



**FREE EMAIL ADVICE**

Ask me your questions  
(for a limited time only)

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## Exercise Tip

### How do we measure intensity?

By James Wallace

Intensity is a very important element of an exercise session.

Intensity refers to how easy or difficult a certain exercise session is on your body.

Intensity for a cardio or aerobic workout depends on how much oxygen you must consume during an exercise session. The more oxygen your body is forced to consume during an exercise session; the higher the intensity.

Intensity for a resistance training or weights workout depends on how heavy a weight you are lifting. As you would expect; the heavier the weight lifted; the more intense the session.

So how do we measure the intensity of an exercise session? When measuring the intensity of

a cardio or aerobic session there are 2 common methods.

The first method involves working out your maximum heart rate (220-your age). Once this is calculated you can then measure your heart rate during the exercise session and work it out as a % of your maximum. For example:

$$\text{Max} = 220 - 20 = \mathbf{200}$$

$$\text{During exercise} = \mathbf{140}$$

$$140 / 200 = \mathbf{70\%}$$

Above 60% is the minimum recommended intensity of a cardio session.

The second method is called Ratings of Perceived Exertion (RPE). This method involves the person exercising to rate how hard they are working on a scale from 7-20 (known as Borg's scale).

To measure the intensity of a resistance training session you must first determine the heaviest weight you can lift for only one repetition. This is known as your 1RM. From here you multiply the weight that was your 1RM x the percentage you wish to lift. For example:

$$1\text{RM} = \mathbf{100\text{KG}}$$

$$80\% \times 100 = \mathbf{80\text{KG}}$$

Anywhere from 50-80% of your 1RM is a solid starting point when beginning a resistance training program. The lower the percentage of your maximum you choose; the more times you can lift the weight.

**In the next edition:**  
Is low intensity training ever important to do?

## Nutrition Tip

### How big is a serving size?

Many of you may have seen the food pyramid and read the recommended number of servings for each food group. But how big is a serving size?

The size of a serving depends on the food group. Below is a list of example's for each food group of **one** serving.

#### Fats, oils and sweets:

One tablespoon  
15 grams

#### Fruits:

1 apple or orange or banana  
3 apricots  
1/2 an avocado  
2 plums  
1/2 cup of raisins

#### Vegetables:

1 cup of leafy vegetables  
1/2 cup of cooked vegetables  
3/4 cup of vege juice

#### Dairy:

1 slice of cheese  
1/2 cup of cottage cheese  
1 cup of milk  
1 cup of yoghurt

#### Meats, nuts, eggs and beans:

1 egg  
1/2 cup of cooked beans  
85 grams of lamb/poultry/pork/fish

#### Bread, cereals, rice, pasta and noodles:

1 slice of bread  
1 small roll  
1/2 cup cooked rice/pasta  
1/2 cup uncooked cereal

In the next edition:  
The calories in alcohol

## Q & A

### How much exercise must I do each week? Rachel Swan

The amount of cardio exercise you are required to do each week depends greatly on your goals eg. to lose weight. Many people are aware of the "old" weekly recommendation of 3 sessions of 30 minutes. However this has recently been replaced with the recommendation that the average adult should exercise moderately for a minimum 150-250 minutes per week. This is the amount to simply maintain weight. This recommendation could be achieved by walking for one hour, four times per week.

When aiming specifically for weight loss from 250-400 minutes per week of moderate exercise is recommended.

These new recommendations are much higher than the old guidelines but are necessary to combat the in-active lifestyle and unhealthy diets that many people are adhering too.

## Challenge Board

### Challenge One

2 minutes boxing, 10 burpees, 20 lunges, 10 deadlifts, 25 sit-ups (3 laps)  
Leader= **Malcolm Chyla** in 17mins 20

### Challenge Two

5km time trial on a spin bike  
Leader= **Malcolm Chyla** in 6mins 41

### Challenge Three

20 leg-presses, 1km bike ride, 40 sprint starts, 50 punches, 25 squats (3 laps)  
Leader= **Jared Zeeman** in 12mins 50

### Challenge Four

300m run, 20 push-ups, 30 squats, 10 lunges, 50 punches (3 laps)  
Leader= **Malcolm Chyla** in 10mins 20

## Goals Attained

### **Malcolm Chyla**

- Lowered his cholesterol from mid 7's to 5.4
- Achieved the rank of "Superior" in the push up test

### **Kyle Davis**

- Achieved a stack award on the calf raise

### **Daniel Small**

- Ran a 14.09 (PB) in the 110m hurdles

### **Chris Manaton**

- Survived his first outdoor session and mini challenge

### **Brendan Hicklins**

- Has been training for months and leaves to walk the Kakoda trail in a week

### **Michelle Cook**

- Lost 3.5cm off her hips

### **Katie King**

- Lost 5.5cm off her waist

### **Jared Zeeman**

- Set a record on the challenge leader board on his first attempt

**"Nothing worthwhile ever happens quickly and easily. You achieve only as you are determined to achieve ... and as you keep at it until you have achieved"**

**Robert H. Lauer**

## Specials

- Each new client receives their first session half price.
- Every current client that refers a new client to Bio-Physiques receives their next session at half price.

## Congratulations Everyone

**Left:**  
Bio-Physiques Studio in Campbelltown.

**Right:**  
Outdoor session at Narellan



**James Wallace - Owner**

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