



CHRISFIT PERSONAL TRAINING

Dedicated to Healthy Lifestyles

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Volume #1 Issue #5 Page 1

KETTLEBELL NEWS



The weather has finally broken and that can mean only one thing for Kettlebellers - it's almost time for outdoor Kettlebell classes to start!!!! Info will soon be available.



Chris is shaving his head Saturday!!! Please come and show your support. The event is taking place this Saturday, April 26th at GameZone Parkside Lanes located at 500 Schenk Street in Tonawanda from 4-7pm.

Announcements



Featured Article

Curbing Your Carbohydrate Addiction
By Christopher Guerriero, BS, CPT

Some experts consider carbohydrate craving and addiction as something more of the body than of the mind, meaning biological factors are generally considered to be the main trigger for carb cravings. These cravings are described as a compelling craving, or desire for carbohydrate-rich foods; an escalating, recurring need or drive for starches, snack foods, junk food, or sweets.

This is where the cycle of carbohydrates and cravings start. High-sugar, refined starch, convenience and comfort foods feed the addiction like a drug. This results in high blood sugar and insulin levels which results in more cravings. The situation also results in higher levels of serotonin - a brain chemical that acts like Prozac. People eat sweets to get the "sugar high."

Another contributing factor to overeating and sweet craving is stress. When we are tense, the adrenal gland produces more of the hormone cortisol. Cortisol stimulates production of a brain chemical called "neuropeptide Y."

This is kind of a carbohydrate craving switch. Aside from this, neuropeptide Y also makes the body hang on to the new body fat we produce. In other words, tension not only triggers carbohydrate cravings, it also makes it more difficult to lose any additional weight. Cortisol also stimulates insulin, which leads to blood sugar dips and fat storage. It's a vicious cycle that feeds on itself, over and over.

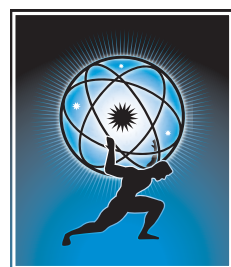
Food is not just a biological need; there is also an emotional element to it. Something in our emotional state, particularly a negative one evokes an urge for "comfort" food. By dealing with the issue behind the cravings, it produces emotional relief that can reduce or even eliminate the urge to overeat.

All in all, most experts agree that by eating enough wholesome foods at meals and by having a healthy afternoon snack, people can minimize their cravings for sweets.

Here are recommendations to curb carb cravings.

1. Eat less but more often. Eat small meals or snacks containing some PROTEIN every few hours to keep blood-sugar levels steady. Skipping meals causes blood sugar levels to drop, which leaves you yearning for processed carbohydrates and sweets for energy.
2. Be selective about the carbohydrates you eat. Avoid nutrient-stripped foods made of white flour, white rice, refined sugar and highly concentrated sweeteners. Look for foods rich in fiber such as fresh vegetables and fruits, which level off blood sugar.
3. Don't skimp on protein to make room for large amounts of carbohydrates. Protein gives the body extended energy, helps balance blood sugar and keeps cravings at bay.
4. Limit your intake of alcohol, fruit juice and caffeinated drinks. These cause abrupt blood-sugar highs followed by troublesome blood-sugar lows, leaving you starved for energy.
5. Eat small portions of seasonal goodies AFTER protein-containing meals or snacks, if at all. If you eat sweets on an empty stomach, you'll experience blood-sugar lows that trigger the desire for more sweets.
6. Avoid becoming famished during shopping trips and while traveling. Carry protein-rich snacks such as nuts, hard-boiled eggs, nutrient-balanced energy bars or "vegetable greens". These high-power foods are great when you feel your energy drop.
7. Get enough sleep. When the body and mind are well-rested, cravings for carbohydrates often vanish.

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CHRISFIT PERSONAL TRAINING

April 23, 2008
Volume #1, Issue #5 Page 2

Chris Quote:

The difference between the impossible and the possible lies in a person's determination.

ChrisFit Minute

Question:

What is the difference between compound and isolation exercises.

Answer:

Compound exercises such as barbell squats or push-ups utilize more than one joint and involve more than one muscle group. Isolation exercises in contrast, such as leg extensions or bicep curls, only involve movement of one joint and one isolated muscle.

To provide complete muscle fiber stimulation, you should utilize both types of exercises. However, if your main goal is to build lean muscle mass, compound exercises should be your focal point and use complimentary isolation exercises to supplement your program.



Quick Tip

Back to Basics: One of the best all around exercises to incorporate into your fitness program is push-ups. Push-ups work the pectoral, deltoid, tricep, abdominal and hip flexor muscles.

Client Recognition

This week's success story comes from Jennifer Duff. Keep it up Jennifer!

I am a working mother of two who got caught up in excuses. I finally got tired of the way I looked and the way I felt so I started going to the gym. I thought I could just do some cardio to take the weight off. While at the gym, I would often see Chris and he would say hello and ask me if I had any questions. One day while talking to me about how my program was going, I shared my plan to eat whatever food I wanted and just do my cardio workouts. He very bluntly said to me "if you're not going to change your nutrition, you're wasting your time here." Since then, I began taking a Kettlebell class, started following the included meal plan, and Chris follows up with me weekly for support and questions. So far, it has been 6 weeks and I have already lost 14 lbs!

Please Email Ideas, Comments or Questions To Submit To jalind654@gmail.com

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