



...results that stick NEWSLETTER

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Another edition...

Welcome to another edition of our Gloo Fitness magazine. Inside you will discover more about why your motivation sometimes wanes, why diets make you fat and three critical keys to sustainable weight loss. Ready? Enjoy the quick read and do check out our free Facebook group www.facebook.com/groups/gloostudio If there was just one message we would wish to relay to you it would be this. Changing your life and using fitness to build your confidence, take back control of your weight and improve your energy levels and vitality is worth it but for most they simply need help. Perhaps consider popping down to see us or attending one of our weekly weight loss seminars. They're absolutely free.



Why motivation wanes

Have you ever wondered why you often start but then just don't follow through on your good intentions and end up right back where you started? Well, a good way to understand how we change our behaviours is to consider "who" we see ourselves as, not just how we behave. It's like we have two versions of ourselves. There's the old version and then there's the new. As we get motivated to change we start new behaviours (working out, eating better etc) but as the going gets tough so the old version drags us back to old behaviours. There's a phrase: "the strongest force in the human personality is the need for us to remain consistent with who we think we are". In order to free ourselves from our pasts we must change from the inside out.

Motivation cont.

As we change our identity i.e. who we think we are and start thinking, feeling and acting like the person we wish to become, we will stop the pattern of going back to our old ways. The keys to creating this change include creating a clear **vision** for the person we aspire to become, finding ways to consistently **think positively** about our progress towards this end and, of course, taking massive **action** in the right direction to break free from our old self.

ASK YOURSELF

1. What do I want longer term in terms of my life as a fitter and healthier (and slimmer) version of me?
2. Who must I become to accomplish this end? Who is the future you who prioritises their health and fitness and reaps the rewards of doing so...
3. Why is this important now?

The answers to these three questions will set you free and stop you constantly looking for that elusive quick fix, short-cut or secret that just doesn't exist.



WE MEASURE
YOUR FAT
PERCENTAGE

Why diets make you fat...

Here's the thing with diets. They don't just fall short but can make things worse. You see when we restrict calories coming in, the body responds. It has learned to respond to dietary deprivation over many centuries. As a survival mechanism it can lower its metabolism, use its muscle to fuel any exercise and physical activity during that period and ultimately despite losing weight, not lose any fat whatsoever. Here's some numbers to illustrate the point (which is why we measure your body fat percentage).

Lisa weighs in at 90kg. She is 45% body fat. And her twin sister **Anne weighs in at 90kg** and 45% body fat also. Both lose 10kg. Lisa loses her weight following a calorie restricted diet. Anne loses her weight, however, by reducing her calories but also starting a program of resistance training twice a week.

3 keys to lasting weight loss

i. Create a calorie deficit –

The only way to lose weight is to make sure there is a gap between the calories you consume and the calories you use. The calories you consume can only be from one of four sources. These are carbohydrates, fats, protein and alcohol. The total number of calories from these 4 sources needs to be lower than the total amount of calories you are using. Your total calories out are your metabolism (the greatest component) and your exercise / physical activity.

ii. Raise your metabolism –

Resistance training is simply your best bet since as you get stronger you increase the amount of active tissue on your body which in turn helps your body to kick over at a faster rate.

iii. Get your protein right –

Increasing protein intake helps to feel fuller for longer, optimise the growth and repair of our muscles after our training sessions and ultimately prevents the over-consumption of carbohydrates and fats.

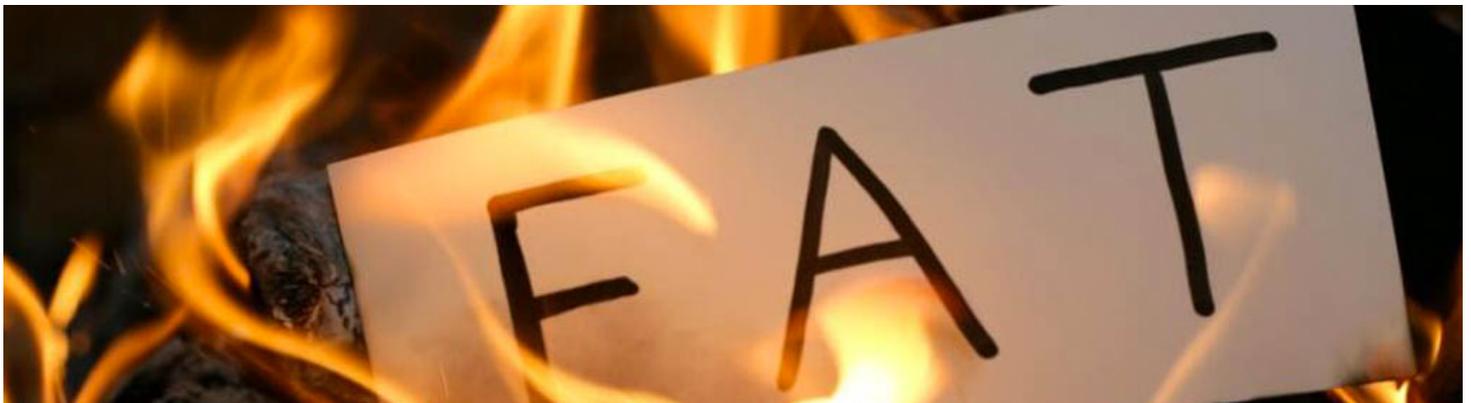
Why diets make you fat cont.

Although both sisters lost 10kg to get down to 80kg body weight, Lisa's body lost 3kg of body fat and 7kg of muscle mass. This means her actual body fat percentage went up, not down. Whereas Anne's body lost 10kg fat and hence her percentage went down. As a consequence Lisa's metabolic rate reduced. She therefore returned to her starting weight within just a few weeks after quitting her diet. However, she didn't regain the 7kg muscle she lost but 7kg of fat.

Therefore, she ends up right back at 90kg and bloats to 95kg given her reduced metabolism and her struggle continues. She ended up "fatter" (greater percentage of her body being made up of fat) as a direct consequence of her diet.

Anne on the other hand raised her metabolism through the resistance training she did. She was able to reduce her weight further by doing relatively little for she was able to burn more calories at rest. Her weight went down to 80kg just a few weeks later.

The morale of the story. Weight loss is the goal. But fat loss is the key. Learn to burn fat and your weight troubles will vanish forever. We run a weight loss seminar every Tuesday at 7.30pm at Gloo Fitness Studio. Why not book your spot? Visit www.gloofitness.com



OPPORTUNITY

We are recruiting. Fancy a career change and love your new job as a Personal Trainer? In association with the European Institute of Fitness.... Get qualified and land an opportunity with Gloo. See www.eifbemore.com