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LOOKING GOOD & FEELING GREAT

**YOUR PERSONALISED FITNESS & NUTRITION
MANUAL BROUGHT TO YOU BY 6 DEGREES
SOUTH HEALTH & FITNESS**

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INTRODUCTION

Welcome to our book created by 6 Degrees South on Looking Good & Feeling Great, something we are all trying to achieve and strive for. Healthy living is one of the greatest things you can do for yourself and the best thing about it is, you can start today with the information provided in this book.

We have put together a comprehensive, information packed book that will help you realise your goals and give you clear direction on how to achieve them. When you read on you will find fitness programs designed for weight loss and muscle gain. You will learn why it's so important to warm up and cool down. We will teach you about muscle hypertrophy and what it means to you and your fitness goals. You will finally understand the principles of fat loss and the best ways to maintaining a healthy weight.

The information and programs in this book are then complemented with nutritional articles from our club dietician on eating for weight loss & increased energy with ideas of what you should be eating. There is also a great article on the Glycemic index. I know, you have heard about this but you don't really understand what it means or how understanding food labels can benefit you in your day to day life! Well you will after reading this. We follow with information for those morning exercisers and give you the knowledge you need for training in the morning, but often feel too tired to do so, we will help you solve this problem with some great pre training food ideas.

So start reading and begin to really focus on what's important to you. Define your goals and you will be sure to find the information in here to get you started. We are always here to help you further at 6 Degrees South with more personalised programs designed specifically with your individual needs in mind. Good Luck!



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WARM UP/COOL DOWN

- A warm up prior to doing exercise improves the quality of your workout as well as greatly reducing the risk of injury.
- It is essential that everyone warms up before exercise and cools down at the completion of their workout. Warm ups reduce the risk of injury and prepare the body for exercise allowing you to be more efficient with your training by allowing you to work harder.
- A cool down is equally as important. After any form of exercise i.e. intense exercise or light exercise it is necessary to stretch muscles back into their natural position. Muscles contract during exercise, if you do not stretch the muscles after training, they remain contracted losing flexibility and decreasing the natural range of motion that our muscles should be capable of. This in turn creates tightness throughout the body that you would noticeably feel over a period of time. Yoga is a great way to get the body balanced again and so is regular stretching after exercise.
- 5 to 10 minutes fast walk/slow jog on a treadmill or exercise bike is generally sufficient to get blood flowing to peripheral tissue and preparing the body for exercise.
- Walking on a treadmill or riding an exercise bike is good for a cool down. A sufficient cool down bringing yourself back closer to resting state is equally important to stretching for recovery.
- 10 to 15 minutes cool down after a workout provides the body an opportunity to return to resting state by providing an oxygen surplus while blood flow is still ample to peripheral tissue as well as removing waste-products including lactic acid from muscles greatly reducing total recovery time.
- Immediately after your cool down, take time to stretch every muscle group exercised during the workout. Stretching each muscle group for 20 to 30 seconds will improve the elasticity and help prevent injury as well as muscle soreness. Remember that flexibility and the strength of a muscle are equally important but are not related. Therefore they require separate training to achieve the desired outcome.
- Stretch initially within a comfortable range then slowly increase your stretch to improve flexibility.



HYPERTROPHY – Increasing muscle mass

- Hypertrophy, an increase in mass or girth of a muscle can be induced by a number of stimuli however the most common and familiar of these is exercise.
- The first measurable effect is an increase in the neural drive stimulating muscle contraction. **Within just a few days, an untrained individual can achieve measurable strength gains resulting from "learning" to use the muscle.**
- There are a number of reasons why both men and women of all ages should consider resistance training as part of their lifestyle. It helps you to look and feel great! It increases muscle tone creating a firm appearance of surface tissue. It also increases metabolism which means your body burns more energy during rest than it does supporting mostly fatty tissue, and finally it helps to increase bone mass reducing the risk of osteoporosis. What an incredible thing it really is and so necessary for all of those wanting to improve appearance and achieve noticeable health gains.
- **Muscle weighs two and a half times more than body fat so that's a lot of work your metabolism has to do to support it.** This generally means that Hypertrophy helps you to lose weight faster and is the reason why both men and women with higher levels of muscle mass have the ability to eat more than those who don't without putting on weight. Now we are not talking body builder here, just resistance training 3 times a week to improve your general health and fitness.
- Hypertrophy happens as a result of resistance training which damages the muscles at a cellular level and includes the subsequent recovery process. After completion of a resistance training session the body repairs the targeted muscles. If the resistance training is done correctly and sufficient recovery time is allowed between training sessions, gains should be noticed very quickly.
- It initially requires strengthening of ligaments, tendons and other connective tissue as well as conditioning striated muscle prior to undertaking a muscle hypertrophy training regime.
- Hypertrophy should be considered an advanced training regime and should be commenced only after proper preparation. If you would like help with Hypertrophy training please feel free to contact us at 6 Degrees South. We have provided a sample exercise program for you to consider in this book.



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SAMPLE MUSCLE HYPERTROPHY TRAINING PROGRAM

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Bench Press	45 ° Leg Press	REST	REPEAT DAY 1	REPEAT DAY 2	REST	REST
Incline Press	Seated Calf raise					
Pec Dec	Shoulder Press					
V-Grip Pulldown	Lateral Raise					
Seated Row	Dead Lift					
Upright Row	Reverse Flies					
Dips	Crunches					
Tricep Extension	Back Extension					
Bicep Curls	Oblique Crunches					
Hammer Curls						



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HYPERTROPHY TRAINING PROGRAM

Exercise Diagrams



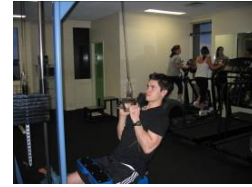
Bench Press



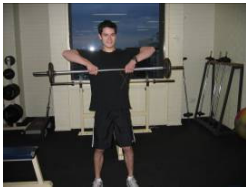
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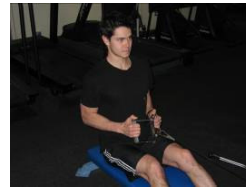
Pec Dec



V-Grip Pulldown



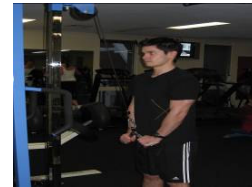
Upright Row



Seated Row



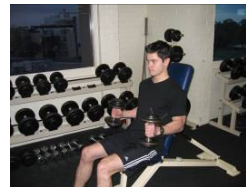
Dips



Tricep Extension



Bicep Curl



Hammer Curl



45 Degree Leg Press



Seated Calf Raise



Shoulder Press



Back Extension



Crunches



Oblique Crunches



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FAT LOSS

- The principle of fat loss is simple: To expend more energy than you consume creating an energy deficit on a daily basis. This energy is commonly measured in kilojoules or Calories. Anyone experiencing high levels of body fat needs to reduce total calories consumed through food and increase movement through exercise. If you want to lose weight or maintain a current level of weight it is important that you add exercise to your weekly regime. The benefits far outweigh the short amount of time that you have to dedicate to your health.
- High levels of body fat increase the risk of heart disease, diabetes & stroke only to name a few. It is important to do something about it now! You will be much happier and healthier once you have your weight under control which in turn increases life expectancy and vitality. Why wouldn't you want to take control of your weight by taking as little as half an hour out of your day to change your life. We have included a sample weight loss program in this book as well as further additional info on weight loss, including information from our dietician. We can help you to further achieve your goals at 6 Degrees South so please make an appointment with us when you require further help.
- Energy requirements of the body depend on many factors including age, gender, body composition, physical activity and genetics. Therefore it is important not to compare yourself with others both in terms of how much you can or cannot eat.
- Importantly, at all stages of training remember that energy expenditure must be greater than energy consumption (at safe levels). Excessive restriction of energy consumption will lead to an excessive energy deficit. This will hinder not only your ability to perform during exercise sessions but also your day to day activities.
- Fat stored by the body is a product of excess energy consumption. Body fat is simply energy, stored as triglycerides which the body can metabolise to fuel muscle contractions for physical activity as well as vital body functions.
- Specific nutritional requirements vary, however from an energy consumption point of view carbohydrates, proteins, fat and alcohol all add to kilojoules consumed. Restrictive diets such as ones that require you to cut out carbohydrates or restrict carbohydrate intake at certain times often sound scientific however generally aim simply to restrict total energy consumption. Fat as an energy source is much richer than carbohydrates and protein, therefore it is best to restrict or cut out foods which are not low in fat or fat free from your diet.



CONT.....

- Aerobic training does not use up as much energy as resistance training per unit of time. However as the name implies, it is aerobic and therefore, though intensity can be lower, the duration is usually longer than resistance training.
- Resistance training and weight training will not only increase lean muscle mass it will also use up much more energy than aerobic training - providing sufficient resistance is used.
- An increase in muscle mass will raise the basal metabolic rate, increasing energy requirements at rest.
- A good training program must be coupled with an active lifestyle. Always try to make the choices that will increase energy expenditure throughout your day, even on rest days!
- People often make the mistake of not eating prior to exercise believing that this will ensure they burn fat more effectively. This is a common myth. **Remember the key is to maintain an energy deficit on a daily basis.**
- The body will draw from a mixture of energy sources during exercise. **Not eating will only reduce performance.** Adding to this point, remember you will not expend as much energy on rest days. Therefore energy consumption on these days must decrease accordingly.
- **It is important to include aerobic training as well as resistance training in your exercise program.**



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SAMPLE FAT LOSS TRAINING PROGRAM

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Aerobics class such as Spin, Fat Burner or Sculpt	Aerobics Class Such as Spin, Sculpt or Low Impact	X Trainer 20 mins	REST	Aerobics Class Such as Spin, or Low Impact	X Trainer 20 mins	REST
		Leg Press			Leg Press	
		Chest Press			Chest Press	
OR	OR	Leg Curl	Assisted Pull Up	OR	Leg Curl	Assisted Pull Up
		Shoulder Press			Shoulder Press	
		Cable Bicep Curl			Cable Bicep Curl	
Treadmill and/or Exercise Bike for an hour	Treadmill and/or Exercise Bike for an hour	Crunches	Treadmill and/or Exercise Bike for an hour	Treadmill and/or Exercise Bike for an hour	Crunches	Treadmill and/or Exercise Bike for an hour
		Alternate Arm/Leg Raise			Alternate Arm/Leg Raise	



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FAT LOSS TRAINING PROGRAM

Exercise Diagrams



Leg Press



Chest Press



Assisted Pullups



Shoulder Press



Cable Bicep Curl



Crunches



Alternate Arm/Leg
Raise



Seated Leg Curl



Our club Dietician at 6 Degrees South Health & Fitness has put together a few articles that will help you understand why what you eat is so important. If you would like more information on your nutritional needs please contact us at 6 Degrees South for an appointment with Sonja.

*By Sonja Kukuljan.
Dietitian – 6 Degrees South health and Fitness*

Food Labels and The Glycemic Index

In recent years a new symbol has appeared on many supermarket food Packages; the 'Glycemic Index Tested' logo. The symbol identifies foods that meet certain nutritional criteria and have been tested for their Glycemic Index (GI).



What is the Glycemic Index (GI)?

The Glycemic Index is a ranking of food carbohydrates according to what happens to blood glucose levels after ingestion of a food. Scientists have measured the GI by feeding a group of subjects the exact amount of a test food to supply 50 grams of carbohydrate. Their blood glucose responses are then measured over the next two hours and compared to their response to a reference food, usually 50 g pure glucose or white bread providing 50g of carbohydrate. Glucose is given the value of 100, with other foods ranked relative to the glucose value. For example, white bread has a GI of 70, which means when equal amounts of carbohydrate are given as white bread or glucose, bread will elicit 70% of the blood glucose response compared to pure glucose.

If a food is given a low GI number it means it releases carbohydrate slowly into the bloodstream. A high GI number means that the carbohydrate is released quickly. Low GI foods are ranked 55 or less, intermediate GI foods are between 56 and 69, and high GI foods are ranked 70 or more. An overall low GI diet appears to be the best option for long term health but this does not mean only eating low GI foods. As a guide, about two-thirds of your carbohydrate foods should be low GI. This is because ***foods rich in carbohydrate with a low GI often have more fibre and are generally lower in fat, and we should be eating more carbohydrate rich foods that are high in fibre and low in fat.***



A confusing element of the GI story is that high fat foods generally have a low GI number, irrespective of their carbohydrate content. This is because fat is a complicated compound that takes longer to digest than many forms of carbohydrate. Obviously, a high fat food with a low GI should still be eaten in moderation, as the negative health implications of a high fat diet are well established. High GI foods are useful to eat after endurance exercise to help restore muscle glycogen levels, before an early morning exercise session to top up body carbohydrate or as a pre-exercise snack.

How does GI work?

Traditionally carbohydrates have been classified as complex carbohydrates or simple sugars. It was once thought that complex carbohydrates would take longer for the body to break down and digest than sugar. The advice has therefore been to increase consumption of complex carbohydrates and cut down on simple sugars. This distinction, however, has been shown to tell us nothing about the effect of the carbohydrate on blood glucose and in turn insulin production.

Insulin is primarily involved in controlling blood glucose levels and it has the job of storing glucose for later use after a meal. After you have eaten, particularly a carbohydrate-rich meal, blood glucose levels rise and insulin is released. Insulin instructs cells, such as the liver and muscles, to take up glucose both for immediate fuel and to store for later use.

Since energy is available from the meal, insulin also instructs fat cells not to release fatty acids for fuel. This fat storage is vital in order to have fuel ready for between meals. This will not lead to fat gain, unless fat storage is greater than fat usage over time. It is a transitory response after a meal to allow the body to metabolise all nutrients provided by a meal.

What are the benefits of eating low GI foods?

1. Diabetes

Low GI diets are important in the management of diabetes. This is because food sugars are released into the blood stream more gradually, thus assisting with blood sugar control. Furthermore, high GI diets may increase the risk of diabetes, as the pancreas must continually produce large amounts of insulin to cope with high GI loads. The body can become resistant to the actions of insulin and in an attempt to overcompensate the body produces more and more insulin. If this situation continues unchecked, it may result in diabetes.



2. Heart disease

High insulin levels are also now known to be a risk factor for heart disease. This may be due primarily to the effect on weight control and diabetes, but low GI diets have also been shown to improve blood lipid profiles.

Should all high GI foods be avoided?

If you are an exerciser, a higher GI food or drink is good before early morning exercise or as a snack before a session if you haven't eaten for a few hours. Additionally, eating higher GI carbohydrate rich foods (e.g., jelly beans) or drinks (e.g., sports drinks) within 30 to 60 minutes following an exercise session, can help to replace your muscle carbohydrate (glycogen) stores. During this period, muscle cells are particularly sensitive to the effects of insulin so food carbohydrate is more readily stored in the muscles. However, if the exercise session has not been prolonged and has not involved a lot of carbohydrate or energy use, then a low GI snack (e.g., apple) followed by a low GI meal (e.g., grain bread sandwich with yoghurt) is the best choice.

Doesn't reducing GI just lend more support to the low carb/high protein diet theory?

With all the evidence mounting to show the benefits of reducing the GI of your diet, you might be wondering whether you should just cut down on carbohydrates and follow a high protein diet. The problem with this is that we don't yet know enough about how proteins affect insulin release. In fact, studies conducted at the University of Sydney have shown a bigger insulin response to some high protein foods than to low GI carbohydrates. More research is needed to fully understand insulin responses to protein. The message remains that it is the type of carbohydrate that is important and not necessarily the amount. We should aim to consume low GI carbohydrate foods rather than a low carbohydrate based diet.

A high protein low carbohydrate diet has the added disadvantage of reducing the consumption of grains, cereals and legumes, which are valuable sources of B vitamins and fibre and provide us with an inexpensive fuel source. A substantial body of evidence has also shown grain consumption to reduce the risk of certain cancers, heart disease and improve bowel health.



What is the take home food message?

A balanced approach incorporating low GI carbohydrate foods, lean protein, healthy fats and plenty of fruits and vegetables will maintain variety in the diet as well as offer increased choice. Low GI foods should be selected for at least two meals per day, legumes at least twice a week, and high GI carbohydrates consumed after heavy exercise. These strategies are easily achievable and the health benefits are significant.

The simple food messages are:

- ◆ Eat more pasta than potato
- ◆ Eat sweet potato rather than other potato varieties
- ◆ Eat grain bread rather than white bread
- ◆ Eat basmati rice rather than other rice types
- ◆ Eat legumes 3 to 4 times per week. Legumes are things like 3-bean mix, lentil, lima beans and chickpeas. If you do not know how to prepare them, buy them in tins and toss them into salads.
- ◆ Consume nuts. Small serves (30g per serve) will not overload fat intake.
- ◆ Choose breakfast cereals which have a low to moderate GI and are wholegrain based
- ◆ Include low fat yoghurt, milk and cheese in your diet.



Eating for Exercise

Carbohydrate and exercise

One of the dietary guidelines for the healthier nutrition of all Australians is: *'Eat plenty of breads and cereals, especially of the wholegrain/wholemeal and more unrefined varieties. This includes pasta and rice, legumes and fruits & vegetables'*. A well balanced diet provides a good base for a regular exerciser's carbohydrate and fuel needs. However, exercisers involved in regular endurance activities like running and cycling (or aerobic activities which extend to 60 or more minutes) will need to pay greater attention to carbohydrate intake to ensure enough is eaten for optimal training.

Carbohydrate is the dominant fuel source for muscles during higher intensity exercise and carbohydrate stores in the body are limited, so an adequate carbohydrate intake is particularly important when exercise sessions are moderate to high intensity and extend beyond 60 min. If energy is not available from carbohydrate oxidation (burning) for muscle fuel, work output will be limited to moderately intense workloads. This means that you will not be able to exercise at the desired intensity due to earlier onset of fatigue. Thus, if your everyday carbohydrate intake is sub-optimal, you may need a little carbohydrate before, during and after your exercise session, which is especially important for longer exercise periods.

Snack Ideas (choose small carbohydrate rich snacks before exercise & experiment to find snacks which suit you best)

- A piece of fruit (bananas are good)
- A low fat 'milky' hot chocolate or tea/coffee
- A glass of warmed skim milk
- A glass of nectar (high in energy and carbohydrate) or juice
- Water and 30grams dried fruit with 30grams nuts
- A couple of dried crackers with 'Philly Cheese' & small tinned fruit (natural juice)
- Hommus or Tzatziki dip with crackers and carrots
- A 'teddy bear' or 'arrowroot' biscuit with warmed skim milk and Milo
- Yoghurt or fruche, low fat or skim milk varieties (not 'Diet', which have less carbohydrate)



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Morning exercise

If you are an early morning exerciser, you may get confused about when to eat breakfast. Consider the following strategies if you exercise early in the day:

- It is not necessary to force yourself to eat before morning exercise if you experience stomach discomfort. However, you may find you have a little more 'energy' if you eat something small. Try a banana, a small glass of juice, cordial, skim milk or some water mixed with cordial before you leave for gym or start your exercise. If the previous night's dinner was carbohydrate rich, then you should find that you do not run out of 'energy' during your early morning exercise session. If your session extends beyond 60 minutes, you could benefit from a sports drink around 45 min. into your session.
- Plan to break breakfast into two – something light before leaving the house and a carbohydrate / protein rich breakfast after exercise. Many carbohydrate rich foods are good sources of protein (see table below).
- Wholegrain cereals with skim milk and skim yoghurt, fruit, toast, poached eggs and tomato or baked beans on toast, etc. are great post-exercise choices. It might take a little time before you get hungry. However, you should try to eat within 30 minutes of finishing exercise in order to more effectively replenish your muscle carbohydrate (glycogen) stores.

Morning food should be rich in carbohydrate and should also contain ~6 grams of protein

The following foods all contain about 10gm protein, and can be consumed as an energy drink or added to cereal or toast at breakfast (or to salads and sandwiches at lunchtime)

300 ml skim milk, 70gm cottage cheese, 40gm (2 slices) reduced fat cheese, 2 medium eggs (boil or scramble them occasionally for breakfast or for sandwiches), 150/200mL 'Fruit Smoothie', 220gm baked beans, 50gm tuna/salmon, 3 thick slices wholemeal bread, 120gm tofu, ~250gm cooked pasta (~1 cup), 50 gm almonds, 2-3 cups cereal.

Following an exercise session

Eat something rich in carbohydrate if your exercise session was high intensity and lasted 60 or more minutes (this can be a snack or the next meal). If the next meal is eaten within 30-60 minutes of finishing exercise, it should cover your carbohydrate needs; otherwise you will need a carbohydrate snack (like a banana with low-fat yoghurt). For example, you may finish your morning exercise, have a shower then eat a wholesome breakfast and this will give you the carbohydrate you need.



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Breakfast

If time does not permit for a wholesome breakfast, try the following suggestions for a breakfast on the run. On the days you don't exercise, enjoy more wholesome and leisurely meals.

- 'English Muffins, toasted' and a little dried fruit with a low fat milk drink or some juice.
- Low fat muesli bars and breakfast bars. Uncle Toby's® apricot 'chewy' make a good choice, so do Sanitarium® breakfast bars. These are a good alternative to cereal occasionally.
- Bananas and smoothies or yoghurt drinks
- Waffles or piklets rolled up with a banana and sultanas
- Small packets of 'Mini Wheat' cereal pieces. These can be eaten dry with some fruit
- Date or fruit scones, with a scrape of margarine, jam or honey or mashed banana
- Fresh bagel with choice of spread, a juice, and an apple
- Pita bread with honey and mashed banana
- Sultana Bran, Guardian or Weet-bix with skim milk, fruit and yoghurt

Good, quick dinner options

- Baked beans on toast with cheese and frozen vegetables, fruit salad and a scoop of vitari
- Cous Cous with warmed tuna, onions, corn and capsicum
- Stir-fry chicken with a little sesame oil, wheat noodles, bok-choy, mushrooms & soy sauce
- Quick mince meat stir-fry with olive oil, garlic, chopped tomatoes, spaghetti and cheese
- Tuna with any legume (3-bean mix, kidney beans), olive oil, balsamic vinegar & tomatoes
- Cooked penne pasta with garlic, olive oil, sun-dried tomatoes and chopped salmon
- Minestrone soups, lentil or bean dahl, with crusty bread and salads
- Pita bread pizza, (pesto or tomato paste, cheese, diced chicken, mushroom & spring onion)
- 120-50g grilled steak with potatoes (with grated or ricotta cheese), beans and carrots




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CONCLUSION

We hope that you have enjoyed the information that we have compiled for you and hope that you will find it practical and useful in your future endeavours towards a fitter, healthier you.

That is our goal at 6 Degrees South. As well as providing practical and ongoing information to our club members we specialise in designing individual programs which are designed to meet your goals and work with you to achieve them. We have a complete service available to you at no extra cost apart from your membership fees, and this support is ongoing throughout the term of your membership. This means that you will finally be able to achieve the person that you know is hiding in there.

We offer a Boutique training facility where we control our membership numbers to ensure that the club does not get over crowded, allowing you the positive experience of training in an uncrowded environment where you get to use the equipment you want, when you want it. We offer you the latest in fitness training equipment ensuring that you will not only enjoy the workout diversity this offers you but love the options it creates for your training programs, while we support you the whole way.



And of course there is our 6 Degrees South 16 Day unconditional full money back guarantee. If after spending 16 days at the club we haven't convinced you that you will be happy here, we will shake hands and fully refund your money, no questions asked. This is unique to 6 Degrees South Health & Fitness and it's designed to give you the confidence you need when choosing your fitness centre.

Remember at 6 Degrees South Health & Fitness, it's all about you, which is the way we like it! So get started on making the positive changes to your life today. It is our hope that the information in this book will help you with this. Feel free to come in and see us at any time for further assistance in achieving your health and fitness goals. We would love to see you here.

Yours in Health and Fitness,
The Team at 6 Degrees South Health & Fitness.

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