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**Looking Good Feeling Great
Weekly Newsletter
Issue 21**

*Welcome valued clients to the 2^{1st} in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

Debunking Myths of the 80's

Dig out your leg warmers, it's time to revisit some of the "truths" that were prevalent during the 1980's. Why revisit them? Because many of them are still around today!

High repetitions form long muscles. Low repetitions form short muscles.

Uh oh. The shape your muscles grow in is genetically predetermined. If your biceps have a funny lump on them, they'll always have a funny lump, despite the repetitions you do. What you can change is the size of your muscles. You *can* make them grow; you *can't* determine the length (shape) they'll grow.

Sit-ups burn fat off the stomach.

Ah, the good old spot reduction myth! If only it were true. The body takes fat from all over to burn, not just the area that is working. If that were the case, the areas of the body that rarely get used, like our pinkie fingers, would be fat. After all, they never get any work!

Static stretches are a good warm-up.

Does stretching increase temperature of the muscle? No. Does light exercise? Yes. Does static stretching decrease the likelihood of injury? No. Does light exercise? Yes. Static stretching can cause micro-tears in the muscles, tendons and ligaments. This is a good thing, as it forces the muscle to become more flexible. BUT the muscle needs time for this adaption, just like recovering from a workout. What happens when you stretch before vigorous exercise? You pre weaken your muscles. As well as micro tears, you can reduce muscular contraction by as much as 20%. Uh oh again. Being flexible is good, but you don't suddenly become flexible 30 seconds before a workout because of a stretch. Leave the stretches for post workout.

Incline and Decline sit-ups work the upper and lower abs.

The rectus abdominus is one long muscle. It attaches at the top and the bottom. Unfortunately you can't just work one part of a muscle.

Try the following test. Tie a piece of string to something, a water bottle perhaps. Use the piece of string to lift the bottle, but using only the upper portion of the string. Do not allow the lower portion of the string to lift the bottle. Impossible right?

Muscles contract using the "all or none" principle. Either all of the muscle fibres are contracting, or they're not. It doesn't matter if you can only feel the burn in the upper abs.



City 2 Surf

Interested in joining Denver and I for the City 2 Surf? Let us know and become part of the LGFG team this year! And if you're also keen to join us on the Oxfam trail walk, this would be a great primer....

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

The Wagon

You've heard the term "fallin off the wagon" right? People often use it when discussing exercise and eating regimes. They fell they have made a slipup from which they can't recover. Perhaps they have been eating well for the past 2 weeks and have been achieving the results they want. All of a sudden an unexpected dinner crops up and before you know it, they've eaten their caloric budget in one meal.

Most of us, if not all of us, have experienced moments like this. Often people feel like giving up. After all, they've blow it for good, right?

As I see it, you have two choices:

One is to forgive yourself, learn to avoid the same pitfalls again and get back on track. The other is to give up. Go back to being sedentary and eating badly.

Your choice. But only one will get you where you want to be. Understand that you're human, fallible, and capable of making mistakes! That's not an excuse to plan future bad eating though....

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.

Denver Oliveux and Aris Dennis

"Nothing worth having is ever achieved without effort"