



GET **MORE** OUT OF YOUR
totalfitness



FOCUS ON HEALTHY eating

Here at Total Fitness we all love great grub, food really is the way to our hearts! We know that with the right guidance you can eat healthy, wholesome foods, have more energy AND lose weight, without succumbing to that four letter d word!

If you want to trim down, bulk up or take control of your cravings, start by managing your eating habits.

The right food will make your workouts in the gym more effective and give you faster results. If you think a balanced diet means a packet of crisps in each hand then it's time to get clued up!

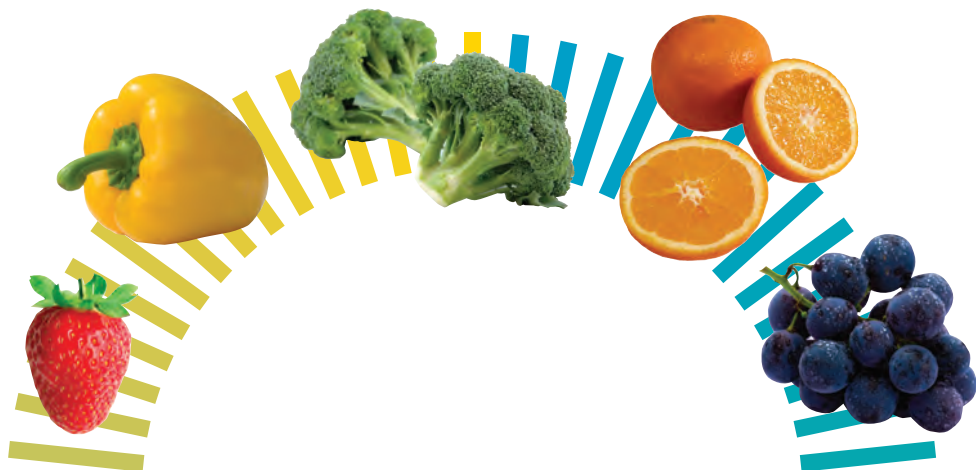
Eat breakfast It'll kickstart your metabolism, prevent cravings and give you essential vitamins for a productive day. Don't skip breakfast to try and lose weight, skip the mid-morning chocolate snack instead!

Cut down on processed sugars Processed sugars are addictive and highly toxic to the body, causing weight gain, mood swings and serious illnesses. Take control of your sugar addiction and break the pattern of treating yourself to this dangerous substance.

**start by
managing
your
eating
habits**

Drink water You need about 2 litres of water a day, more if you've had a sweaty gym sesh! Get yourself a big water bottle and keep it at your desk or in your car to remind you to keep sipping.





Make a rainbow

Colourful fruit and veg are full of natural antioxidants and energising nutrients. The phytochemicals that give this colour aren't just pretty on the outside, they also prevent free radicals from damaging the cells in our body. Try to get a range of fruit and veg across all colour groups for maximum benefits.

Eat enough Eating gives us energy, but if you eat too much the extra energy will get stored as fat. If you're training hard and you under eat you'll also encounter all sorts of problems like energy loss and injury. On average a man needs 2,500 calories a day and a women needs 2,000. To get to grips on what this actually looks like, see our guide on the reverse.

Table of calories

The average man needs around 2,500 calories a day. The average woman needs 2,000 calories. But what does that actually mean? Here's a guide to typical calorie content in different foods.

Food/calories per typical serving	
Broccoli	45
Strawberries	45
Sweet potato	115
Chicken	140
Ice cream	270
Apple pie	405
Bagel	280
Quiche	600
Choc cake	300
Donuts	230
Bacon	110
Butter	100



FOCUS ON carbs

Carbs

Carbohydrates are your body's preferential energy source and when present in your body, will be used instead of fat or protein to fuel your workouts.

If you're upping your gym routine, it's important to get enough carbs in your diet to keep you strong and full of energy for your workouts.

About half of your food intake should come from carbs, but we don't just mean potatoes and pasta, you should be predominately munching on fruit and veg, along with some starchy carbs depending on your activity level.

Once eaten, carbs break down into smaller sugars (glucose, fructose and galactose) to be used as energy. If these don't get used straight away they are stored in the muscles and liver as glycogen for later use. Once these stores are 'full' any extra gets stored as fat. Having enough carbs prevents your body using protein for energy.

Book in
for a chat with one
of our personal
trainers who can
give you guidance
and diet tips



Depending on your activity level, including some starchy carbs like potatoes, bread, cereal, rice and pasta in your diet is important, choose wholegrain where possible for the healthiest option. As well as starch, these foods contain fibre (to help you feel fuller for longer) calcium, iron and B vitamins.

Other great sources of carbohydrate include bananas, berries and oatmeal. Each gram of carbs has 4 calories.

37g of carbs in a medium potato

27g of carbs in a banana

75g of carbs in 100g of pasta

12g of carbs in 100g of oatmeal

15g of carbs in 1 slice of bread

If you are exercising for weight loss, you will need to make sure your intake of calories is less than what you burn off in the day. But this doesn't mean you should stop eating carbs.



For a healthy weight loss plan and to avoid burnout or injury, we strongly recommend you book in for a chat with one of our personal trainers who can give you guidance and diet tips for your personal goals.

FOCUS ON THE DANGER OF sugar

Sugar ain't as sweet as it seems.

It's a highly addictive, toxic ingredient, yet most of us routinely eat it without too much consideration. We all know it's not great for us, but have you ever really thought about why?

There are different types of sugar, naturally occurring sugars found in fruit and milk are less potent than the artificial sugars found in fizzy drinks, cakes, sweets and chocolate, not to mention the hidden sugars found in many packaged foods. We should cut down on all of these sugars and this is why....

When you eat food high in sugar, your body breaks it down in to
glucose in your
blood.

This causes your body to release insulin to take the glucose to muscle and liver cells to be used immediately as energy, or stored as glycogen for later use. However if your muscle and liver stores are full, or if your muscles aren't very sensitive to insulin, they will close their doors to the insulin and the sugar will be stored in fat cells, leading to weight gain.

Sugar has been
strongly linked to
heart disease, type
2 diabetes, cancers
and premature
ageing



To cut down on added sugar, it is important to understand what you are putting in your mouth. Look at the Carbohydrates (of which sugars) on the food label. **High** is over 22.5g of total sugars per 100g. **Low** is 5g of total sugars or less per 100g. This usually includes sugars from fruit and milk, which aren't quite as bad, so take into account the overall ingredients to make your choice.

Look out for artificial sugars that have been creatively named like: *corn syrup, high-fructose corn syrup, fruit juice concentrate, sorghum, invert sugar, evaporated cane juice, corn sweetener, malt syrup, mannitol, sorbitol, xylitol, and turbinado sugar*. If it sounds like a chemical, then you know it's probably not healthy.

Ten side effects of sugar

- Weakening of your immune system
- Weight gain
- Increased risk of fatty liver disease
- Headaches
- Concentration problems, anxiety, depression and hyperactivity
- Wrinkles, grey hair and premature aging
- Tooth decay
- Raised cholesterol
- Increased risk of diabetes
- Increased risk of breast, colon and prostate cancer



Are you addicted to sugar?

- 1 Do you eat sweet treats even when you are not hungry?
- 2 Do you have a routine around treating yourself? ie a chocolate bar after a long day at work, a fizzy drink at 3pm or a sweet treat before bed?
- 3 Do you often feel sluggish and use sugary treats to give you a boost?
- 4 Do your food cravings affect how you feel emotionally or mentally?

Answering yes to any of these questions shows just how seriously sugar can control your eating habits and how you feel. If you were to replace the word sugar with alcohol, you would be seriously worried. Using a food diary and checking out those nutrition labels will really help you to recognise how much sugar you're putting in your body. Try it for a week and see! And if you'd like any more help or advice, come and have a chat with our fitness instructors anytime for more tips on how to kick that sugar habit

FOCUS ON protein

Protein

Protein aids the body in building and repairing muscle tissue, as you start to do more exercise, it is very important to get enough protein in your diet.

20 different types of amino acids are needed to make protein. The body can produce some of these amino acids on its own, the others, called essential amino acids, are ones we need to source from our diet.

There are different protein sources available in our diet, complete and incomplete.

Complete protein sources include meat, fish, eggs, milk and cheese and contain all the essential amino acids that the body needs.

Incomplete protein sources ie, rice, lentils and tofu don't contain all 20 essential amino acids but they can often be eaten together for the complete set!

It's recommended that between 10-35% of your diet is made up of protein sources.

Adult women need, on average, 46 grams of protein a day, while adult men need about 56 grams



**A cup of milk has approx
8 grams of protein**

**100g of chicken has
approx 25g of protein**

**100g of rice has
approx 2.5g of protein**

**1 steak (300g) has
77g of protein**

Eating a protein rich diet won't suddenly fix achy muscles, the body still needs time to recover, but it will minimise the duration and prevent injury.



Most people get sufficient protein from their everyday diets. However if you are embarking on a strength training programme it may be beneficial for you to supplement your diet with additional protein shakes and snacks. These are packed high in protein and will ensure you get enough protein to aid your body's recovery after hard training and help you to build muscles mass.



FOCUS ON *fat*

The facts about fat

Foods that are high in fat are also very high in energy. This makes it easy to put on weight when you eat too much. However a healthy diet requires some fat to help absorb nutrients as well as providing essential vitamins and fatty acids that the body cannot produce on its own.

There are two different types of fat:
saturated and unsaturated.

Saturated fat includes food like fatty cuts of meat, butter, cheese, cream, chocolate, biscuits and cakes

Most people eat too much saturated fat

The recommended intake of saturated fat is no more than 30g a day for men and 20g for women.

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Try to replace these with **unsaturated fats** like oily fish; salmon, sardines and mackerel, nuts, seeds and olive oil.



What about 'low' or 'reduced fat'?

Foods labelled as low in fat means that the food is 30% lower in fat than its equivalent. But if that equivalent is very high in fat then the low-fat version may well still contain a high amount. In addition to this, the fat is often replaced with sugar, which can make it higher in calories, this can lead to unwanted and surprising weight gain. If you are eating 2,000 calories a day, approx. 500 – 700 calories or 60-75 grams of this should come from fat.



**1 Avocado contains
approx 30g fat**

**100g of salmon contains
13g fat**

**100g peanuts contain
50g fat**



FOCUS ON SUCCESS

Weight

Want to trim your tum or build your biceps?

If changing your body shape is a goal, then use this log to keep track of your progression each month. It's much easier to stay motivated when you can see how far you've come along. And remember, it's not just about the number on the scales. It's common to tone up but weigh more. To get an accurate picture of your body shape you should also measure the key areas of arms, legs, stomach and chest.

**Just think
11lb per
week you
could reach
goal!**

Exercises

Test yourself with the exercises overleaf each month to monitor your strength and fitness.

Keeping a log of these every month will show you how much you've improved and give you a target to beat next time.

Start at your own pace and build up to your goals. You might be surprised at what you can achieve! You can do most of these exercises at home and it's a great way to keep on top of your fitness and conditioning in-between gym sessions.

**Weigh
yourself on
the same set
of scales each
month.
Try not to weigh
inbetween - we
know it is
tempting!**

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