

FALL/WINTER HOURS begin this month. Boze's is open on Sunday starting September 14th.

Pressed for Time? Try a Mix and Match Workout!

If you don't have enough time to train, crank up the intensity of your workouts. If you can only squeeze three workouts a week into your schedule but want to maximize the strength and cardio benefits consider a Mix and Match Workout.

Here is a quick overview of the concept. Monday (Day 1) - *SIT (Sustained Interval Training)* Using your favourite cardio equipment, start with a 10 minute warm-up. Then start Sustained Intervals (three 5-minute intervals at the highest pace you can tolerate with 5-minute recovery intervals between sets). Recover with a 10 minute steady state cool down.

Wednesday (or Day 2) *IRT (Intense Resistance Training)*. Select at least one exercise for each major upper and lower body muscle group (6 - 10 exercises depending on the time you have available.) Lift as much weight as you can safely handle with good form and technique for three sets of 10-12 repetitions. Limit your recovery period between sets to 60 seconds - or use a push/pull format and super-set with two exercises (i.e. chest and back) then recover and repeat. Warm-up for at least

5 mins and consider a 5-10 min cool-down to help with lactic acid removal.

Friday (or Day 3) *2MD (Two minute drills)* In any aerobic activity, go all out for five 2-minute intervals with each interval separated by no more than 2 minutes of recovery. Start the workout with 10 mins of steady state warm-up and finish off with the same length of steady state cool-down.

ZONIA'S KITCHEN

Selkirk Ave White House
Ribs

3/4 cup honey
1/2 cup ketchup
1/4 cup butter
1 tbsp vinegar
1 tsp tabasco sauce
1/4 cup chili sauce
2 tsp dry mustard
2 tbsp brown sugar
1 tbsp soy sauce
1 clove garlic (minced)
4 lbs pork spare ribs
garlic salt

Combine all ingredients except ribs and garlic salt in a saucepan - bring to boil. Reduce heat and simmer 5 minutes.

Cut ribs into slabs, place in boiling water in deep pot, boil until tender - drain.

Remove ribs to roasting pan and sprinkle with garlic salt. Roast in 325F oven for 1.5 hrs. After 30 minutes drain away excess fat, baste ribs with sauce. Baste again at 1 hr. Bake until tender. Mmmm enjoy!



BODIES *by Boze*

Dauphin's active living centre

Inside This Issue:

2-MONTH MEMBERSHIP ONLY \$85
Mix and Match Workouts
Low Cal Diet - No Way to Lose Fat!

MEMBER OF THE MONTH PROFILE: Eric Irwin

Eric has been a Boze's member for a couple of years, primarily in the hockey "off-season" as he is a dedicated Noon Hour Hockey League and Dauphin Kinks regular. Eric first tried Boze's after an NHHL season a couple of years ago – and seemed to have found a routine that fit his schedule. This year it appears Eric is having his finest "off-season" to date with almost daily workouts five times a week.

Eric approaches his noon hour workouts like he approaches most of his endeavors – at full throttle. It's rare to see Eric "coast" during a workout – and probably much more common to be awed by the vigour and intensity he puts into his training. Whether rowing, cycling, running or lifting Eric is no slouch...it's "pedal to the metal" and full speed ahead – usually with sweat flying

MEMBER NEWSLETTER AUGUST 2008

in all directions. (He usually has a towel close by – and he really needs it!).

Eric discovered the true benefits of off-season training last year when he participated regularly in noon hour workouts during the spring and summer. He noted that his normal off-season weight gain didn't occur to the same extent last year when he kept a fairly regular workout routine. He was stronger and lighter at the start of last hockey season and began this off-season in even better shape.

His diligent workout schedule this year combined with his penchant for working out hard and often will make him more of a force on the ice this fall, so look out NHHL'ers. Eric Irwin, Boze's deserving Member of the Month for August.

SPECIAL 2 MONTH MEMBERSHIP SALE

**PURCHASE A SPECIAL 2 MONTH
MEMBERSHIP FOR ONLY \$85!**

Offer expires August 30!

LOW CALORIE DIET BEST WAY TO GAIN FAT

Do you believe the statement that low calorie diets will actually make you fatter?

To get rid of fat, the law of energy balance states you have to consume fewer calories than you burn. In essence, you must have a "calorie deficit" to burn fat off your body.

However, how you establish a calorie deficit has a major impact on whether or not you lose fat. Whenever you decrease your caloric intake your body thinks you're starving! When you do something extreme to your body (like hardly eating) your metabolic rate slows down in order to protect you.

This defense mechanism is also known as the "starvation response." When your body senses starvation mode it may respond by:

1. Releasing fewer fat-releasing and/or fat-burning enzymes such as hormone sensitive lipase and lipoprotein lipase.
2. Releasing less of the hormone leptin (which under normal circumstances is the chemical responsible for signaling your brain that you are well fed and not starving).
3. Releasing less of the hormone T3 (the active form of thyroid

hormone – known as the metabolism-regulating hormone).

4. Using muscle as fuel. Muscle is metabolically-active tissue, which means it takes a lot of energy just to keep it. When your body senses "starvation" it responds to the energy crisis by making muscle tissue expendable and your body cannibalizes its own lean tissue.
5. Increasing appetite hormones. When you're body senses starvation a part of your brain (the hypothalamus) switches into high gear and stimulates your appetite – sometimes to the point where you become ravenous and cannot fight these physiological cravings with willpower.

It is metabolically and physiologically impossible to achieve permanent fat loss by starving yourself. Any program that's extremely low in calories may work in the short term but in the long run, very low calorie diets can actually make you fatter.

Eventually, they lead to binge eating and weight re-gain and you end up with less muscle and a slower metabolism than when you started. The truth is, you don't have to starve yourself to get a lean body. In fact, you can eat more and burn more fat!

Here's how:

- Avoid very low calorie diets. Any diet that suggests "starvation level caloric intakes (1200 or less for women and 1800 or less for men) is counter-productive. And, even if you're trying to lose weight remember that active people need more calories.
- Customize your energy intake to your activity level, age and gender. Your caloric needs may be much higher or lower than the average person. If a diet program recommends the same amount of calories for everyone - that should be a red flag to stay away.
- Decrease your caloric intake just a little below maintenance. Decrease your calories conservatively – by only about 10-20% below your daily maintenance level. A mild calorie cut doesn't trigger the starvation response.
- Increase your calorie deficit more by increasing activity (rather than decreasing intake). If you're not doing so already, you should include strength training with weights at least three times per week. Second, you should do at least three moderate to vigorous cardiovascular workouts a week. Third, if you wish to accelerate fat loss more, or if you need to break a progress plateau, you bump up your activity even further by

adding additional cardio sessions or increasing the intensity or duration of your current workouts.

The secret to permanent fat loss is to burn the fat not starve the fat. Eat more, burn more instead of eat less, exercise less.

Write It Down...And Lose!

It won't burn many calories on its own, but if you're looking to lose weight, the most important exercise you can do is to pick up a pen and write.

That's according to a new US study that finds dieters can increase their weight loss twofold by simply keeping a daily diary of what they eat.

The 20-week study was part of a three-year research program that involved some 1,700 overweight people who were placed on fruit- and vegetable-rich diets. It showed that people who kept no daily food records lost an average of nearly 4.1 kilograms, or nine pounds, while those who kept six or more per week lost an average of just under 8.1 kilograms, about 18 pounds.

The study also found that people who shared their weight-loss experiences with others were more successful. The complete study will be published in the August 2008 edition of the American Journal of Preventive Medicine.