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Weekly Newsletter
Issue 26**

*Welcome valued clients to the 26th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

Plateaus and How to Beat Them

You've stumbled upon the perfect routine to achieve your results. This is the one, the workout that will catapult you to success! But after only a month into the training, you've hit a road block. The dreaded plateau that you've heard of....

Why are you no longer achieving the results you were? For one very good reason. Your body has adapted to the stress placed upon it. As with anything, your body grows accustomed to things. It becomes more efficient at doing whatever it has to do regularly. As a result, it no longer requires as many calories to perform the task.

It's this very reason that some people will easily drop 1kg per week and then come to a screeching halt. The answers to this problem can be varied. So how do we break a plateau?

Change the exercise! Obviously a different exercise will require your body to start working hard again. But looking round the gym, you'll realise that there are only so many pieces of equipment you can keep changing to. What then?

Why not change the intensity of your exercise? If you've been using the treadmill for a month and have hit a plateau, why not up the speed from 7km/h to 8km/h?

Or if you are used to jogging for 20 mins none stop, why not try 25?

And if you really want to stick with the treadmill, don't forget the incline!

To summarise, with cardio equipment, there are three factors that can help you overcome a plateau:

- 1.) Increase the speed
- 2.) Increase the duration
- 3.) Increase the intensity

Remember that depending on the machine, intensity could mean several things. As mentioned, when on the treadmill, put up the incline. When on the bike, increase the resistance, when on the rowing machine, push up the lever.

If you're including weights with your weight loss training (and you should), there are also techniques you can use to overcome plateaus. One is of course to change the exercise. If you've been doing chest press, try a dumbbell bench press. But if you really want to stick with the same exercise, try the following:

- 1.) Increase the weight
- 2.) Increase the repetitions
- 3.) Change the tempo

By changing any of these factors in your cardio and weight training, you'll be sure to beat that plateau.

Calorie Plateau?

I'm joking right? A calorie plateau?

Not at all! To understand the concept, first we need to revisit the **BMR** or **Basal Metabolic Rate**. This is the base amount of calories your body requires to pump blood, use the organs, repair muscle tissue and all the general housekeeping chores of living. Let's say for this example that your BMR is **1500 calories**. This is how many calories you need to consume each day just to maintain your current weight.

But we do more each day than just lying there pumping blood. We have to move and moving requires extra calories. Let's say that you lead an active lifestyle and require an extra 40% more calories each day to maintain your bodyweight. An extra 40% on top of your BMR if 1500 calories equals **2100 calories**.

But say you want to lose weight, perhaps 1/2 to 1kg per week. Let's minus 500 calories per day from your 2100. That leaves you with **1600 calories**. The extra 500 that your body needs will be taken from fat stores. Good news right?

Woah there! After a month of eating 1600 calories, you may find that your weight loss has stopped. The reason could be that there's 4kg less of you, so you require even less calories than before. Remember that you are still eating the amount of food determined by your old weight.

What's the answer? Redo your calculations and determine how much food the new slimmer you require each day. Before you know it you'll be back on track!

Denver Oliveux & Aris Dennis

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

If you would like a topic of your choice discussed in one of our future Newsletters contact us on the details below



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: