



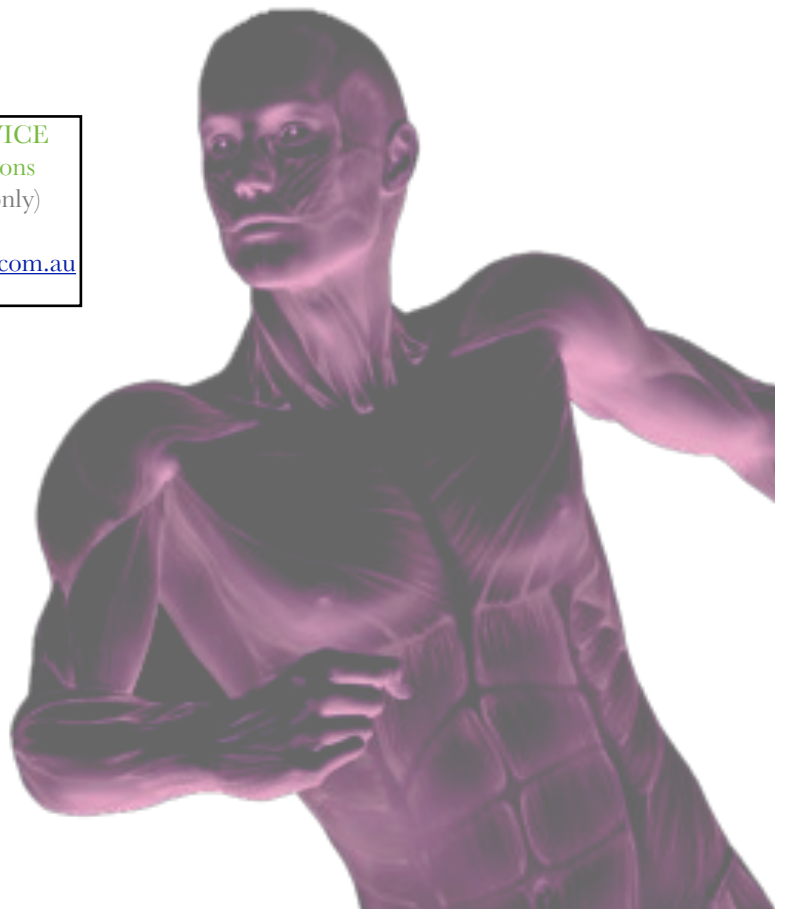
FREE EMAIL ADVICE

Ask me your questions
(for a limited time only)

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Exercise Tip

Is low intensity training ever important?

By James Wallace

Low intensity cardiovascular or aerobic training is when you are exercising between 60-70% of your maximum heart rate (MHR).

Although low intensity training will burn less calories compared to high intensity for the same given time period; it can often be the case that you can actually burn a greater number of calories with low intensity training because it is possible to exercise longer at a lower intensity.

For example. Running at 12km/h for 20 minutes can burn 315 calories. Yet walking at 7km/h for an hour can burn 440 calories! (based on a 75kg male).

Obviously the main draw back to low intensity training is that the exercise sessions must be

of a longer duration for equal benefit.

However there are some great benefits to low intensity training.

Firstly; because the intensity is lower, the difficulty physically and mentally is reduced. This means that the sessions are often more enjoyable to perform and can be repeated more times throughout the week.

Additional to this there are a variety of physiological benefits that occur from longer, less intense sessions that do not occur from high intensity training.

Prolonged low intensity training actually causes the body to increase the amount of capillaries feeding each muscle.

Other physiological changes include an increase in the

enzymes and special components of cells that increase our ability to perform cardiovascular exercises.

As expected, the best exercise plans contain a structured variety between high, medium and low intensity sessions.

Use low intensity sessions when your not feeling up to putting in 110%. These sessions are also great to do with a training partner as you are often able to hold a conversation without losing your breath.

In the next edition:
How to get fit quick!

Nutrition Tip

The calories in alcohol..

Quite simply, alcohol has more calories than both carbohydrates and proteins and is only marginally lower in calories than fats!

The breakdown:

- Carbohydrates = 4 cal/gram
- Protein = 4 cal/gram
- Alcohol = 7 cal/gram
- Fats = 9 cal/gram

(The above figures have been rounded to the nearest whole number)

So how many calories are there in a drink? This figure will not only depend on the alcohol content but also on the remaining ingredients in the drink. Below is a list of common drinks and their calorie content.

- Average full strength beer (440ml) has 162 calories
- Vodka cruiser (330ml) has 210 calories
- Midori illusion (330ml) has 240 calories
- Average red wine (330ml) has 280 calories
- Jim beam and coke zero (330ml) has 99 calories
- Shot of Cointreau (30ml) has 100 calories

As you can see the calorie content is huge. 10 beers in a night can contain over 1,600 calories. Thats equivalent to some mens daily caloric needs!

If you, can steer clear of the drinks.

But if you must drink; try to have low sugar options so the only calories you consume are from the alcohol.

In the next edition:
Good vs bad carbohydrates

Q & A

How can I increase my weight (muscle) ? **Nick Giles**

To increase your muscle mass there are a few simple steps to follow. Firstly it is almost impossible to increase your lean muscles mass with out some form of resistance training.

One method I often recommend is to perform 4 - 6 sets of exercises for each body part ie. 4 sets of bench press for chest; 4 sets of lat pulldown for back etc. You must keep the rest break under one minute between sets.

The weight you lift should be as heavy as possible allowing you to lift it for 12 repetitions.

Perform weight training every second day for best results.

Additional to the weight training you should slightly increase your daily intake of calories and ensure you consume 1.5 grams of protein for each kilo of body weight.

(This is only a very basic guideline for resistance training and is a moderately difficult program. See you doctor before commencing a new exercise regime)

Challenge Board

Challenge One

2 minutes boxing, 10 burpees, 20 lunges, 10 deadlifts, 25 sit-ups (3 laps)

Leader= **Alex Zeeman** in 12mins 5

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= **Alex Zeeman** in 7mins 49

Goals Attained

Peter Amos

- Lost 4.5cm off his hips
- More than doubled his half squats in one minute

Belinda Amos

- Lost over 2.5kg
- Lost 8cm off her waist

Daniel Small

- Performing in an international hurdles competition

Bret Metcalfe

- Lost over 2.5kg in 2 weeks

Brendan Hicklins

- Walked the Kakoda trail (long course)

Bethany Nunn

- Lost 6cm off her hips
- Lost 5.5cm off her waist

“A day will never be any more than what you make of it”

Josh S. Hinds

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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