

Newsletter - Issue 6
October 2006



fitness

Your kind of place

In The Spot Light!

All our team of friendly staff at KA fitness, the gym in the heart of Wantage, are qualified Personal Trainers, introducing:



**Guy
Jones**

Guy is a Premier Qualified Personal Trainer and Sports Therapist.

Having spent over 17 years in the British Army and served tours of Northern Ireland and Kosovo, Guy obviously has a taste for keeping fit. He was the Royal Green Jacket regimental boxing champion at welterweight and also swam competitively.

At the end of his army career it was a natural progression to retrain in the health and fitness industry to which he brings a wealth of knowledge.

As well as carrying out inductions and fitness assessments Guy has several personal training clients and is a qualified Spin, Boxercise & Chek Core Instructor.



Guy has been a sports therapist for the London marathon over the last 3 races.

Guy's interests are reading and food and hopes to one day undertake a sports science degree and write a book about it!

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BROADLEY SPEAKING!

Each month, as a regular feature in our Newsletter, Steve Broadley will be giving some sound advice and the background to a healthy lifestyle.



Fat Burn Zone: Is it Fact or Fiction?

Two of the questions that I am frequently asked by gym members with regard to cardiovascular exercise are “What is my fat burning zone?” and “Should I go slowly to lose fat?”

These ideas are based on what glossy magazines report and are a misunderstanding of the way that cardiovascular exercise works to burn calories.

While you exercise, your body will produce energy by burning calories from stores of carbohydrate (glycogen) and fat (adipose). As the level of exercise intensity increases so does the proportion of total calories burned.

Therefore it *is* true that when you exercise at a low intensity your body will draw more of its energy from stored fat but *not* true that while exercising at this intensity it will result in you losing more weight.

You need to understand firstly that while you are exercising it does not matter where the fuel comes from, your body will replenish and rebalance your energy stores when you eat afterwards. Secondly what matters is the total

amount of calories that you burn and not the proportion that comes from fat.

Example 1

30 minutes Low to medium intensity exercise burns 220 Cal. of which 50% is Fat and 50% Carb. Therefore you burn **110 calories from Fat** and 110 calories from Carb's.

Example 2

30 minutes medium to high intensity exercise burns 330 Cal. of which 33% is Fat and 77% Carb. Therefore you burn **110 calories from fat** and 220 calories from carb's.

From these two examples we show that if you follow *Example 2* you would lose more weight over time as the total calories burned is considerably more.

Every person has a different idea about what medium to high intensity exercise is. This is because every one has a different fitness level, so for one person running at 12 kph may feel to them to be medium to high intensity while for another person walking at 5kph may feel like medium to high intensity. It is all about the amount of effort that your heart is putting in to the exercise i.e. the amount it beats per minute (bpm).

It is important to remember that not everyone should be working out at medium to high intensity. If you have any concerns you should speak to a KA Fitness Personal Trainer about your individual requirements and let them assess your fitness levels.

KA fitness' CV machines all work with a Polar heart rate monitor and we have a number of monitors that our members can borrow.



Next month we will discuss:

EATING & EXERCISE, THE GOLDEN WINDOW OF OPPORTUNITY

Fitness Quiz

Win £15 High Street Voucher

1) What does the KA in KA fitness stand for?

2) What is CV short for in fitness terminology?

3) A Barbell is what kind of weight?

4) Who said "Champions aren't made in gyms. Champions are made from something they have deep inside them: a desire, a dream, a vision." (Clue: look round the gym!)

5) Give an example of a food stuff rich in

a) Protein

b) Carbohydrate.

c) Saturated fat.

d) Fibre.

6) Name a foodstuff with a high Glycemic Index?

7) Name a foodstuff with a low Glycemic Index?

8) What is the largest bone in the human body?

9) What is the smallest bone in the human body?

10) What is a Rhinoceros' horn made from?

Name: _____

Address: _____

Drop your entry into the gym or pop in the post using our FREEPOST address:

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Prize for the winner is a £15 high street voucher. The Draw for the winning correct entry will take place on the:
30th November 2006.

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Hatha Yoga

Yoga originated in India over 5000 years ago and is a Hindu system of philosophy that encompasses the body, mind and spirit. Its aim is ultimate physical health and happiness together with mental peace and tranquility.

Yoga is a Sanskrit word meaning Union and describing the feeling of oneness or union with your inner being (self).

There are various types of yoga all which lead ultimately to the same goal, unification with the Divine.

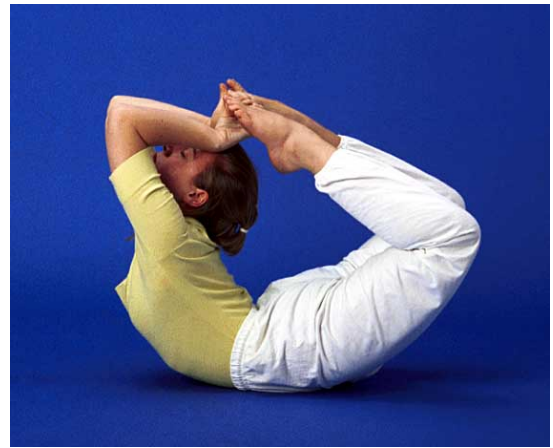
The yoga paths can be classified into:

- Bhakti yoga – path of devotion.
- Karma yoga – path of selfless action.
- Jnana yoga – path of transcendental knowledge.
- Asthanga yoga – path of pantanjali (eight step path).

The most common type practiced in the West is Hatha yoga, a combination of asanas (physical exercises and postures), pranayama (breathing techniques) and meditation. It is said to provide a balanced and wholesome approach to achieving perfect physical and mental health, happiness and tranquility.



Eastern yogis (yoga practitioners) believe asanas are simply stepping stones to higher paths. They also believe that working on the body alone is a waste of time as the body is mortal whereas the soul is immortal.



Hatha yoga is in fact a single step in the eight step path of Asthanga yoga.



Hatha yoga can be practiced by anyone at any age. It develops flexibility and muscular endurance and like many martial arts, incorporates techniques to relieve stress bringing the mind and body into one.

As with all exercises, technique is very important and must be taught by a reputable instructor. KA fitness is extremely lucky to have Marta Divall as our Hatha yoga instructor.

Classes are free of charge to KA fitness members every Wednesday at 9.30 am.

A free of charge supervised crèche is also available at this time.

To avoid disappointment book your place:

01235 763333



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