

“THANKYOU”

Last year the FitnessNRG members surprised me with a weekend away to “The Odd Frog” Eco Lodge in Bright. Last weekend Craig and I took off and had a great time at this wonderful place. It was a very thoughtful gesture from you lot and I appreciate it very much. I am beginning to believe you love the pain I put you through, which is great. We all have something in common !!

I look forward to seeing you all, sweating it out, and enjoying your exercise. Now is the time to set goals for the warmer weather coming our way soon.

ARE YOU EATING RIGHT ?

Log onto healthyeatingquiz.com.au and take this short quiz to find out if you are eating the right foods. It will give you a score and advice on how to improve your eating habits

CHECK YOUR BREAD

Some people prefer to skip the bread altogether but for those who enjoy a slice or two a day it is important to know that there are vast differences in terms of the carbohydrate content of the different slices of bread. While wholegrain is always preferable to white and wholemeal types of bread, you do need to be careful as some of the large grain bread slices can contain almost double the carbohydrate content than that of the smaller slices so check your labels. Indeed, there are also vast differences between the different gluten free options so also something to be mindful of.

Bread (Per 2 slices)	Total Cal	Total Carbs (g)	Total Fibre (g)
Helga's Wholemeal Grain	212	37.8	3.4
Burgen Soy Lin	198	26.1	5.9
Tip Top 9 Grain	184	26.0	4.8
Lawson's Grain	275	47.1	5.8
Burgen Gluten Free Soy Lin	250	33.9	4.3
PureBred Country Grain	115	21.8	6.5
Country Life Multigrain	190	34.2	2.3
Mission Grain Wrap	214	31.9	2.6
BarleyMax Wrap	120	10.8	10.4

HIGH INTENSITY EXERCISE VERSUS LOW INTENSITY

WRITTEN BY JOEL MARION

1. Minimal calories burned — 45 minutes on the treadmill may burn a whopping 300 calories if you're lucky, the equivalent of ONE TENTH of a pound of fat. Exercise ten hours a week and you might just lose a pound! Which brings me to my next point:

2. Way too much time involved — I don't know about you, but I don't have hours and hours of my time to pour into working out each week. In fact, very rarely do I ever exceed three hours of exercise weekly, and you know what? That's ALL you need. Beyond that, slow-go cardio is:

3. BORING as heck — Sitting on an exercise bike staring at the wall in front of me for 45-60 minutes? No thanks. But perhaps even worse is the fact that slow-go cardio provides:

4. No prolonged metabolic benefit — Did you know that with higher intensity exercise it is possible to continue to burn calories for up to 48 hours post workout? It's true (and we'll be discussing this “afterburn” effect in another post very soon). But you know what else is true? Long duration, low intensity cardio provides virtually NO prolonged elevation in metabolism. In fact, with slow-go cardio, metabolism returns to baseline almost IMMEDIATELY following the exercise session.

And finally, the reason that trumps all the others:

5. Minimal fat loss — Minimal calories burned during the session and virtually no additional calories burned afterward = minimal, if any fat loss results. And let's be honest, the only reason anyone is doing cardio is for the “result”.

So if slow-go cardio isn't a great solution, what is?

Short duration, high-intensity exercise. Less time, faster results — THAT'S what it's all about.