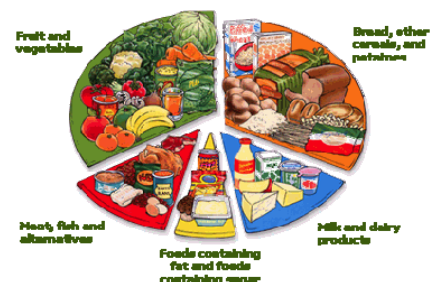
Nutritional Information



NSH Choices have set up a 8 week email notification programme for learning about nutrition including reading food labels correctly, recipe ideas, nutritional requirements and good honest and true information.

but if there was one diet in the world that worked there would be no fat people. Healthy eating and exercise is the answer so join yourself up or just browse around the website.

As you know there are a lot of "promised" quick fixes out there



DVD—The Firm, Bootcamp Maximum Calorie Burn

I know some of you do DVD workouts at home, so thought it was a good idea to do a DVD review for you.

A bootcamp full body plyometric based exercise routine in 52 minutes but can be broken down into 10-15 minute cardio and resistance sections. All you need is a set of dumbbells for some of the exercises but can be completed without dumbbells but you will obviously get faster results with.

Nothing too high impact but lots of squats and lunges. The only downside is Alison Davis-McLain's voice it's American and very squeaky!!



4 Week Summer Walking Programme

Week 1

Goal: To perfect your technique. Walk tall with head up. Tummy pulled in. Power arms back and forth. Walking of 5 days per week of at least 20 minutes walking.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Time yourself walking 1000 steps. This will enable you increase your pace	20 minute walk	20 minute walk	Rest Day	Check your walking pace with the Talk Test	20 minute walk	Rest Day

Week 2

Goal: To go a little further. Motivators – MP3's can help to increase walking pace. Find a friend to walk with you. Think about breathing technique, in through nose and exhale through mouth. Walk for at least 30 minutes for 5 or 6 days of the week. Talk Test – You should be able to hold a conversation without gasping.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
30 minute walk. Retime yourself walking 1000 steps	30 minute walk	30 minute walk	Rest Day	30 minute walk	30 minute walk	Rest Day / walk

Week 3

Goal: To increase walking time to 45 minutes per day. Motivators – A walk before lunch lowers blood fats for upto 24 hours afterwards. Look for alternative walking routes to stop yourself getting bored. Vary terrain. Soft surfaces such as grass, mud and sand making muscles work harder and burn more calories.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
45 minute walk. Retime yourself walking 1000 steps.	45 minute walk	45 minute walk	Rest Day	45 minute walk	45 minute walk	Rest Day / walk

Week 4

Goal: To speed up. Include small speed bursts, increasing speed for 3 minutes then returning to normal. Motivators – think about adding hill walking into your programme. Even small inclines will do wonders for bone and muscle strength and burning calories

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
45 minute walk. Retime yourself walking 1000 steps	45 minute walk	45 minute walk	Rest Day	45 minute walk	45 minute walk	Rest Day / walk

Lastly I hope you all have a fantastic Summer and get out and enjoy the sunshine now that it looks like it's back!!