



“How we spend our days is, of course, how we spend our lives.”

Annie Dillard



March - April - May 2007

## Hormones and Fat Loss

If you've tried everything to shift those extra kilos (and we mean everything!) and they just won't budge, then it might be time to have a closer look at how your hormones are affecting your waistline.

In the battle of the bulge, let's put first things first. Make sure you are doing the following EVERY DAY:

- Getting at least 7 hours sleep.
- Drinking 2-3 litres of water.
- Eating 6 varieties of vegetables.
- Eliminating or vastly reducing sugar, refined grains, and trans fats.
- Going for a 30 min brisk walk or equivalent (at least).

Consider this a baseline of healthy behaviour necessary to maintain “bright eyes and a shiny coat”. Then, depending on your goals, unique tastes, family, work and social commitments you can add in your own eating and movement habits without compromising these fundamentals.

Hormones play a role in everything we do. From how we handle stress, to how we absorb fat, to how we reproduce. Their interplay is extremely complicated, but needless to say, when your hormones go haywire, so does your health.



Your endocrine system (the one that transports your hormones) is a bit like a circulating nervous system, in that controls a lot of the autonomic (involuntary) activity in your body but can also be affected by your actions. In other words, by breathing, eating and moving in the right way, you can ensure your hormones are working **for** your waistline, not **against** it.

### The “You Must Eat NOW!” Hormone

As soon as food moves out of your stomach and into your small intestine, a substance called ghrelin is released. This is a hormone that sends hunger signals to your brain and makes you start thinking about your next meal.

At first only a small amount of ghrelin is released every thirty minutes or so, but gradually, as time passes if you still haven't eaten, larger amounts of ghrelin are released more regularly. When you're really hungry, the messages come every 20 min or so, at which point your tummy is really grumbling!

If you let yourself get to the point where you're seriously considering pushing your way to the front of the sandwich bar line, then chances are when you get there you're going to order the roast beef and onion roll with extra cheese rather than the turkey, avocado and salad wrap!

So in order to make your life more comfortable and your decisions more rational, firstly, don't let the little squirts of ghrelin gang up on you! Try to operate with your fuel tank somewhere between satisfied and moderately hungry, rather than letting yourself get to the point of being really hungry.

### You Can Eat Less and Feel Fuller

And secondly, here's a trick that will really help. Eat a small amount of healthy fat about 20 min before your meal, like a few nuts.

Studies have shown that ghrelin “the eat more hormone” shuts down and other satiety chemicals “the ones that say, okay you've had enough now” are released when the body recognises

that a small amount of fat has reached the stomach. 65 calories of fat to be exact which equates to about 3-4 Walnuts or 11 Almonds.

Most of us eat far too quickly and shovel in more food than we need, before our body has had a chance to tell us we're satisfied. By rushing, we lurch from starving to stuffed, and completely miss that beautiful feeling of lightness and stable energy that comes from eating the right amount of food.

So, by having this little snack first, you give your body the time to recognise that you've eaten, so you'll eat less at each meal and enjoy it more.



When you eat quickly, you minimise the enjoyment and maximise the damage. Partially chewed food is harder to digest and you're much more likely to overeat because it'll take around 20 min for your satiety systems to kick in.

So if you gobble down 3 times as much food as you need in 15 minutes or less, then you won't find out for at least another 5 minutes that you probably past the point of being satisfied about 6 minutes into the meal and now you feel bloated and a bit sick. But don't worry, it's an easy fix. Divide a bag of nuts up into small portions (between 5 and 10) and keep them either in small containers or cling wrap, then think of each portion as "a weight loss pill" to be taken 20 minutes before each meal - certainly lunch and dinner. Make sure you don't eat more than a few nuts. You don't want it to turn into a hearty snack, it's just to stimulate your hormones. That's why we recommend that you divide them up into small portions first.

## Manage Your Hormones and You'll Manage Your Hunger.

Would you like another waist tightening trick?

First things first... don't starve your self. You should be eating 3 "double fist" portions of food a day. Healthy snacks between meals can sometimes help, but often, snacking means you eat more than you actually need and makes fat loss impossible.

If you start to feel hungry and it's not time to eat yet, you can temporarily override ghrelin release by stimulating your sympathetic nervous system.

Simply go for a walk around the block, do a set of squats, push ups or sit ups. Any exercise, even for a very brief period (whether it be gentle or intense) creates a short term stress response that increases your metabolism and shuts down your appetite.

Your short term stress hormones like adrenaline will help you lose weight. It's your long term or chronic stress hormones like cortisol that cause insulin levels to rise, your appetite to increase and your body to go into fat storage mode.

The physical stress of exercise (or any other situation that causes an emotional reaction like excitement, frustration, ecstasy, anger, etc) is good for you as long as it comes and goes like a wave. As it quickly rises to a peak of intensity, the physical or emotional energy should be fully expressed, then allowed to subside back down to a baseline of manageable proportions.

In other words, any exercise session needs to be balanced with the appropriate amount of rest and relaxation.

Chronic stress is more like the rising water levels of a bath tub with a plug in it. Each new situation adds pressure to your life (the water filling the bath up) If you're not able to deal with it physically or express it emotionally (pull the plug out) then sooner or later you're overflowing, overwhelmed and out of control.

Thanks to physiological program written by our caveman ancestors, our body responds to this type of stress by storing excess fat, especially around our vital organs. This kept us alive when the chronic stress was caused by famine and drought, but now with unlimited access to food, this prehistoric program is out of date. It's gone from being the key to our survival, to being major risk factor for the most common killers of modern life.



So a brief bout of exercise is a great way of creating a short term stress response which will help you make it comfortably to your next meal.

If you feel like you are doing every thing you can and still not getting the results you're after, then consider asking your doctor for some tests that measure hormone and other chemical levels.

Here are the major things to look out for:

- Thyroid Stimulating Hormone.
- Urinary Cortisol
- Potassium
- Calcium
- Lutenizing Hormone / Follicle Stimulating Hormone
- Free Testosterone

## Did You Know...

Fidgety people are (on average) are slimmer than non fidgety people. Scientists call it Non Exercise Activity Thermogenesis or NEAT for short.

So next time you're talking on the phone, don't stand still, pace up and down. Click your fingers or tap your foot while you're thinking... you may even annoy those around you so much that they'll chase you and you'll burn even more calories ☺

## Success Story

### You need some "you time" Mummy!

After living it up in ol' London town, fun loving, Aussie born Kellie ... and her English husband Ed, gave birth to a beautiful baby daughter Anais. It was then they decided to move down under where the sun is brighter and the smiles are broader... can we blame them? ☺

Being a great mum and the move to Sydney had taken Kellie's attention off her own health and she'd slipped into some bad habits. With no fitness program and eating irregular meals, she knew she need a motivation make over.

#### Enter - Ruthie Spectacular!

Kellie's goal was to get back to her pre-baby body shape and embrace a healthy attitude towards food and exercise.

Her program included 2 sessions per week with Ruth which involved interval training on a stationary bike, boxing, step training, skipping and Pilates mat work. Kellie ate well and made sure she increased her incidental activity every other day by walking with friends, family or Chester her dog.



Just look at that, Kellie has lost 8kg and now fits back into her pre-baby jean size!

"Now that I'm on top of things, I'm extra motivated to stay fit and healthy and set a good example for Anais as she grows up... oh, and to convince Ed to get fit too!" (we'll make sure we get him in the next photo ☺) Congratulations Kell!

## What's New?

### RISE Pod Personal Training Sessions

Guided exercise routines for your iPod or mp3 player.

Now everyone can enjoy the RISE Personal Training experience, no matter where you live or what your budget. Using the latest in mp3 technology, we've designed a training program to lead you step by step along the path to good health.

#### How can I use them?

It's really simple. Just log on to our site. Listen to a sample. If you like it, click through to the shop, pay using pay pal or your credit card and receive your session instantly as a download.

At a fraction of the cost of a regular session, each RISE Pod Personal Training Session is packed with information and motivation that will inspire you to take control of your health and fitness from this moment on!

When you purchase a session, you instantly receive 3 files.

- An mp3 file containing voice and pumping music.
- An mp3 file containing just voice - for the days you don't feel like listening to music.
- A pdf file of the Session Workbook for you to fill out after each session as directed.

Listen to a sample of [Session 1](#) (Goal Setting)

Listen to a sample of [Session 2](#) (Keeping Diaries)

Listen to a sample of [Session 3](#) (Committing to Change)

Sessions 4 (Healthy Eating), 5 and 6 (Strength and Flexibility), will be released on 14<sup>th</sup> May, 2007 so stay tuned! Check out our site for [more information](#).

## The worlds yummiest breakie

### Banana Pancakes

These are gluten free, dairy free, easy to make and extra delicious!

- 1 ripe banana
- 1 egg
- Extra virgin olive oil

Beat ingredients together. Drop onto lightly oiled pan and brown over medium heat. Turn and brown other side. Serve hot.

