

THE FULL-TIME WORKER'S GUIDE TO A GOOD PHYSIQUE

Bitesize
Jan 2010



FINAL WEEK OF JANUARY SALE!

AN EXTRA 10% OFF ALL PURCHASES MADE BEFORE 1st FEB 2010

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Making your exercise regime count in 2010

So, another year another work out plan. Many of us let things slip during the Christmas season as there are far too many events which get in the way of our exercise routine and there are far too many tempting options on the menu to say no. Whether you're one of those who took a slight break from your routine during December or if you simply never found the routine that works for you, maybe now is the time to make some serious changes to your programme and commence the new year with a workout plan that you can see through.

Before you decide how to go about this, ask yourself what do you want from your regime? Goals are usually either aesthetic or fitness related. One usually comes hand in hand with the other however sometimes one of the two can be more important to certain people than the other. Post Christmas the majority of the goals tend to be aesthetic as we tend to eat and drink vast amounts in a short period of time which may have an effect on our appearance but is unlikely to make much difference to our overall fitness.

The quickest way to get back on track is to return to a healthy diet and commence a challenging exercise regime. Regular exercise is usually enough to help someone maintain their shape but in order to lose weight or burn serious fat we get best results when combining the two.

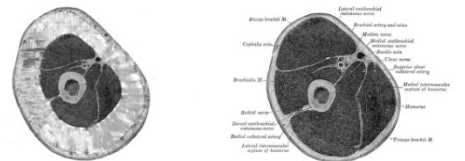
If I could give you all a piece of advice, which I will, I would say don't just do the diet. Although this does result in weight loss, a large share of the weight lost is in muscle mass which only makes it harder to burn fat in the future. Allow me to explain. The human body is similar to a car. The muscles are like an engine and bigger engines burn more fuel. Similarly bigger muscles burn more calories. Dieting on it's own results in less muscle mass which means less calories will be burned on a daily basis and unless your calorie intake is reduced on a permanent basis, the excess calories get stored as fat. By performing regular resistance training you can increase muscle mass which will prevent fat gain in the future. You do not need to get "muscle" , you simply need to make a slight increase in muscle size which will result in a more toned look rather than a muscular look.



Dominic Thorpe - Managing Director and Principal trainer.

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In the diagram below see how you can increase muscle mass without increasing overall size.



The images both represent a cross section of a slim person's upper arm. On the left we have an individual who does little activity but eats a low calorie diet and on the right a person who does resistance training and eats a healthy diet. Although both arms are the same size, the one on the left has little muscle (the dark area) therefore doesn't burn much fuel and is surrounded by fat therefore looking soft and wobbly. The other arm burns more fuel and looks firm and toned.

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What is a Calorie?

In the last article you'll have noticed that I spoke a great deal about calories. It makes sense now that I explain exactly what a calorie is and how the body uses calories so that you have a better understanding of what's happening in your body during exercise.

The word "calorie" is used to describe an amount of energy. A single calorie is the amount of energy required to heat 1 litre of water up by 1 degree Celsius*. Those who fear science may want to skip to the next paragraph however if you can cope with a bit of physics read on. The standard measure of energy is Joules. A litre of water requires approximately 4200 joules of thermal energy to heat it by 1 degree therefore a calorie is 4200 joules of energy.

Energy for Survival

To survive, our body burns fuel, in the form of calories. When at rest we burn calories to stay alive. When moving we burn more calories to power this movement. The more we move or the faster we move, the more calories we burn. Our body each has a specific number of calories which it needs to stay alive on a daily basis. This number is referred to as the **Basal Metabolic Rate**. The actual number depends on size, weight, age and body composition but typically an 80kg male of 30 years would use around 1900 calories to stay alive and a 30 year old female weighing 60kg would require 1400 calories. Essentially that's the amount of food the above examples would need to consume if spending their lives in bed.

A Little Bit of Science

Calories Explained

Where do calories come from?

We get our energy from the food we eat. Food can be broken up into 3 groups: Fats, Carbohydrates and Protein. 1 gram of fat contains 9 calories and we use this for low intensity activities such as resting, walking etc. 1 gram of carbohydrates contains 4 calories and we use this for slightly higher intensity activities. A gram of protein also contains 4 calories and our body, despite being able to use it as fuel for movement, prefers to use protein as fuel for growth and recovery.



The Harder we work, the more calories we burn.

How do we burn calories?

Any time we perform physical work, we are burning calories. The harder we work the more we burn. Like a car, we burn more fuel when working at a higher rate. A 10k run burns more calories when performed at a higher speed, despite the run lasting a shorter amount of time. If we perform activities that encourage muscle development we burn more calories post workout in order to promote muscle recovery and growth.

*The actual temperature scale used in Physics is Degrees Kelvin however I wrote the article using Celsius on the assumption that the general public would be more familiar with this term.

Input vs. Output

To stay alive we must consume at least enough food to cover our Basal Metabolic Rate (BMR) assuming we do no physical activity at all. Any activity we do carry out needs to also be factored into our calorie consumption levels. If our daily calorie intake is less than the sum of our BMR and the amount of calories burned due to activity, we lose weight. If it's more, we gain weight.

Values of input

| Meal | Cal |
|---------------------------------------|------|
| Tikka Masala, Pilau Rice, Asda | 440 |
| Doner Kebab | 1000 |
| Etna - Pizza Express | 1153 |
| Sausage & Mash, Healthy Living, Tesco | 369 |
| Pot Noodle | 414 |
| Blueberry Muffin - Starbucks | 380 |
| Banana | 100 |
| Big Mac + Fries | 820 |
| Mars Bar | 259 |

Values of Output

| Activity (one hour) | Cal @ 80kg | Cal @ 60kg |
|---------------------|------------|------------|
| Badminton | 465 | 360 |
| Basketball | 650 | 510 |
| Circuit Training | 590 | 440 |
| Cycling Race | 810 | 630 |
| Squash | 915 | 710 |
| Football | 625 | 490 |
| Dancing | 420 | 345 |
| Weights | 620 | 485 |
| Run @ 6.5mph | 760 | 590 |
| Run @10mph | 1035 | 835 |
| Walk @ 5mph | 320 | 260 |

Mince Pies Gone to Your Thighs?

Places in London where you can shake off that Christmas Weight

It's that time again. A fun, food filled Christmas has passed and everyone is looking for ways to shed the excess weight. Here are a few tips on how to make the most of your local environment in 2010 without breaking the bank.

First things first, set yourself a goal. Make sure it's realistic or you'll struggle to see it through. Ensure your goal is specific and measurable, give yourself a timeline in which to achieve this and then break it up into smaller steps. Once you've selected your goal, make sure you know how to set about achieving it. High heart rates and regular sessions are best for burning fat.

London has plenty of places where you can burn off those excess calories. Here are some of the many options right on your doorstep!

Local Parks

Running around a local park is the cheapest and most convenient form of exercise. Parks like Wandsworth Common and Battersea Park even have fitness trails where you can stop off to use beams, bars and hurdles to give yourself a total body workout. In between sets stop to take in a deep breath and admire the beautiful flora and fauna. A 30-minute run can burn the calorie equivalent of 2 mince pies - providing it is carried out at the correct intensity of course!

Map out your own route or search through any of the existing routes using the London Marathon route planner.

<http://www.realbuzz.com/flmroutes/>

The Riverside

In London the riverside is never far away. Why not go for a run, walk or skate along one of the many riverside routes that London has to offer. A popular route starts at the Peace Pagoda in Battersea Park and runs along the south bank of the river towards Westminster. The views will remind you what being in London is all about.

Alternatively, head west towards Putney and pass by the home of the annual Oxford and Cambridge University Boat Race.

<http://www.batterseapark.org/>

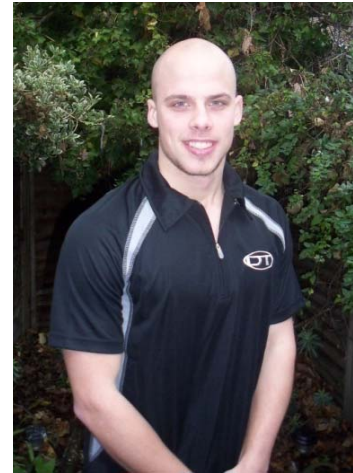
Exercise Classes in the Park

Various fitness outfits run regular group exercise sessions in a park near you. These classes are a great alternative to those offered by your gym and you're guaranteed a space as there is no limit on capacity. Outdoor exercise classes can burn up to 500 calories. That's the equivalent of 3 glasses of wine.

DT Training expands to West London

DT Training welcomes Wayne Harvey to the team as he embarks on a mission to get the people of west London back into shape.

In 2006 when DT Training was merely a blastocyst of an idea in Dom's head he was delivering a Level 2 fitness instructor course to a group of budding personal trainers.



Out of the 20 students on this course one stuck out from the rest. That student was Wayne Harvey. Dom suggested that once Wayne had got his level 3 qualification he should come and work for DT Training.

Wayne contacted Dom 2 years later waving his level 3 certificate and hoping for some work. However Dom, now somewhat aware of the amount of preparation involved in setting up a business and expanding to take on new team members, had to put Wayne on hold until further notice. Since then, Wayne has worked as a Personal Trainer in a West London gym, building his experience, but always dreaming of the freedom of training people in 'The Great Outdoors'.

Dom is pleased to say that Wayne has now become part of the DT team and is very much looking forward to sharing the gift of fitness with the population of West London.

Contact Dom at dom@dt-training.co.uk if you would like more information about training with Wayne.

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What we do... and what's in it for you!

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website!
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Try before you buy...

At DT Training we'll give you a personal training session for free before you decide to make your purchase.

Free Sessions!

When buying in bulk we'll reward you with a **free session for every 5 sessions purchased**. After all, you should have some kind of reward for your efforts, don't you think?

Two train for the price of one!

At DT Training we charge our standard hourly rate, no matter how many there are of you. How generous is that?



New Year Offer

A further 10 % Off!

Purchase your block of sessions before the end of January and you'll not only benefit from our existing offers but you'll also receive a further 10% reduction from your total purchase price.

**10% SAVING
DURING THE FINAL
WEEK OF
JANUARY 2010**

New packages available to purchase now!

Visit our [website](http://www.dt-training.co.uk) to view our new packages for

- pre/post natal training
- weddings
- last minute get-fit-quick packages.



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