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**Looking Good Feeling Great
Weekly Newsletter
Issue 20**

*Welcome valued clients to the 20th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

Roger Ramjet's Protein Pill?

Remember the old show Roger Ramjet? When the baddies got ideas, Roger would pop one of his proton pills and all was well. In the past few years it seems Protein has taken on the supernatural qualities of Roger's pill. Let's examine the hype and the facts about protein.

Protein: Hit and Myth

- 1.) *Protein can't be converted to body fat.* True. Your body finds it very hard to turn protein into fat.
- 2.) *Protein makes you feel full.* True, protein satiates, meaning it will take you longer to feel hungry again.
- 3.) *You can eat as much as you like on a high protein diet.* False. Protein is one of the three macronutrients. The other two are fat and carbohydrates. It's a common misconception that foods are a make up only of protein, or fat, or carbs. But in reality, most foods are a blend of all three. Eggs are high in protein, but also contain fat. Same with meat. So next time someone tells you they can eat as much steak as they like because protein can't turn to fat, remind them that as their protein serving goes up, so does their fat serving too. How does this help you then? Remember that meats like chicken, kangaroo and fish contain very little fat, so if you feel the urge to indulge, these are the way to go.
- 4.) *You can lose weight healthily on a protein only diet.* False. Let's clear this one up. Infect, this is going to take some time. Get comfy, sit back and read on...

Protein Diets

Carbohydrates are the primary fuel for the body. When you deny your body carbs, it will look elsewhere for fuel.

After it has depleted your muscles of glycogen (stored fuel) it will start to eat into the fat and muscle. "Wait, muscle!?" That's right. Some of the muscle that you worked so hard for will be cannibalised along with fat to fuel your body.

Oh, and your brain likes to run on carbs, so get ready for headaches and sluggish thinking while it changes fuel sources.

The other issue is vitamins and minerals. Fruit and veg contain carbs, so they're out of the picture on your protein only diet. Unfortunately these two foods contain the vitamins your body needs to run on track.



Another problem is that protein, along with fat, requires a fair bit of water to be digested. Carbs on the other hand require very little. But remember that we don't just get our water from drinking, we also get it from eating moisture rich foods such as fruit.

So if you cut out some of your moisture rich foods, increase your bodies need for water by eating only protein AND don't significantly up your drinking water, some of the weight you will be losing will be water weight! Do you want water loss or fat loss? I hope it's the latter.

Lastly, and this one will really draw you to a halt, is the lack of fibre in a protein only diet. As we all know, fibre is important for regulation of digestion. When we don't get enough fibre, it can be extremely inconvenient, for want of a better term. We derive our fibre from carbohydrate rich foods like bread, rice as well as fruit and veg. Cut that out and you're in for a bumpy ride.

Conclusion:

Sounds like I've given protein a pretty hard time right? Wrong. Upping your protein intake can make you feel full for longer, can help maintain muscle mass and can make for guilt free snacks. But it is not the only requirement of your body. Just like your car needs water, oil and petrol, your body requires protein, carbs and good fats to run. Cut out one or more of these and pay the price.

Oxfam Trail Walk

As some of you will have heard, the Trail walk, which covers 100km of bush in 48 hrs is in August. We are hoping to assemble a team of willing volunteers to complete the walk with us.

In preparation for this event, we will be walking the Oaks Fire Trail, from Woodford to Glenbrook. This trail is around 30km and should be a nice start. Please contact either Denver or myself if you are keen.

Quarterly 'Get Together'

Our quarterly 'Get Togethers' are a fun evening where clients from our Personal Training and Group Exercise programs and associates can get together and have an enjoyable dinner with like minded people. During the course of the evening their will be fun activities, prizes and awards given to those who have achieved great results and efforts over the course 3 months. It will be a fantastic evening and not one to be missed.

The dinner will be a 5 Course meal for \$35 per head, if you would like to book in yourself, your partner or a few friends please do so before the 15th of March. This event will be limited to 40 people and we will have a first in best dressed policy.

Consider coming to one of our Boot camp or Kickboxing classes!

Come along to our Quartile Get Together at 'King Henry's Court' on 28th of March at 7pm



We hope you have enjoyed the information carried out in this issue. Here at 'Looking Good and Feeling Great' we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below: