

Fitness News

Fact or Fiction?

By: NASM Editorial Staff

You can spot reduce ... FICTION!

This myth has been around for years, with no hard science to back it up. The simple fact is: While training certain areas has not been shown to decrease fat in those areas, building muscle does help to reduce fat overall. Developing more muscle increases caloric expenditure, which can help decrease body fat. Fat cells in areas such as the arms, abs, hips, thighs and butt are genetically predisposed. Although we can't change our genes, we can change how much fat is deposited by regulating our food intake and exercise habits. But don't get discouraged. If you keep training those target areas correctly, when the body fat decreases, you will expose finely developed muscles.

Training harder and more often will get you to your goal faster

FICTION!

Training harder doesn't always mean training better. And it won't get you there any faster. When it comes to exercise, it takes 30 to 60 minutes of moderate activity

That is when the body starts breaking down and overuse injuries—such as sprains, strains or tears—occur. These injuries will limit your ability to work out, inhibiting you from reaching your goals. Instead of increasing your intensity,

change your routine by trying a different cardio machine, hand position, plane of motion or resistance exercise. By giving your body simple challenges that force it to adapt, you can increase caloric expenditure, function and hypertrophy. After all, if you keep increasing your intensity and time in the gym, you may never have the opportunity to enjoy the benefits of exercise at all.

Cardio training is the best exercise for fat

loss FICTION!

The best way to lose body fat is to regulate your food intake and increase your activity level. Cardio training is just one part of a routine, but it isn't all of it. Resistance training should be a part of your workout routine as well. Resistance training not only increases muscle mass, but also contributes to a higher metabolism, increased caloric expenditure and increased bone density, as well as better overall function. Developing muscles through resistance training creates better muscle definition and tone. Don't worry, this doesn't mean you are going to get big, bulging muscles if you lift a weight. Size is determined by a number of things such as load, volume, intensity and genetics. There are several modes of resistance training available, you just need to pick the type of training that is best for your needs.

The Fit Effect
Personal Training
Houston, Texas

The Fit Effect—Fitness News

The Fit Effect

August 2008

Fruit and Herb Infused Water, By: Dominique Adair, MS, RD, ACE *

Some people simply don't like the taste of water, or perhaps it is the lack of taste that is not appealing. This simple recipe helps to enhance water's flavor without adding chemicals, sodium, or calories to this essential fluid.

For more info:
TheFitEffect.net

Ingredients:

- 6 cups chilled spring water
- 12 thin slices of cucumber
- 4 thin lemon slices
- 4 sprigs of fresh mint (slightly crushed)
- 2 sprigs fresh rosemary

Directions

Combine ingredients in a pitcher, cover, and chill at least 2 hours or up to 8 hours. Add ice cubes just before serving. Makes about 1 1/2 quarts; about 4 servings.

*Copyright NASM
Material Used With
Permission*

*Effective Fitness through
Motivation, Communication,
and Perspiration!*

Ray Bessette, Master Personal Trainer, Houston, Texas

Graduate of the Professional Fitness Institute, NASM, ACE, NSCA Certified, and founder of The Fit Effect, LLC

Ray Bessette is a Graduate of the Professional Fitness Institute, NASM, ACE, NSCA Certified, and founder of The Fit Effect, LLC. With over 26 years of experience in the fitness industry, Ray is committed to exceed his client's fitness goals by utilizing his education, knowledge and experience through motivation, communication and perspiration. "By listening to every client's specific needs I am able to evaluate and develop a structured program that will enable you to reach your wellness and fitness goals. Certified trainers play many roles in the client/trainer relationship. I will motivate, inspire, educate, and coach you to levels once accepted as unattainable."



For more information on how The Fit Effect Can Get You There, please visit our website at

<http://www.TheFitEffect.net>

or contact Ray at

832-755-1949—Ray@TheFitEffect.net

