



To Your Health

News, updates and health tips from East Highlands Fitness

May/June 2015

Issue #9

Want Results?

By Colton Ostermiller

Are you tired of coming to the gym and not making the progress that you were hoping for? We have created a list of the top 10 things you can do to progress towards your goals even faster. The more of these things you can start incorporating, the faster your results will come.

Our top 10 tips to see results:

1). Don't do the same things every time you come to the gym. Your body adapts to doing the same workout every time and it becomes less and less effective. Have a plan, but do something different each time you come to the gym.

2). Lifting weights = faster results. Strength training is the easiest and fastest way to make noticeable changes to your body regardless if you're male or female. Lifting weights builds lean mass and helps your body burn more fat! Focus your workouts more on strength training and less on cardio.

3). Don't forget to do your cardio. Cardiovascular health is very important for a long-term healthy body. Two or three 30min sessions per week is enough for the average person. Doing hours and hours of cardio is NOT the way to get the body you want!

4). CONSISTENCY is the key! Being consistent with your workouts is the only way to guarantee success. Studies show that doing strenuous exercise only twice per week is enough to make positive changes to your health and your body. All your small efforts add up over time but only if you stick with it!

5). Drink only water and tea. Drinks are a very easy way to add hidden calories and sugars into your diet. Diet sodas are one of the worst things you can drink. They may not have "calories" but they still have the same insulin response in your body which leads to fat accumulation. Water and tea keep your body and cells working at their highest levels.

6). Increase protein and veggie intake, decrease starches. Eating more protein will help you feel fuller longer and help in the creation and maintenance of lean muscle tissue. Most veggies are freebies in your diet and don't really need to be counted towards your calorie goals. The biggest exception to this is starches. For the average person starchy carbohydrates are typically not completely used up for fuel and get stored as body fat. **(continued on back...)**



Our 2015 SIF Challenge was another fun success! We had a total of 58 participants who earned over 1,000 stars collectively!! **Details and winners announced on back!** ★

Spin Classes

Spin Classes are going strong! Most classes are full. We're looking into adding another bike or two soon. If you haven't attended a spinning class yet, be sure to give it a try. **Your first class is free!** And as the demand grows, we'll add more classes.

(want results continued...)

7.). Eliminate SUGAR, dairy, wheat, and processed foods.

Although most people don't realize it, sugar is in EVERYTHING we typically eat and is one of the worst things we put into our bodies. Processed foods, especially those labeled "Fat Free", are loaded with sugar to make it taste better. Dairy from cows is actually a major inflammatory in most people and should be avoided except for the occasional treat.

8). Track your food intake and prepare meals in advance.

Tracking your food/ calorie intake for the day is much easier than you think especially with modern smart phones. It only takes a few minutes out of your day and will really help you keep on track. Having home prepared meals ready to eat can ensure that you keep eating healthy and avoid temptation.

9). Set BOTH long term and short term goals.

Of course most people want to "lose weight" or "tone up", but it is important to set quantifiable goals for both the long term and short term. For example: long term – I want to lose 30 lbs in the next 6-12 months. Short term – I want to add 10lbs to my squat this week.

10). Educate yourself! If you're not sure where to start, how to properly use a machine or perform a lift, or have any other questions, don't be afraid to ask for help. Our trainers and staff are always open to questions.



(SIF continued...)

1st Place (\$50 Restaurant Gift Certificate and \$100 EHF Fitness Bucks): **JUDY YUEN (91)**

2nd Place (\$50 Restaurant Gift Certificate and \$50 EHF Fitness Bucks): **SAM MEREDITH (58)**

3rd Place (\$50 EHF Fitness Bucks): **TOM RYAN (57)**

We had 18 participants earn an EHF Lanyard by collecting at least 20 stars. Deano Anderson, Lorene Hayashi, Alec Wheeler and our three top winners earned an EHF workout towel by earning at least 40 stars. And Judy Yuen is the only member to receive an EHF T-Shirt with at least 60 stars earned.

We hope you all had fun and we hope we motivated you to work out a little more than you might have on your own.

Please see the front desk staff to claim your prizes!! And get ready for our next challenge in the FALL.

Nutritional Tip of the Month



Outlandish claims about fat-loss supplements these days are the norm, not the exception. In ads, on TV shows, and in articles that cite studies you've never read, it can seem like a total life transformation is just one pill away. Guess what? It's not. The answer has always been, and always will be, what you do in the gym and what's

on your plate!

One thing that many, many studies have agreed on is that increasing protein and reducing starchy carbs can help you achieve a healthier body composition, particularly alongside a consistent training program. And don't forget that eliminating sugar and alcohol will jump start the results of any dietary changes you make.

Fitness Tip of the Month



Check your ego at the door! Nobody wants to struggle against an empty bar while the beast next to you lifts more plates than you can count. But throwing your whole body into every rep trying to get the weight up is a bad idea. If you can't handle a weight with **strict** form, lighten the load until you can. Focus on feeling the muscle working with each repetition. Over time, begin to **compete against yourself and your previous bests**, not someone else. Pretty soon what used to seem hard will be your warmup. **Remember to lift smarter NOT harder!**



[Facebook.com/EHFitness](https://www.facebook.com/EHFitness)

"Like" our Facebook page to find out the latest news at the gym.