



## MYTHS SURROUNDING EXERCISE

### MYTH: Lifting weights will make women huge

It is quite difficult for women to significantly increase their muscle mass, because women do not have the levels of testosterone and growth hormone that men do. At most, a couple of kilograms of muscle above normal lean muscle may be achieved. There are no special exercises, which women or men should do or should not do.



### MYTH: Muscle will turn into fat

There is no possible way this can happen because muscle and fat are totally separate. Once we stop resistance training we lose muscle mass. This is when we also gain body fat. Especially if we keep eating the amount of food we did when we were exercising. Our metabolism drops when we lose muscle mass, which means we burn fewer calories than usual, leading to possible body fat gain.

### MYTH: Spot Reduction

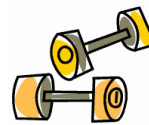
We are not able to dictate where we burn fat from. It varies from individual to individual. Doing a lot of abdominal exercises will not make your stomach smaller. It will make your muscles stronger but to rid the fat from around your middle you need to be eating the right foods and doing the right types of exercises to burn body fat off your entire body.



### MYTH: Toning exercises

This simply means lower levels of body fat so you can see and feel the muscle under the skin. An un-toned appearance comes from too much fat over the muscle, and not enough muscle to give any shape. Muscle tone comes from adequate amounts of muscle mass achieved through high intensity weight training and heavier weights with lower repetitions. This promotes strength, which in turn stimulates muscle size.

### MYTH: Cutting Up & Shaping Muscle



Certain exercises do not burn fat from desired body parts. So, it is unrealistic to perform exercises for a specific body part to reduce fat levels in that area. Compound exercises won't spot reduce but do expend more energy and build more muscle than isolated exercises. This type of exercise would technically have a greater influence on overall energy expenditure. Muscle shape is pre-determined by genetics. Muscles gain and lose size but can't be reshaped by performing specific exercises.

### MYTH: Dieting

Dieting is calorie restriction which promotes muscle loss and reduces our metabolism, which eventually causes body fat gain. When a person's diet ends and normal eating resumes, body fat levels rise due to lower metabolism and lower muscle mass. Concentrating on maintaining healthy eating habits long term is a much better and permanent solution to fat loss.



### MYTH: Children & Weight Training

Weight training causes no damage to bones, growth plates, and muscles of pre-adolescent children. All research shows positive changes in muscular strength, bone strength, joint stability, posture, sporting performance, injury prevention and self-esteem.

## München Meatballs

### Ingredients (serves 4):

#### Meatballs

- 500g minced beef
- 1/4 cup oats
- 1 small onion, finely chopped
- 1 clove garlic, crushed
- 1 egg, beaten
- 6 shakes pepper
- 2 tsp Worcestershire sauce

#### Sauce

- 1 can crushed tomatoes
- 4 Roma tomatoes, chopped
- 1 chopped onion
- 1 small red capsicum, chopped
- Some olives, chopped
- 2 cloves garlic
- 1/4 chilli, finely chopped
- Any herbs you like

#### Method:

#### Balls

1) Mix everything together in large bowl. Using a butter knife to stir works best. Add more oats if mixture is too runny. Form into balls of your size preference and chill in fridge.

2) Shallow fry balls in large pan until brown, being careful not to damage them. Remove when done.

#### Sauce

1) Fry onion till brown then add garlic. Add all other ingredients and bring to boil. Simmer on low covered until everything is soft (30 mins).

3) Return balls to pan and cover. Cook until balls have re-heated and consistency is how you like it.

Paul Blackman

## "WHEN THE GOING GETS TOUGH..." CLIENT PROFILE: Anna Chatfield 36 yrs old

Works full time. Cycles 3 x week. Attends Studio Glo 1 x 60 min session per week.

Many people take their relatively good health for granted. They over-work, under-sleep and over-indulge in foods that give them no nutritional value; only flavour sensations. They suffer from fatigue, digestive disorders, hormonal problems, and muscular aches and pains but they shake it off with the reasoning that "I'll be right", and then they soldier on. Some people realise they should look after themselves a lot better than they are but 'old patterns are hard to break'. They find it easier to continue their lifestyle rather than investigating and adapting to a new approach towards their health.

I would like to introduce you to Anna. I met Anna 6 years ago when she was slightly overweight and quite unhealthy. She worked long hours, had high stress levels, was always tired and was sick quite often. In my opinion she needed to totally change her eating habits and learn how to rest more. This was such a hard thing for her considering her Hungarian/Serbian background and her busy social life. But to Anna's credit she gave it a shot. She then began suffering from an illness. Anna was always quite focused on getting into shape but now her priority and focus quickly changed to feeling and functioning better in everyday life. I'll let Anna tell you her story from here:

\* Here is an excerpt of Anna's story. To view it in full and to see her before and after shots, please visit our website: [www.studioglo.com.au](http://www.studioglo.com.au). Find it in the client profiles section under Anna C.

Is it actually possible for a disease to make your life better? For me the answer is yes. The disease I suffer from is called Ulcerative Colitis. The symptoms of Colitis vary in intensity and frequency but basically, as the name suggests, it means that your colon becomes inflamed and gets covered in ulcers, causing the lining of the bowel to be stripped.

I was diagnosed with Colitis about four years ago although I probably had it for a lot longer. In the past I would get symptoms, but not very severely and they would usually occur during stressful times and then go away after about two weeks. Crunch time came when I started to get some symptoms of what I thought was irritable bowel in around January of 2002 which continued for the next few months.

Over the next few months my symptoms escalated and after visiting a doctor who sent me home to 'rest' I ended up in hospital on a drip and pumped full of steroids. I was so unwell I had to take two months off work to let the drugs do their stuff, which they did. However, the drugs can only last for so long and since the medical profession can't work out what causes this disease they can't stop it from recurring. Their only advice to you is to get lots of rest, eat well (and to them that can mean many different things) and basically hope for the best. Oh, and if I got a flare-up, I was to call my specialist who would send me a prescription for more steroids. Great!

So the flare-ups came and I'd take steroids and then the colitis went away. For a while. Then it came back. More steroids... went away... back again but this time the dosage had to be increased because my body had adapted and needed more and more of the hard stuff to beat the colitis back into submission. I was thinking, surely this couldn't be good for me in the long term! My specialist was adamant that diet had no connection to the recurrence of the disease. But then how come when I ate lots of crap the symptoms got worse and when I ate well the symptoms got better? Hmm, pure coincidence? I think not.

I soon realised if I was going to have any quality of life I needed to start treating my body with the respect it deserved. I had to learn how my body worked and how to get it working efficiently. I was already seeing Kylie but I realised it was not enough just to turn up once a week, work really hard but then ruin it all in the following days by not doing any other exercise and eating badly. I was lucky to find a doctor who embraces pretty much every form of treatment, conventional and alternative and who is interested in my opinions and works with me. But it has taken more than luck to keep this disease at bay. I have had to be proactive in my recovery by taking back responsibility for my health. It isn't up to my doctor or my personal trainer or anyone else. They give me the information and direction towards better health but I'm the one who has to follow it through. It is up to me to

eat well by cutting out processed foods and eating fresh and organic as much as possible. It is up to me to exercise regularly and to push myself to the next level. I would be lying if I said that I have found all the answers and I am now symptom free. I'm definitely not perfect and I still have times when I don't eat well, I don't exercise and I don't rest. I have to always be on my guard and not let myself slip back into bad habits. But I don't see that as a bad thing. It keeps me focused and gives me a reason to not give up.

*As they say, 'the best part of a journey is not the destination but it's the way you get there'.*

Anna Chatfield

We are given one body to live in for our entire lives. How we treat our body when we are 20, 30, and 40 years old is going to affect our standard of living when we are 60, 70 and 80. Living in the now is important but we need to think about our future. Instant gratification is so crucial in the minds of today's society, which seems quite trivial when we realise how unwell people are becoming quite early on in their lives. The use of medications to mask health problems and to 'get on with things' is becoming increasingly common. Still, the link between our lifestyle which includes the food and water we consume along with our activity levels is over-looked. Time and time again I meet people who just can't believe that improving their lifestyle can make a huge difference in their health.

Try to change your focus, like Anna has. Instead of thinking about weight loss strive for a healthier lifestyle. Eat foods that are good for you and actually nourish your body. Even if you have medical problems, much can be done to turn your health around. Looking after yourself now will make your later years more enjoyable and, reduce the need for medication and surgery.

Kylie Pogson

The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.