



Timely Information for Personal Success

What is the Best Type of Workout?

By *Tim Lencki*

Over my 20+ years' experience as a personal trainer, I've often been asked what type of exercise is best, or what type of exercise program would provide the best results. The truth is, there is no single best workout. Everybody is different. We have different needs, goals, and exercise and medical histories.

Factors like these all need to be taken into account when determining what exercise plan is BEST. You are only wasting your time if you think there is one "magic" exercise program that will work. I have three simple principles in regard to what I think is "best":

❖ **Strive for consistency.** Seeing results – however that is defined for you – comes from consistently being active. If you go "all-out" for a few weeks, then miss a week, then exercise once the next couple of weeks, and then go "all-out" again for another week – it won't work. I'd rather see a person exercise consistently twice a week, long term, than exercise like what I just described. Exercise is a lifelong journey, and not just something you do in order to get in shape for an event, the summer months, or a vacation.

❖ **Utilize variety.** This is a critical principle to remember. If you do the same exercises or walk/jog the same route every week, your body will adapt – and when it adapts, you no longer see change! In other words, you plateau and your progress stops. Change exercise routines often! There are an infinite number of ways to create variety.

❖ **Use measure-ability.** Follow some kind of plan – something that gives structure to your workouts each week. Many people just do whatever random exercises or workouts they feel like doing on a given day. This is better than doing nothing, but it won't produce the greatest results. My advice is to know what exercises you will be doing each week, AND record your progress.

Practice these principles, and you will experience results. It will take time, however, so be patient. ■

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Healthy Recipe: Jojo's Party Mix

INGREDIENTS:

- 4 cups mixed Rice Chex® & Wheat Chex® cereals
- 2 cups mini-pretzels
- 2 Tbsp freshly grated Parmesan cheese
- 1/2 teaspoon garlic salt
- 1/4 teaspoon onion powder
- 1/4 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- 1 Tbsp extra-virgin olive oil
- 1 teaspoon Worcestershire sauce

NUTRITIONAL VALUE:

- Calories per serving: 61*
- Carbohydrates: 11 g
- Protein: 1 g
- Fat: 2 g

*Per 1/2 cup serving

DIRECTIONS:

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 Mix cereals, Parmesan cheese, garlic salt, onion powder, pepper, and cayenne in a large bowl. Toss with oil and Worcestershire sauce. Spread on a lightly oiled baking sheet.
- 3 Bake, stirring often, until toasted, about 40 minutes.



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Questions and Answers

How Can I Get Rid of Belly Fat?

Q: Can I do some specific abdominal exercises to get rid of my unwanted belly fat?

A: Exercises designed for the abdominal area will strengthen muscles around your midsection and improve posture – but they *won't* directly decrease body fat. Seeing your abs involves decreasing the body fat that surrounds them, but you can't pick and choose where specifically you want to lose fat. In order to burn fat, create a workout that includes both cardiovascular and strength-training elements. This will decrease your overall body fat content, including the area around your midsection.

Additionally, you must factor in nutrition. This is HUGE, as nutrition is responsible for 80% of weight (fat) loss. In other words, you can exercise fairly regularly, but if you're not eating well you're going to have problems losing weight. So, be physically active and mindful of what you're eating, and you may see some of that belly fat disappear.

Doing specific abdominal exercises to get rid of belly fat – i.e. thousands of “crunches” – isn't necessarily the answer. Rather, reducing fat involves a number of factors practiced regularly over time. ■

—Tim Lencki

Eating for a Faster Metabolism

Metabolism may be defined as the number of calories your body burns each day. Let's explore how you can eat to increase your metabolism.

The less you eat, the *slower* your metabolism becomes. You read that right. Research shows that if you're only eating 400-800 calories per day, your metabolism can fall by 15-20%! Eating less than 900 calories a day prompts your body to burn muscle along with fat, therefore, lowering your metabolism. So if you always thought that if you don't eat much, you'll lose weight ... you may want to think again. The slower the metabolism, the easier it is to gain weight, so beware of skipping meals.

The average person should try to stick with 1,200-1,500 calories per day. This is a general statement, of course, but this range will allow you to burn more fat and spare your precious muscle. For a specific number based on your weight and health history, consult with a nutritionist.

In addition, be sure you're eating enough protein. Protein will help preserve muscle mass, which is important in controlling metabolism. Sources of protein include white meats, fish, egg whites and soy. If you are not one to eat breakfast, it's time to start! When you do, make it high protein, which can help you control hunger longer.

In summary, make sure you eat enough healthy food throughout the day, and be sure to consume food with protein at each meal, especially at breakfast.

Follow these suggestions, and you'll be on your way to increasing your metabolism. Oh, and one more thing....be consistent! Good luck! ■

—Tim Lencki