



SPECIAL REPORT

This article stems from newspaper columns of March 29, 2010 in the Durango Herald. Without going into detail they were about the percentages of over-weight people in this country, pretty scary. The column stressed how women tend to gain weight with age. It cited a 13 year study in which women got 1 hour of 'moderate' exercise a day and still actually gained weight.

I was so happy to read what the article states. Many of us have a perspective that cardio-vascular exercise is the best way to go about losing weight. One only has to look at the study done in this column, to notice that cardio alone just doesn't cut it. A 13 year study of women who exercised an HOUR a day gained an average of 6 pounds over the course of the study. The article failed to report the fact that after 13 years of exercise the heart and lungs of the participants, I'm quite sure were absolutely STELLAR. It is the C-V system that kills many, many people in this country, remember? I'd say participants in this study will probably not have any issues with cardio vascular disease. **THAT IS WHY WE DO CARDIO!** If it is to lose weight, you are not choosing very intelligently.

Find someone who has a body that looks appealing to you. Touch them. (Ask first.) They are made of muscle! The article sites how loss of metabolism is the reason women gain all of this body fat. What is metabolism? **MUSCLE!** Muscle IS metabolism! Muscle is metabolically active tissue. We also hear that 'aging' is mostly quantified based on loss of lean mass and bone density. What does weight lifting do? It adds lean mass AND bone density... seems to me we just discovered the fountain of youth. Studies show that when we are as young as 30, we begin losing lean mass and bone density. This is where the shift begins. Over a decade or so we are losing lean mass, our body chemistry changes...the scale does not change, we weigh the same it is our body chemistry that shifts from muscle to fat, we don't see it happening...till we hit 40. We drop below what I call 'critical muscle mass'. Critical muscle mass is the point at which our metabolism (muscle) matches our eating habits. This means there are no excess calories and therefore no extra calories to be stored as fat. Now that we are below critical muscle mass, our daily caloric needs are much less...we eat the same...excess calories get stored as fat. Get It?

So this has been happening internally, on a cellular level since we were 30! It may take a year or so of consistent work to get it back! If you are going to get control of your body chemistry you are going to need to go to the weight room. You are going to need to go through a series of 4 phases over the course of this year in which you vow to get yourself back to 'critical muscle mass'. You should do an initial fitness assessment, followed by 4 ea. 8- week phases. In between phases 2 and 3 and after phase 4 you do follow up assessments to chart your progress. This is called phase training. This is how we do it at The Durango Sports Club. It is based on a principle called The General Adaptation Principal. Trainers learn this principle on day 1. You need to change your workout, and give your body a new batch of exercises to adapt to, or you will plateau and stop making progress. This is a reason why many people get discouraged and quit. There are 3 major things to make sure you do while you are lifting weights. The first thing is overload the muscles. Choose exercise weights which while performing the repetitions very slowly fatigue your muscles to failure in 12-15 repetitions. The second thing is you have to be consistent. You need to lift weights an average of 3-4 times per week. The third thing you have to do is change your workout completely every 6-8 weeks.

WEIGHT GAIN!!!!!!??????? Yes. Sorry. When you lift weights you will add lean mass (muscle) to your body. Lean mass is heavy. Do not watch the scale! You may not lose any weight, but you will notice your clothes fit better and people will tell you that you look great. Believe them. If you lose 5lb of body fat and gain 5lb of muscle I will be jumping up and down, hands held high in victory, but if you don't listen you will be mad at me because you are not losing weight! In order to get yourself back to critical muscle mass you will probably have to put 10 pounds of muscle back on your frame. It's like turning your motor from a v-4 to a v-8 a bigger motor burns more fuel. That's really all there is to it. What we have in this country are a bunch of Suburbans with V-4 motors. Put a V-8 in a Rav 4! That's what I'm talking about!