

**Looking Good Feeling Great  
Weekly Newsletter  
Issue 4**

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

**Exercise:**

**Exercise Selection to Achieve Your Goals**

There are so many exercises available to enthusiasts that constructing a workout to suit you may be daunting. Hopefully this article will help demystify exercise selection. Resistance exercises can be broken down into two main categories; isolation and compound exercises. Isolation exercises include bicep curls, tricep extensions, lateral raises, basically any exercise which targets one muscle group. Compound exercises include squats, bench-press, push-ups, lunges and other exercises in which multiple muscles are being worked. There are so many exercises available to enthusiasts that constructing a workout to suit you may be daunting. Hopefully this article will help demystify exercise selection. The more muscles you use, the more calories you will burn. Compound exercises, employing multiple muscles obviously pose an advantage to those wishing to shed fat. And the bigger the muscles, the more calories they will consume. Therefore the bigger muscles in the body, those of the legs should be targeted by compound exercises. Since an isolation exercise like bicep curls burn fewer calories than a compound exercise such as lat pull down, the weight loss enthusiast has an obvious choice. In the following workout, we'll examine some of these compound exercises.

**Workout of the Week**

**“Upper, Lower, Upper, Lower”**

20x bodyweight lunges  
15x seated row  
20x bodyweight squats  
15x bench-press

*Set a timer for 15 mins. Perform as many cycles of the above circuit as possible in that time. Remember to use correct form at all times.*

**Nutrition:**

*In the next three newsletters, we will be discussing the three macronutrients, carbohydrates, proteins and fats. These are the building blocks from which all foods are made.*

**Carbohydrates: The Facts**

- ❑ Carbohydrates, or Carbs, are the main fuel source for your body. Avoid diets that exclude carbs- the equivalent is trying to drive your car without petrol!
- ❑ Carbs can be broken down into either high or low G.I
- ❑ G.I stands for Glycemic Index and is used to measure how certain foods affect blood sugar levels.
- ❑ By choosing foods ranked low on the G.I scale, you can be assured of long lasting energy throughout the day
- ❑ High ranking foods give you quick bursts of energy and then leave you feeling flat.
- ❑ Because life tends to be more of a marathon than a sprint, choose carbs that will give you energy throughout the day. This will also help you avoid energy dropouts at 3pm, so you're less likely to go for a sugar fix.
- ❑ Low G.I carbs include brown rice, wholemeal pasta, wholemeal bread, weet bix, oats or porridge and much more.
- ❑ High G.I carbs include white bread, pasta made from white flour, sugar based goods etc.

Hopefully you can use the above information to keep the energy flowing throughout the day. Don't be a slave to your food. Make your food work for you!

**Exercise Adherence**

As a personal trainer, I regularly bear witness to people playing the age card. Using their age as an excuse, explaining why they can't perform a particular exercise, or adhere to an exercise program.

How many times have all of us heard the following?

*"I'm feeling it in my ageing bones"*

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*"I'm getting too old to be exercising at 6am"  
"My body has too many years on the clock"*

Never let me hear you uttering these worn out phrases! You are never too old to exercise. In fact, exercise becomes even more important the older you get. I have performed group exercise classes in nursing homes and dementia units. People who are chair bound have chosen to exercise, even if the only exercise they are capable of is raising and lowering their arms. One of the participants was so pleased by his physical progress in 3 weeks that he was determined to walk unassisted by his next birthday. Physical exercise improves cognitive function, so it's not just the body that will benefit. I recently met a man who epitomises exercise adherence throughout old age. I was performing chin-ups in a park when an elderly gentleman walked up and also performed 5 repetitions. Taken aback, I asked if he could perform wide grip pull-ups (one of the hardest variations). He performed one without much difficulty and promptly stated "Oh that's quite hard isn't it?" This man is 85 and has been performing chin-ups since he served in Korea. He is still able to do 50 push-ups, though it now takes him two sets. 85 and still performing feats most young men cannot. By adopting good exercise habits now, you can set yourself up for a vibrant old age. Surely that is worth a few early mornings exercising?

**"Continuous effort -- not strength or intelligence -- is the key to unlocking our potential."**

- Liane Cardes

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:

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