

The Official Newsletter of Gold's Gym Lawrenceville, NJ

# TRAINING CORNER

4152 Quakerbridge Road, Lawrenceville, NJ ▼ 609-275-8900 ▼ [goldsgym.com/lawrencevillenj](http://goldsgym.com/lawrencevillenj) November 2009

## Gold's Gym November Referral Rewards Contest

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**W**hen you workout with friends your workouts can be more productive and your goals can be achieved much faster. In November, bringing your friends to the facility can bring you a more productive workout and could leave you with some extra spending money in your pocket, just in time for the Holiday Season!

Here's how... Gold's Gym Lawrenceville is giving ONE lucky member a credit for SIX months of membership. Yes, you read that correctly. The more friends and family



you refer to the gym, the better your chances of winning the 6 month membership credit. Don't miss out;

see a Fitness Consultant for Details...the winner will be announced on November 30th. ▲

## Personal Training News



**W**ith all of our Trainers now Nationally Certified by the most prestigious organizations in the industry (and many working on advanced certifications), you can be sure that your investment in Personal Training is well worth the money. In this month's newsletter, you will learn about advanced strategies for maximizing fat loss and building a strong core. If ever you have questions about designing a resistance training, nutritional,

or cardiovascular program, please don't hesitate to set up an assessment with a trainer and start taking leaps towards your goals. Remember, we are here to help. When in question, seek the advice of a professional; that's what we're here for. Happy Holidays and Happy reading! ▲

—Laura Townsend,  
*Fitness Director, B.S., NASM CPT, ACSM CPT, AADP Certified Health and Nutrition Counselor*

### HOURS OF OPERATION

Monday through Thursday  
5:00AM - 11:00PM

Friday 5:00AM - 10:00PM

Saturday 6:00AM - 7:00PM

Sunday 6:00AM - 7:00PM

### Thanksgiving Group Exercise Schedule

Thursday 11/26

8:00am - 9:00am

**BodyPump**

Main GX Studio

9:00am - 9:30am

**Crunchtime**

Main GX Studio

9:00am - 10:30am

**Turkey Trot**

Cycling Studio

9:30am - 10:30am

**Combat & Jam**

Main GX Studio

10:30am - 11:30am

**BodyFlow**

Mind/Body Studio



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# Stress Management

## 'Tis the Season for Overindulgence: Strategies for Overcoming Holiday Stress and Overeating

Once again the holidays are upon us, with temptations lurking around every corner. The holidays are a time to celebrate with loved ones but they can also lead to a season of overindulgence without proper planning. The holiday season can also trigger stress, which in turn can lead to overeating and weight gain. This soon turns into a domino effect if you don't quickly break the cycle. The best antidote to stress is, of

course, exercise. If you're already an avid exerciser, add some sunlight to the mix to give your body its much needed supply of vitamin D and fresh air, which can boost your mood. Adding in the occasional yoga or Pilates class is also a great way to relieve stress and promote feelings of well-being. If you turn to food to alleviate feelings of stress or anxiety, a great way to avoid overindulging is to keep a food diary. Write down everything

you eat during the day, and if you find yourself eating more than you had planned, write down the scenario that caused you to overeat. Was it mindless eating during a social event? Was it simply feeling overwhelmed that caused you to overeat in order to feel better? Identifying the triggers that cause you to overindulge during the holiday season will go a long way in helping you stay on track. Once you've identified the triggers you can

begin mapping out a strategy to avoid getting caught up in the weight gain cycle. List all of the activities that make you feel happy, and fill your day with more of those activities. When you find yourself reaching for more food than you know you need, turn to your list and get going on something that doesn't involve food. When you're feeling stressed, find the strength to objectively look at food as fuel rather than a cure for the holiday blues. ▲

## Question of the Month

### Why Am I Not Losing Weight?

**Answer:** Weight loss isn't supposed to be hard. So why is it that so many people are killing themselves in the gym while depriving themselves of even the smallest morsel of desirable food, day in and day out, with nothing to show for it? With stress and lack of knowledge in terms of adequate nutrition and training, it's no wonder so many people fail to progress towards their goals. Most people share in the experience of not being able to lose weight and beat weight loss plateaus that last from weeks to months. There are a few factors that are especially important to pay attention to when trying to beat the inevitable plateau; diet, training, and stress. As

far as diet is concerned, follow these guidelines to ensure your nutrition plan isn't wreaking havoc on your goals:

1. Eat five small meals per day- this eliminates hunger in between meals which can lead to overeating later on in the day.
2. Try to avoid cutting out an entire food group (carbs, fats, proteins). This generally creates nutritional deficiencies which can alter hormonal levels and create unnecessary cravings.
3. Incorporate a little bit of protein with each meal- it will keep you fuller longer and give your body the nutrition it needs to maintain a healthy metabolism.

4. Stick with unprocessed, natural foods most of the time. If it comes out of a box, it's probably loaded with calories you don't need. (The exception being whole grain cereals and oatmeal).

5. Don't forget a post-workout meal containing protein and carbohydrates. (A protein shake from the juice bar is a perfect post-workout snack).

6. Drink plenty of water and eat an adequate number of calories to fuel your activities. As far as training is concerned, overtraining may be just as detrimental to your progress as a lack of training. When you over train, you're not allowing adequate time for your muscles to rest and recover. This is creating more stress on the muscles and your central nerv-

ous system, which will in turn lead to an increase of stress hormones. An increase in stress hormones for an extended period of time leads to fat storage, which can obviously act as an impediment on your fat loss goals. If you find yourself putting in more than 60 minutes of cardiovascular activity six to seven days a week, it may be time to cut back. Stress from everyday activities, like work and your personal life- as well as from exercise- can halt your progress. Remember to find time for yourself. Find what helps you to relax. Finding ways to decrease stress in your life will not only make you a happier person, but it will also lower stress hormones and get you back on the road to reaching your goals.▲

# Training

## Core Training for a Lean Look

Traditionally, the way to build a great set of abs was pretty simple: do a ton of sit-ups and leg raises, diet hard and do a lot of cardio to promote fat loss. For decades this was considered the most practical way to develop the abdominal muscles by bodybuilders, athletes and fitness models alike. However, now we know doing a hundred sit-ups per day is not the safest, nor the most efficient, means to sculpting a six pack. Instead we know that this is a surefire way to destroy your back by injuring and potentially rupturing spinal disks, giving you a lifetime of back pain.

Additionally, such exercises only isolate a few superficial muscles, ignoring the core muscles that add functionality to both the upper and lower body. Recent studies have found that many popular ab exercises such as sit-ups damage the spine. The alternative is to focus on spine saving exercises that build the core muscles without causing back injury. Such exercises will tone the abdominal muscles without damaging the spinal disks while simultaneously giving you a lean, toned midsection and fictionally strong muscles that work together flawlessly and maintain a pain free spine that will last a lifetime. Core training is important because a strong core works together to stabilize the body and support everyday movements such as jumping, throwing, and changing directions quickly. The ideal fitness routine uses core training to

promote a strong center of gravity, helping you move effortlessly in all directions without the risk of injury. Core fitness is, indeed, the key to a lean and attractive looking body that is strong and powerful. Make an effort to incorporate core training into your routine at least 3 days a week and you will be well on your way to developing a lean, functionally fit and attractive midsection. Until recently, most personal trainers and coaches thought that sit-ups were the key to a fit, flat midsection. Sure, you had to lose weight around the middle to bring out the muscles underneath (which still holds true today). In fact, they have been the mainstay for over 100 years. Thankfully, that's changed- not only are sit-ups not the best ab exercise, they are dangerous. The best strategy for building a firm, toned midsection is to develop all of the muscles of the core so that they work together synergistically, helping you to look and feel great. (Curr Sports Med Rep, 7:39-44, 2008)

## Training With Intensity to Maximize Fat Loss

Why do you go to the gym? If your answer is to socialize and meet people, then you should stop reading this newsletter and go buy a copy of People magazine. However, if you want to lose fat, tone your muscles, and develop a lean body, continue reading. Most people who go to the gym are not benefiting from their exercise

programs as much as they could be. In most cases, the missing ingredient is intensity. Most people just don't train hard enough, especially women. Sixty-percent of women, and fifty-three percent of men, are overweight and most will remain that way because they don't have the knowledge or the willpower to lose body fat. Let's face it; it's easy to blame an expanding waist size on genetics, time-restraints, stress, birth control pills, family, work, or a recent pregnancy. To top it all off, there is so much conflicting information out there about diet and exercise that it's difficult to know what to do. Rest assured, excess fat and weight gain is not inevitable- by revving up the intensity of your workouts you too can change your body and transform your health. Exercising intensely will help you lose fat faster and tone

muscles more rapidly and effectively- that's, if you are willing to work hard. Study after study shows that individuals who train hard lose much more body fat than their low intensity counterparts, even though they exercised for less time than those who trained at low to moderate intensities. Many people spend hours in the gym but have little to show for it. Intense training produced noticeable results in a fraction of the time. You work hard, but you get in and out of the gym quickly and have something to show for your efforts. Most have heard it said that exercising in the "fat burning zone" is optimal for fat loss. Is walking on the treadmill for an hour, barely breaking a sweat, really getting you the results you're looking for? Yes, you use more fat for fuel when you exercise at lower intensities, however, you lose more fat overall training at higher intensities. High intensity training releases fat from cells at a much higher rate and increases your metabolic rate after exercise more than low to moderate intensity exercise. Also, high intensity exercise decreases appetite which makes dieting a lot easier if fat loss is what you're going for. The bottom line is this- take a close look at your program and judge for yourself if what you're doing now is getting you the results you're looking for. If it's not, consider cranking up the intensity of your workouts for maximum results in the shortest period of time. ▲





## Take the Turkey Trot Challenge

November 26, 9:00am

The leaves are falling, the weather is colder and the temptations are here. If you are like most, odds are you will be stuffing yourself like a turkey this Thanksgiving. The average person consumes about 5,000 calories at Thanksgiving dinner. It only takes 3,500 calories to gain one pound, and in reverse, it takes 3,500 calories to loss one pound. It may only acquire a few minutes to consume that amount, but it takes several long hard working hours to burn that many calories. This Thanksgiving, to give you a head start, The Ride invites you to take the Turkey Trot Challenge. Join us for a 90-minute cycling class that is sure to kick start your metabolism. Participants are encouraged to donate a food item to Send Hunger Packing a Mercer Street Friends program. Please see our website for a list of recommended items.

## Research Corner

### Exercise Will Put You In A Good Mood All Day Long

**M**any people use exercise as a daily pick me up, and physicians often recommend physical activity to depressed patients. A University of Vermont study showed that exercise had a positive effect on mood, which lasted at least 12 hours. They compared physiological factors such as tension, anger, vigor, fatigue, confusion, and depression in a group of people that exercised moderately on a stationary bike for 20 minutes with a group that didn't exercise. Mood improved immediately after exercise and stayed elevated for 12 hours. There was no difference in mood between active and inactive people after 24 hours. Let exercise brighten your day. (Paper presented

at Annual Meeting of the American college of Sports Medicine, June 2009)

#### How Much Exercise Is Recommended to Lose Weight?

The U.S. Department of Health and Human Services recommends 150 minutes per week of moderate-intensity exercise for good health. That's not enough exercise if you want to lose weight. The American College of Sports Medicine, in their 2009 Guidelines on Physical Activity and Weight Loss, said that 150-250 minutes per week of moderate-intensity exercises caused only a little weight loss (3 percent of body weight or less). Significant weight loss (or weight maintenance after weight loss) requires at least

250 minutes of moderate-intensity exercise per week. That's 50 minutes, five times per week. You will lose

weight faster if you exercise intensely. (Medicine Science Sports Exercise, 42: 459-471, 2009) ▲

