



ACTIVE E-NEWS

Edition 11 – November 2009

Well it's here... the moment you've been waiting for... oh alright it's the moment I've been waiting for! I'm flying out on Tuesday to 'research' the latest edition to Active In Motion's programs in Bali!!

You'll be the envy of all your eastern states mates when you announce that you're going to Bali for a week of health and fitness, amongst, massage, shopping and a few lazy cocktails to celebrate and with the low airfares it's never been more affordable for anyone looking to take a break from their routine, check out the information in this e-News.

On another note, each day I meet with people who are not 'crazy' about exercise but want to learn to make it a part of their lives for good. As you can imagine I hear some pretty cool stories and also new words (not just new swear words either). One of those words this month is stuck in my head (also because it made me feel like I was about 50years old) so I am inviting anyone who has an unusual word (or words) that they would like to enlighten me with to email me.

This is now a feature of e-News and this new addition is dedicated to Paige Fabre because life is a journey not a destination and when you don't take it so seriously it's so much more fun!

Until next month... Focus on today and let the future surprise you!

PS Christmas is only 8weeks away!

Eating & Exercise

Should you eat before or after for the best results?

Is it better to eat before or after exercising?

Many misconceptions surround eating and exercise. Some people avoid food before a workout because they worry they'll get nauseated or have cramps. Others don't eat in the morning because they think they'll burn more fat if they move on an empty stomach. Some athletes assume that big meals, or if you go for long periods without eating, you can upset this balance and cause extreme energy highs (surpluses) or lows (deficits.)

When you first wake up, you are likely to be low on energy. It works like this: If, the night before, you ate dinner at 7 p.m. and then nothing else until breakfast at 7 a.m., you would have gone 12 hours without added fuel. Your body may have burned around 1,100 calories

during this period. Most of the fuel used would have come from your stored fat and glycogen (carbs).

But you have a limited supply of carbs because they are stored only in small amounts in your liver and muscles. Even though the body has plenty of fat stored, for fat to be "burned", or metabolized, carbs need to be present. Often, the liver's carb stores are nearly depleted by the morning, so many people may wake up in the morning in a state of energy deficit, where there are not enough carbs to provide energy and to help utilize fat.. So they need breakfast to infuse more energy into their body.

If you skip breakfast and do a tough workout, you launch a depleted body into even greater depletion. Say you burn 500 calories during the workout. By the time you eat later that morning, you may have dipped into an energy deficit of 1,600 calories (that is, 1,100 calories burned while you sleep, plus 500 from the workout). Now your body is famished for fuel. However, you may not feel hungry in this state (known as "ketosis") because your body has shifted to starvation mode to preserve its resources. Diminished hunger is one of the side effects. But a lack of stomach rumblings doesn't mean your body doesn't need fuel—it does. In fact, at some point it will demand more fuel—you'll likely binge and go into a huge energy surplus to compensate. This ends up being a roller-coaster calorie ride for your body.



In another scenario, if you overeat and are inactive, you can find yourself in a state of energy surplus. So let's say you eat a big lunch at 1 p.m. (cheeseburger, fries, shake) and take in around 1,200 calories. Then you sit at your desk and burn about 500 calories until it's time for dinner at 6. In this case, you may enter the meal in a energy surplus of 700 calories (1,200 calories from lunch, minus the 500 you burned sitting at your desk). If for dinner, you ate another big meal of 1,000 calories (fettuccini alfredo, a soda and dessert), you could end up with a larger surplus of around 1,700 calories. If you remain sedentary for the rest of the evening, not much of that will be burned off. Then the next morning if you wake up to a big breakfast, your body stays in positive energy balance. This is a recipe for weight gain.

Dramatic calorie highs and lows aren't good for you. Researchers at the University of Georgia studied the eating patterns of athletes and found that that men and women had higher levels of body fat when their eating patterns fluctuated wildly throughout the day, even if they were in energy balance by the end of the day. In addition, they had worse muscle mass, lower energy levels and poor mental focus compared to athletes who ate consistently over the course of the day. Those athletes, who ate regular, small meals, and more before, during and after intense workout sessions, showed the best performance in their sports and were the leanest.

The moral? For optimum performance, match your energy intake to your hourly energy needs. Of course, short of living in a laboratory, there's no sure-fire way to know your precise energy-balance status. Still, you can avoid drastic energy fluctuations by eating small-to-moderate sized meals every three or four hours. And if you are going to do intense or long exercise sessions, eat more before and during to compensate.

By Martica Heaner, M.A., M.Ed., for MSN Health & Fitness



Bali Health & Fitness Retreat

Come to the mountains of Ubud for a **4-5 day Health & Fitness Retreat** with me, there will be a mixture of activities to choose from and the first retreat will be held in mid to late **May 2010**, perfect timing to extend that summer tan just a little bit longer!

Stay tuned to December's e-News for detailed information on what my first retreat program will consist of.

For more information email marni@activeinmotion.com.au

Give the Gift of Life

Have you ever thought of buying someone the start to a healthy lifestyle? What a precious gift?



Do you know of someone who's been saying 'I really need to get into exercise but...' or how about 'I would love to do PT Sessions but just can't afford it'.

Whatever the reason and whatever the situation, whether it's an introduction to exercise, a package of One to One Personal Training Sessions, an engagement gift for a couple who both want to get in shape for their wedding, a bride who instead of doing a traditional hen's night wants to involve her friends in a girls day of health and fitness (followed by some mandatory champagne for celebration) OR maybe you'd like your family to buy YOU some PT Sessions for Christmas?

Active In Motion has gift vouchers that can cover all kinds of goals. Let me tailor a great

special for you or someone in your life this Christmas.

For more information email marni@activeinmotion.com.au

SCOPE! – NEW timetable 2010

Until further notice SCOPE! will be suspended however I have a trustworthy PT willing to take you all on! Please see below for Bootcamp with Justin.

For more information email marni@activeinmotion.com.au



BOOTCAMP

Active In Motion also introduces **BOOTCAMP** with Justin.

Justin inspired me to become a PT 3 years ago, he is currently finishing his degree in Physiotherapy and has over 7years experience in Personal Training. He is very professional and lots of fun to train with, I think you'll find some similarities in our training style!

My aim with Active In Motion is to provide you with a variety of classes that suit your timetable. **BOOTCAMP** will be handled entirely by Justin, his class timetable is as follows:

6am & 6pm - Bootcamp

Monday / Wednesday / Friday

Various locations on rotation (Central, East Perth and Yokine)

5:30pm - Power Hour

Tuesday / Thursday

Various locations on rotation (Central, East Perth and Yokine)

9:15am - Power Box (Class starting soon... Register your interest)

Saturday

Various locations on rotation (King's Park & Surrounds)

For more information please email marni@activeinmotion.com.au

X30 Kings Park – New Time

With summer on the way X30 has been moved to 7:45am in Kings Park...

This is a popular group session for those of you who work close to Kings Park and find it hard to work your exercise into your daily life! If you're looking to 'find 30' then this is the program for you.

Every Monday, Wednesday & Friday at 7:45am. \$8 per session for 4weeks or \$10 Casual

For more information email marni@activeinmotion.com.au

Getting Active In Motion...

You cannot change anything in your life with intention alone, which can become a watered-down, occasional hope that you'll get to tomorrow. Intention without action is useless.

Caroline Myss

Word of the month...

'Noob'

Definition; a silly person.



Finance Matters

Did you know ...

- Your heart is about the size of your fist and weighs about as much as a softball.
- In the course of a lifetime, the resting heart will have pumped enough blood to fill 13 supertankers.
- The pink under your fingernails is the blood in your capillaries.
- Your heart is the strongest muscle of your body and beats about 100,000 times in one day, in an average adult.
- Diversifi can find the right loan for you for free.

For assistance with finance and insurance contact Andrew... and experience the difference!

Refer a friend and receive \$200 in vouchers to use with Active In Motion upon settlement of loan!

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