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Fitness Studio

...results that stick
NEWSLETTER

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A tale of two twins

Why exercise is an integral component of any weight loss plan.

Without the right exercise in your weight loss plan the chance of losing muscle instead of fat is dramatically increased. With the right exercise you will not only raise your metabolism but ensure the weight you lose is body fat.

Consider this tale of two twins:

Margaret weighs in at 90kg with a body fat percentage of 40% (very common figures). Her twin sister Lisa weighs in at 90kg and 40% also.

Let's look at what happened as they follow two different 12 week weight loss plans.

Tale of two twins cont.

Margaret follows a traditional diet plan (no exercise) with shakes and meals delivered to her door. She ends up losing 16kg over the 12 week plan. And is chuffed, of course.

Lisa combines sensible dietary changes with a fitness plan. Lisa loses 10kg over the 12 week plan. Now, initially Lisa is disappointed.

However, the story doesn't finish there.

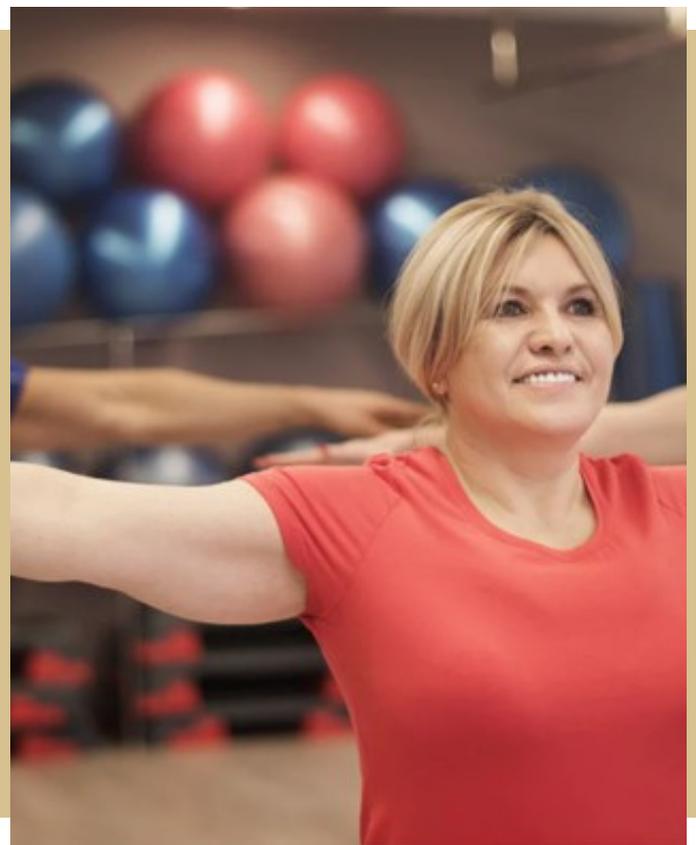
Lisa's regime meant she reduced her body fat percentage from 40% to 30% over the 12 weeks. Margaret only reduced her body fat percentage from 40% to 35%. [This is why we measure body fat percentage!]

This means both Margaret and Lisa started at 90kg and 40% fat i.e. $90\text{kg} \times 40\%$, having **36kg of body fat and 54kg of muscle / lean tissue** (the rest) on their body. Margaret's new weight is 74kg. She is 35% fat and so $74\text{kg} \times 35\%$ **26kg of fat and 48kg of muscle**. She therefore lost 10kg of fat and 6kg of muscle. Lisa's new weight is 80kg. She is 30% fat and so **24kg fat and 56kg muscle**. She therefore lost 12kg of fat (2kg more than her sister Margaret). And she added 2kg of muscle. This means Lisa should be happier than Margaret as she lost more fat! Another 12 weeks later since Margaret couldn't stick to her diet plan and went back to her old ways. However, she lost 6kg of muscle in the process, which lowered her metabolism and so her weight went up to 93kg.

Be Lisa not Margaret...

Lisa on the other hand raised her metabolism by adding 2kg of muscle tissue and so 12 weeks later she lost another 6kg and 4% body fat. Lisa is delighted. She is on a path to lasting weight loss once and for all.

Would you like to know your numbers? We can measure them – and for free this month. Give the team a call and let's get you on the right path too.





Why habits are so hard to break.

Why do most of us resist the good advice we have been given?

When it comes to changing habits, we need to understand that habits run on autopilot. That is they are under much less conscious control than we might think. So, although sometimes we get really determined and ready to change our ways, our ways are running in a separate part of our brain than where brute force, willpower and determination reside. Let me explain. A habit has three components: a Trigger, the Response and, of course, the Reward. Triggers include things like the time being 6pm on a Friday night, or switching on the television after a tough day at work or with the kids. Cont. over the page...

5 ways to create a calorie deficit and therefore the weight loss you desire.

ONE. Track your calories. It's as simple as that. What we focus on we get more of and so if you focus on being more aware of the calories you consume you will better control your intake.

TWO. Control your portion sizes. If all your meals are 20% smaller and even your "snacking" 20% less you will reduce your calorie intake by 20% (400 cals based on a 2000 calorie intake).

THREE. Raise your metabolism. Your metabolic rate is the rate at which you tick over at rest. Raise this by 10% and you increase the deficit further.

FOUR. Do some cardio. Walk, run, cycle, swim - it really doesn't matter. The more the better.

FIVE. Learn to master your mind. Consistency isn't just important, it's everything. Doing 1-4 above for 10 days only to miss a day and let one missed day become 10 will not serve you. Being consistent everyday for 30 days even if not "perfect" is your ticket to success.



Habits continued.

A trigger can be feeling stressed. Or simply tired. Whatever the trigger, it triggers the response. And this may be eating, drinking or putting your feet up and watching a few hours of Netflix. The reward, of course, when we eat something sugary or something fatty or drink something we associate with pleasure is that we do, indeed, feel a sense of pleasure in the moment. Such pleasure is as a consequence of some simple brain chemistry. Particularly we produce dopamine, our brain's feel good chemical, and so the process of 1] feeling down, 2] eating or drinking something we like, 3] feeling better, becomes self-rewarding and notoriously hard to break i.e. automatic.

In order to break this pattern we must break the chain and interrupt this automatic reward pathway. The best way to do this is to replace them with new ones. This requires you to identify your triggers and consciously interrupt the expected response with a new one and immediately reward your new chosen response by telling yourself well done. Sounds simple, it is. Just not always easy to do.

The next time you feel yourself reaching for another glass of wine, opening the fridge on autopilot or sitting down knowing you really need to do some kind of exercise, stop. Count backwards from 5. 5...4...3...2 and on 1, take 3 deep breaths. Use this to break your pattern and take a NEW action and congratulate yourself!

NOTICES.

This Tuesday 7.30pm - How to create lasting weight loss seminar, FREE!
Immediate start - become a Personal Trainer and apply for a position with Gloo see www.eifbemore.com
Already a PT - Contact us, we're recruiting!



The Sticky Fitness Company