

Down a Pound

NEWSletter

Special points of Interest

- Exercise benefits and weight loss with VTX Storm resistance training
- At home resources
- 10 ways keeping a food journal will help you lose weight and stay motivated

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Exercise Benefits and Weight Loss with VTX Storm Resistance Training

- **You will lose 40% more fat.** If you think cardio is the key to blasting fat, you are wrong. Resistance workouts like VTX Storm will result in loss of almost pure fat, while cardio alone results in loss of both fat and muscle. Muscle loss may drop your scale weight, but it doesn't improve your reflection in the mirror and it makes it more likely to gain back the flab you lost. However, if you weight train as you diet, you'll protect your hard-earned muscle and burn more fat.

- **Your clothes will fit better.** Research shows that between the ages of 30 and 50, you'll likely lose 10% of

your body's total muscle. Worse yet, it's likely to be replaced with fat over time. And that increases your waist size, because one pound of fat takes up 18% more space than one pound of muscle.

- **You will burn more calories.** Lifting and gaining lean muscle mass increases the number of calories you burn while your butt is parked on the couch. That's because after each VTX Storm workout, your muscles need energy to repair their fibers. In fact, researchers found that when people did a total-body workout with just three big-muscle movers, their

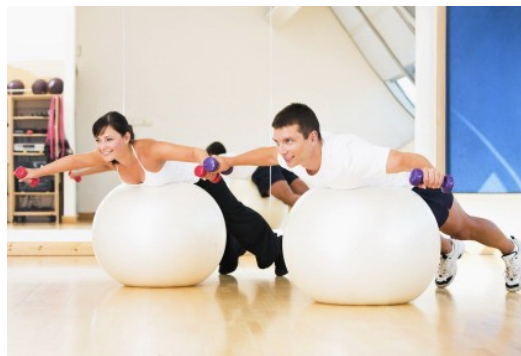
metabolisms were raised for 39 hours afterward. They also burned a greater percentage of calories from fat compared with those who didn't lift weights.

- **Your diet will improve.** Exercise helps your brain stick to a diet plan. You will think twice about sneaking extra snacks because you won't want to cancel out all of your hard work. The reverse is also true-sneaking snacks can sabotage your workouts. Both diet and exercise will remind you to stay on track, aiding your weight-loss goals.

- **You'll handle stress better.** Break a sweat in the weight room and you will

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At Home Resources



Optional Equipment to have at home to utilize the most VTX Storm exercises: Exercise mat, 2 sets of dumbbells, medicine ball, and a stability ball.

“If above and beyond is what you want... You must go above and beyond to get it”

“Even if you are on the right track, you’ll get run over if you just sit there.”

stay cool under pressure. Scientist determined that the fittest people exhibited lower levels of stress hormones than those who were the least fit. Another study found that after a stressful situation, the blood pressure levels of people with the most muscle returned to normal faster than the levels of those with the least muscle.

- **You will be happier.** Researchers found that people who performed three weight workouts a week for six months significantly improved their scores on measures of anger and overall mood.
- **You will build stronger bones.** As you age, bone mass decreases, which increases your likelihood of one day suffering a debilitating fracture. The good

news: A study found that 16 weeks of resistance training increased hip bone density and elevated blood levels of osteocalcin—a marker of bone growth—by 19 percent.

- **You will get into shape faster.** The term cardio shouldn’t describe only aerobic exercise: A study found that circuit training with weights raises your heart rate 15 beats per minute higher than if you ran at 60-70% of your max heart rate. This approach strengthens muscles and provides cardiovascular benefits similar to those of aerobic exercises, so you save time without sacrificing results.
- **Your heart will be healthier.** Researchers found that people who did three total-body weight workouts a week for two

months decreased their diastolic blood pressure (the bottom number) by an average of eight points. That’s enough to reduce the risk of a stroke by 40 percent and the chance of a heart attack by 15 percent.

- **You will be way more productive.** Lifting could result in a raise (or at least a pat on the back from your boss). Researchers found that workers were 15 percent more productive on days they exercised compared with days they didn’t. You will also leave feeling less stressed and happier with your job—another perk reported on days workers exercised.
- **You will live longer.** Total-body strength is linked to lower risks of death from cardiovascular disease and cancer.

10 Ways Keeping a Food Journal Helps You Lose Weight and Stay Motivated.

1. **Allows you to monitor caloric intake.** The only way to lose weight is to eat less calories than you burn, and being aware of your calories is the first step in lowering them.
2. **Encourages you to focus on food choices.** Since you are being held accountable for what you eat, you will be more likely to choose healthy choices.
3. **Provides a record that you can share with your Down a Pound coach.** This allows coaches to help you maximize your weight loss potential and help advise you on any changes needed to be made in your diet.
4. **Helps control the urge to binge or overeat.** Since you have to write down everything you eat, you will
- rethink overeating and binging.
5. **Allows you to keep track on your progress.** At the end of the week you will have a good idea whether or not the scale will go up or down.
6. **Encourages mindful eating.** Writing down what you eat encourages you to think about what you are eating. The more you think, the less and better you eat.
7. **Creates a means of evaluating the connection between what you eat and how you feel.** You will soon get an understanding on which foods fill you up, make you crash, or trigger cravings.
8. **Helps you be sure you are getting enough of each food group.** It is important
- to eat a balanced diet. A food journal can provide clues as to what foods you have been neglecting and need to add to your diet.
9. **Assists you in acknowledging the reality of how much you eat.** Most people are unaware of how much they actually eat since a lot of mindless eating is done at your desk at work or in front of the TV or computer. Writing down everything you eat will help you visualize how much food you are actually eating.
10. **Reinforces your commitment to achieving and maintaining a healthy weight.** Each time you make an entry in your food diary you are expressing your intention and desire to do what needs to be done in order to live well.