

Does Cutting Carbs Really Work – Part 5 of 6

In this month's article, we're going to cover sugar alcohols, also called polyols. These molecules sort of fall between the cracks in the FDA's definition of fats, proteins and carbohydrates. If we look at glycerol (glycerine), for example, it doesn't qualify as a fat because it's missing fatty acids. It also doesn't qualify as a protein since it doesn't have an amine group (a nitrogen group). Pretty much, that only leaves carbohydrates. Here's the funny part of it – glycerine (and other sugar alcohols), while required by the FDA to be listed under carbohydrates has no significant impact on blood sugar or insulin levels when ingested. Why is this important? For two main reasons we are going to address right now.

First off, if the glucose levels are not affected by the consumption of glycerine, then insulin isn't released and the corresponding fat storage trigger isn't set off within the body. This means that a sweeter taste can be had without the side effects of common sugars. Because of this reason, sugar alcohols like malitol, sorbitol, mannitol and xylitol have been used in diabetic foods and candies for quite a long time.

The other reason that it's important that glycerine doesn't spike blood sugar is for the manufacturers of all the products that now advertise "Low Net Carbs" and other similar statements. The key here is to look at what is really happening. The sugar is being substituted for a sugar alcohol which, while it does not affect blood sugar levels, it does add to the total caloric impact of the food. It's critical that we as consumers are aware of this type of message being displayed on product nutritional information labels, as it is possible to look at a product and think that it is good for us because it's low in sugar or that it has very low carbohydrates because they've been swapped out for sugar alcohols.

Sugar alcohols yield about 4-4.5 calories per gram. Standard carbohydrates yield 3.5-4 calories per gram. As you can see, even though the blood sugar isn't affected, there are actually more calories in each gram of sugar alcohol than there are in regular carbohydrates. We must also ask ourselves that although glycerine might be found in almost every cell of every living organism, does that make *ingesting* it fine for our bodies, and are we throwing off any kind of balance in the process by consuming large quantities of foods that contain sugar alcohols instead of standard carbohydrates? The answer is one that is best answered by each of us as we learn to listen more and more to what our own bodies are telling us.

Sugar alcohols are commonly found in foods that are labeled "Low Carb" and/or in protein or energy bars or other similar products. If a product advertises "Net Carbs" or "Zero Impact Carbs," know that sugar alcohols are being used as a substitute here. Also, since monitoring only carbohydrate intake is too specific of an approach to accurately observe your nutritional habits, be sure to note the total caloric impact of any foods that use sugar alcohols to make sure that the total picture is viewed in regards to nutritional effects in your body. Although sugar alcohols are not technically a carbohydrate, they are lumped into this category and deserve this look to better understand their characteristics.

For specific advice on how you might be able to use sugar alcohols in your nutritional plan, feel free to give me a call at (847) 276-7132 – I'd be happy to talk to you about it.

Do You Have A Health Or Fitness Question You Want Answered?

I love hearing from all of my good friends and clients who enjoy reading my monthly newsletter. And I'm always looking to answer pressing questions you might have about anything related to health and fitness. If you have a question, tip or idea, please feel free to call me at (847) 276-7132. Perhaps I'll feature you in a future issue!



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Come Across An Interesting Diet, Weight Loss Or Fitness Product?

No need to guess if it's worth trying or wonder about its effectiveness. Just call me at (847) 276-7132 and I'll tell you...with no hassles and no obligation.

Four Secrets for a Flatter Stomach!

Having a flatter stomach is a very common goal that people share. There are four very straightforward secrets that can help anyone on the way to seeing more definition and less bulge in their midsection. Want to know how to have a flatter stomach? Read on...

- 1. Exercise Right!** Your abs are really a series of several muscles spread a couple layers deep that all need to be working well together in order to have that flat stomach. Sadly, most ab devices do not provide anywhere near the necessary stimulation levels for all the different muscles that work the abdominal group. If you want to exercise right, stick with body movements that do not require special equipment (a Swiss ball is an exception) and make sure that you keep your movements slow and strict. That faster the movement, the more likely that muscle groups other than the abs will be brought into play during the motion. In addition, don't worry about performing 50 crunches a day – stick with sets of 10-15 repetitions and work for better quality instead of higher quantity.
- 2. Slim From the Inside!** The abs are about the only spot on your body where muscle isn't placed on top of bone. In addition, the fat that protects your organs, if too plentiful, can stretch those abs out (kind of like pregnancy). If you're eating more energy than your body burns in a day, it will eventually end up in the midsection. If you want to see the six pack, nutritional analysis is pretty much a given.
- 3. More isn't Better!** The quality of your abdominal exercises will speak volumes toward getting a six pack. There is not a need to perform hundreds of crunches when a handful of extremely effective (and easy to perform) exercises will cover all the motions of the abdominal muscle group. Think side bends are the best to melt away those love handles – think again! Exercises you wouldn't expect (like boxing training) work much more effectively for the side muscles – the obliques.
- 4. Save Some Money!** Infomercials may sound great when the latest and greatest ab "technology" is presented, but your money will work better for you in the bank. Ditch the ab gimmicks and stick with the core fundamental movements of the abs – hips to ribcage, ribcage to hips, and twisting/stabilizing. Using these ab devices may make the abs feel like they're working, but feeling a burn doesn't necessarily mean that quality work is being done by the muscles. Some ab devices actually put the abs into overstrained situations ('you can feel it working, can't you?').

How Should I Work Cardio?

A common question that people ask is how to best perform cardiovascular exercise during their weeks. Cardio not only helps develop the heart and lungs, but it also a great source of calorie burning when performed correctly. When most people think of losing (fat) weight, they think cardio thanks to numerous infomercials and a history dating back to the Jane Fonda and Richard Simmons days. Science has proven that a balanced approach of resistance training, proper nutritional habits and cardiovascular exercise are the secret to having a healthy body. Here are the guidelines for working cardio into your exercise program...

First, gradually step up the amount of calories burned per week starting at a moderately challenging level depending on your exercise capacity. Instead of tracking time spent performing cardio, instead record the total amount of calories burned per week starting with a number around 200-300. As a guideline, the more intense the exercise, the more calories burned. For the average woman, figure that running a 6 minute mile would burn around 150 calories for every ten minutes spent while walking around 3.5 mph would burn about 37 calories for every ten minutes. High-impact aerobics come in around 65 calories in 10 minutes and most competitive sports burn between 60-90 calories in ten minutes. For an average man, multiple the previous figures by 1.3 to estimate calories burned in ten minutes.

Second, throw some variety into your cardio routines by using the weekly exercise calorie target by performing different exercise at different intensities. If you are short on time one week to work your cardio, choose running instead of walking (when possible). If you have some more time, take a walk through a local park as the springtime growth lets itself be known. Don't forget biking, rowing, boxing, sports, jumping rope, swimming, etc. Most of all – have fun with the activities you choose.

Remember, it's your *lean mass* that determines how many calories you burn, which means the person with more muscle burns more calories – period! A 160 lb. person at 10% body fat has the same amount of muscle as a 240 lb. person at 40% body fat. When using cardio machines that track total calories burned, a great way to keep the number realistic is to enter in your lean weight instead of your total body weight. This will be a *much* more accurate number, as it's better to err on the side of caution when calculating energy expended. If you would like help working out a good cardio plan for your exercise program, please feel free to call me at (847) 276-7132 – I'd be glad to provide more information.

The Cheesecake Comparison Test™

Want to figure out if a particular meal is better or worse for your body? There's a simple little test that can help make the decision for you. Simply take the total number of calories in a meal and divide it by 330 (the number of calories in a piece of Eli's® Original Plain Cheesecake). Here's an example...

A Burger King® medium original Whopper® meal with fries and a Diet Coke has 1160 calories! That's a **3.51** just like the Subway® sub from the last newsletter! (If that wasn't bad enough, you'll pick up 2110mg of sodium in this meal – that's 88% of the recommended daily allowance. As we've seen, fast food doesn't score very well on the Cheesecake Comparison Test™!

Remember - The closer you can stay to the 1.50 – 2.00 rating, the more likely you're in a good range for calories per meal. That would amount to roughly 500-750 calories per meal average.

Peak Performance!

In this month's newsletter, the topic is clarity of desire. It's worth the small space here to quickly discuss the importance of specificity. If you asked a friend what he wanted in life and he said, "A car," I'd bet you'd be waiting for more information. Most people that want a car start with a particular make or model and then work from there. In the pursuit of a new vehicle, the average person will know at least a year of build range, a color, some options, etc. And yet in life it seems that most people just aren't clear about what they really want. Regardless of the many possibilities of why this is, it's critical to note that the more clear of a target you have, the easier and easier it is to hit it.

As Emerson said, "The world makes way for the man who knows where he is going." Keep clarity, and you'll be heading toward Peak Performance!

"The law of floatation wasn't discovered by thinking about the sinking of things."

- Wayne Dyer

Funky Facts...

↳ Fortune cookies were actually invented in the U.S. by Charles Jung, a Chinese restaurant owner. They were originally used to entertain people while waiting for their food.

↳ Napoleon Bonaparte was afraid of cats.

I'd Love to Hear From YOU!

Whether your goal is to lose weight, get in the best shape of your life, or anything in between, I can help you.

I'd love to hear from you – even if you just want to say "Hi!"

I'm full of energy, and people tell me – a pretty fun person to talk to. So please don't hesitate to call me up with any questions you have about health and fitness related issues. There's never any pressure and no obligation. I'm a resource...and a friend!

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Personal Training

Spotlight: Boxing Training

With the amazing movie *Million Dollar Baby* winning award after award and with television shows like *The Contender* on television, it's a great time to highlight how to use boxing techniques to improve your fitness level. Boxing is a sport that dates back to England in the 1700's and while it has a gladiatorial feel to it, the training modalities that are used can benefit all of us greatly.

Working with a partner using training mitts or working a speed or heavy bag can really get the heart pumping and is a fantastic cardiovascular exercise. While this newsletter does not recommend actual sparring for safety reasons, practicing the various drills that make boxers champions can be a very challenging and fun way to incorporate new training methods into your workout program.

While most boxing training drills does require equipment, most punching bags are relatively inexpensive and don't take up a lot of room. Proper hand protection is critical, however, if these methods are going to be utilized. If you're interested in learning how to incorporate boxing training into your workouts or would like to know what kind of equipment can work best from a fitness standpoint, feel free to give me a call at (847) 276-7132.

Simple Beginnings...

Did you know that Robert Redford despised movies when he was growing up? Born in 1937, he was the son of a milkman and consistently rebelled against the discipline of school. He would shout at the movie screens when he did visit them with his friends.

Although he had earned a baseball scholarship to the University of Colorado, Redford dropped out of school believing that there was more to life than sports. He "toured" around various European capitals by hitch-hiking. He spent time painting and loitering around in bars and cafes before he decided to return to the United States, whereupon he studied at New York's Pratt Institute and eventually at the American Academy of Dramatic Arts.

He had some minor roles on Broadway and some rave reviews for his comedic ability caused him to be sought after in Hollywood. His first film was *War Hunt* in 1962, although he didn't become hot property in Hollywood until *Butch Cassidy and the Sundance Kid*, and shortly thereafter *Jeremiah Johnson* and *The Great Gatsby*. From there, Redford went on to make a score of movies and even start the Sundance Film Festival, supporting independent filmmakers. And the rest is history...

Thanks for the Kind Words

"Before I started, I couldn't even keep up with my eight-year old daughter playing outside. Now, she's the one that has to keep up with me. I've dropped more than forty pounds so far."

- Joe Solomon