



Newsletter

VOLUME 1 ISSUE 5



March 2008

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Welcome to bfit4life monthly newsletter

Hi All,

Thanks for taking the time to read the newsletter. We often hear the saying your health is your wealth, read this months amazing success story of how one man put this into practice and regained his health and took from his sick bed to the skiing slopes. In your quest to be healthy are you doing the right training, discover if your cardio workout is actually counterproductive in 'The Death of Cardio for Fat Loss' or is it just one too many on a Saturday night, read 'Booze too many Can's & you Can't. '

"Not everyone can be a winner all the time, but everyone can make that effort, that commitment to excellence."

Vince Lombardi

Success Story - Tom Metcalf



Before

For many years I had been an active member of the Gym taking part in Body Pump classes with the Blues brothers a.k.a. Damien and Doug, Body attack, Body Balance and most of all the Super Spin classes particularly the raucous Sunday morning sessions.

All of this working out was taken in the knowledge that I had a hereditary heart condition, which at some point in time would result in major surgery. I had known for about ten years that I had the condition and was on medication to help defer the need for surgery.

I had used all of these sessions to help support my skiing, which I had taken up in my early fifties and which quickly became quite a passion.

I had noticed however that each time I was picking up a cold or flu it was taking longer to recover and my doctor eventually referred me to a liver consultant who advised that I had some liver issues but that the plan would be simply to monitor the situation on a regular basis.

He however referred me back to the heart specialist who following tests in December 05 advised me that the medication would only be useful for another year and that plans for a heart valve replacement would need to be put in place.



After

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Success Story continued

The avid skier that I am asked if it could be carried out in the summer which would allow me to get the season in. In March 06 I went to St. Anton with my daughter but it was becoming obvious that the specialists were correct and that the sooner the heart work was done the better.

Plans were put in place for the operation to be completed on June 16th 2006 however the week before I caught a very bad chest infection and on the 9th June I was admitted to Vincent's hospital. On 14th June my liver consultant advised me that the heart operation had been cancelled and on the 16th they came to discuss with me the philosophy of how the dual operation could be completed.

This was the first time I was aware of the need for a dual surgery and that my liver had collapsed. The team advised me that the dual operation of heart and liver had not been carried out in Ireland before and that the team would meet to discuss the situation. In consultation with the heart transplant team in the Mater it was decided that they would go for the dual surgery and that they now needed to meet to decide how they would carry out the work.

They immediately started to put me through what they call the liver program however during that time I picked up a hospital infection just to add to my problems. By the end of June I had recovered enough to be discharged from hospital with my name on the transplant list.

For someone who had always been fit and heavily involved in some form of sport. It was depressing to see how much weight I had lost, how weak I had become and I knew by the look on peoples' faces how concerned they were because I frightened myself when I looked in the mirror. I began what seemed like the long wait for a liver. In February 07 my heart started to cause problems and one Friday night my wife rushed me to Vincent's where my condition stabilised but they kept me for observation. That weekend a liver became available and I was transferred to the Mater hospital where the 14-hour surgery was carried out. That night and the early days to follow were an extremely difficult time for my family as all they could do was watch and wait. I was looked after by outstanding medical teams who got me quickly back on my feet, trained me how to take my medication and within three weeks I was discharged.

The road to recovery then began; my first walks were on the street where I live starting with the length of our drive. I must have been quite some sight as in the first month I had to wear a mask to prevent infections. My walks then moved to Dun Laoghaire Pier where day by day, together with my wife, I increased my distance and by the end of August I was ready to return to the Gym. I heard from people that Damien had become a personal trainer and their comments were positive about his methods and results. Starting from where my body was at that time I considered that working with someone like Damien would be an ideal opportunity to build correctly from scratch. In the first month the program was designed to build strength. As we know Damien's no nonsense approach can be tough but to me it was positive. It meant that I had someone who would not let me give up and as I progressed my personal confidence also started to improve. By the end of the first month I was strong enough to start skiing in Kilternan.



I was still going strong at the end of the day while all of my colleagues were complaining of leg burn and were longing for that last run home.

Damien noticed that my posture was extremely bad - part of which was probably a reaction to the surgery where you feel that you will tear all of the scars if you try to stretch too much. Exercises for month two were focused on improving my posture and as the month progressed I began to realise that I could stand up straight without tearing myself apart. Friends could not believe that I was back in the gym and those I met were amazed to see the progress I was making. It gave me the boost to continue training and at this stage I was also attending two serious coaching sessions in Kilternan each week.

The ski club holidays were being booked and I felt confident to commit to the January trip. Having made the booking I went back to tell Damien that I needed to prepare. I suggested that I needed some aerobic training the response to which was that he would get me ready which included a comment about 'kicking ass' which I quickly realised was to be my 'ass'. I didn't need aerobic training because the routine he set had my heart coming through my chest.

To say that he prepared me for my trip would be an under statement, we were skiing off piste all week with an instructor starting at 9.0 a.m. in the morning and finishing at 4.00p.m. His training had improved my core stability allowing me to hold a balanced stance centered on the skis whatever the terrain. I was still going strong at the end of the day while all of my colleagues were complaining of leg burn and were longing for that last run home..... **CONTINUED PAGE 5**



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The Death of Cardio for Fat Loss

The explosion of the Celtic Tiger in Ireland has seen massive growth in every industry sector in Ireland. As a strength coach working in the fitness industry I reckon it pales in comparison to the growth of the expanding waistlines and the rising levels of obesity in this country. During this period of time businesses became more streamlined to deliver products and services faster and more efficiently. Unfortunately these changes didn't seem to carry over to the fitness industry.

Many fitness routines practiced in Ireland today are out-dated and largely ineffective. People continue to train using outdated methods that fail to deliver results. Maybe this is familiar to you: you use the bike, stepper or jog for between 30 and 60 minutes three to five times per week, and have been doing so for several years without seeing any real change in the way your body looks, despite all your hard work.



I realised it over 6 years ago. At that stage I was still teaching fitness classes. I never saw a body shape change during that time, spinning, aerobics or body-pump, you name I taught it. The classes were fun but as I continued learning I came to realise that the intensity on the classes were not hard enough to stimulate the higher motor threshold units of your muscles needed to change shape. Strength coach to Olympic medallists in 18 different sports Charles Poliquin explained it to me on a private internship the reasons why aerobic work is counter-productive to fat loss.

- ★ People will adapt to continuous aerobic workout after eight weeks, so anything more is a waste of time.
 - ★ Aerobic training makes you weaker. The more lower body aerobic work you do, the more your vertical jump worsens, The more upper body aerobic work you do, the more your medicine ball throws worsen." If you are a weekend warrior who plays sports at the weekend, be aware that aerobic training can affect your performance.
 - ★ Aerobic training increases stress in the cells of your body, which leads to undesirable changes in your metabolism that can accelerate aging.
 - ★ Aerobic training reduces your ability to handle stress. When one does too much continuous aerobic exercise the adrenal glands are upset. This can subsequently lead to tiredness, insomnia and the inability to lose weight, even after extensive efforts.
 - ★ Aerobic training lowers testosterone, the hormone that builds muscle to burn calories and fat, and increasing cortisol, and the stress hormone that will eat your fat burning muscle. So you are left with two options
- So you are left with two options**
- ★ Continue to do the same type of training that has consistently failed to deliver results, or:
 - ★ You can change your training methods.

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A Ferrari has a bigger engine (more muscle mass), burns lots of fuel, because of its bigger engine, and it's a car that is envied by many!

If sanity is to prevail the only choice is to change. So the next question is – what do I do if I want to lose fat? Continuous aerobic exercise resembles the work done by a Nissan Micra. A Nissan's Micra's engine is small, it doesn't go very fast, its fuel efficient- learns to go distances without burning much fuel-but it's not so great to look at. But if your goal is fat loss, you should do weight training and interval sprints that resemble the work of a Ferrari. A Ferrari has a bigger engine (more muscle mass), burns lots of fuel, because of its bigger engine, and it's a car that is envied by many!

Please check out a sample interval program in the Ask the Coach Question under the heading- Aerobic Workout not working.

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Booze – Too many Cans & you Can't



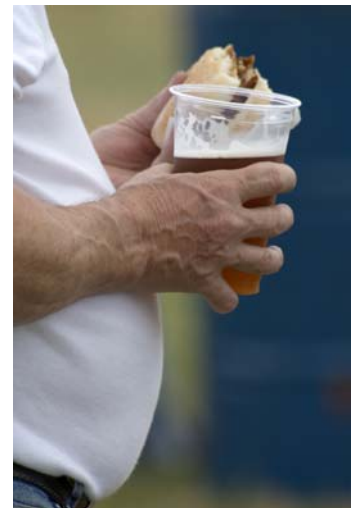
As we approach St. Patrick's Day I thought it would be a good opportunity to discuss the subject of alcohol and its effects on your fat loss program. When a client embarks on a fat loss program I stress how important it is to make lifestyle changes. If my clients are serious about getting lean one of the lifestyle factors that must be reviewed is the consumption of alcohol.

The reality is that Irish people kid themselves about how much they drink. Those trips to the bottle bank can be a sobering experience when you are faced with the evidence of your weekly indulgences. The Irish social life revolves around drinking establishments and sporting events, christenings, weddings and funerals all end there and strangely enough relationships often begin and end there as well. So it is a significant lifestyle change that you are being asked to consider in pursuit of your goals.

I always recommend that my clients keep diaries of what they eat and drink. A common entry on my female clients' diaries is the obligatory glass (or glasses) of white wine at the end of a stressful day. Before keeping the food diary the same clients were convinced that they only drank one or two glasses a night when in reality they are consuming on average half to three quarters of a bottle of wine a night. It's all very well sitting on the veranda sipping that glass of wine that you heard is good for you but what is good for you is a single glass of red wine (Pinot Noir, Merlot or Cabernet Sauvignon). These wines are rich in resveratrol, which is reputed to have anti-aging properties. So Ladies, if you are wondering why you can't lose weight, remember that alcohol is high in calories, which are generally in excess to your needs. This results in these excess calories being stored as fat, primarily on your love handles.

Alcohol is no friend to men either despite the fact that it will help you feel like an Adonis whilst parading your man-boobs with pride and sucking in your belly in your baggy t-shirt as you try to impress the ladies! Beer contains xenoestrogens that mimic the estrogens in your body. Your body recognises these and it doesn't excrete them, which lead to an estrogens overload and the conversion of your testosterone into estrogens. This results in that "He-She" look that is currently in vogue. The increase in sightings of man boobs is not helped by the fact that Man boobs develop because alcohol lowers testosterone that builds fat burning muscle for the next four days. If you are fat, know that fat stores toxins and so the more body-fat you have the more toxic you are and the more prone to diseases you will be.

If you are serious about your fat loss or a strength-building program, you need to curtail your intake of alcohol. Alcohol can affect your body's perception of hunger and drinking can also stimulate additional eating. You either stop off for the kebab on the way home or comfort eat on the couch the next day. It also affects your ability to train. If you have over indulged at the weekend you will notice that it will take you a few days to get back to being able to lift the heavy weights that you lifted the previous Friday. Alcohol makes you weaker. It has a detrimental effect on the quality training needed for achieving fat loss.



You are 100% responsible for the position you find yourself in today and YOU are the only person who has the power to change it. There is no better time than today to make that lifestyle change. It's like the saying goes... "Too many cans, and you can't! So drop the can or pint, pick up your pride and do something that isn't temporary like beer, get fit because fitness is for life."

★ Tip of the Month

Whole eggs vs. Egg Whites

Health concerns regarding eating whole eggs are a myth as the reported health concerns on the studies showed eating eggs raised cholesterol. They do, but the study didn't differentiate which type. They raise HDL- the good cholesterol. And the study was done on real eggs, not chocolate Easter eggs.



★ Next Months Issue

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Success Story continued

As we know good diet is a key part to fitness but when I joined Damien I was still within my first twelve months following surgery and the medics were reluctant to consider any change from the pattern I already had in place. My general diet would be focused towards organic home cooked foods with a low fat content. The times when I can eat are very much regulated by my medication patterns, which essentially mean that there is no snacking between meals.

The drugs themselves can have an impact on the stomach therefore you have to limit the volume of food you consume at any one time; so overall I have a natural weight regulator. I do hope at some stage to slowly switch my food pattern, which I hope will allow me build further strength.

So what is in the future, no doubt it will be the transplant games. The summer games will be first but I certainly have my eyes set on the winter games. Meanwhile the slopes of Colorado are calling where I am heading with 20 people from the ski club. Colorado is high level skiing, which again will be a challenge to my system.

There are many psychological issues to be addressed by people who have major surgery and they are very dependent on peoples support to help rebuild their confidence. Damien's guidance and his belief that I could do the tasks he was setting was a special type of support for someone like me and the condition I was in and I look forward with his help to becoming even stronger after I celebrate my 60th birthday in mid April.

Every day I think of my donor and their family and I know that I will never be able to find sufficient words to thank them for what they did for both me and my family.



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