

# MES F.C

Fitness Community

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## When it comes to nutrition “The HOW is almost as important as the WHAT”

What if I told you that one of the first steps in changing your body composition for the better didn't need to start with drastically changing WHAT you eat, but HOW you eat?

Today's quick tip is something that you can start to implement right now, with the foods that you are already eating and the knowledge of nutrition that you already have! Before we go much further though, please be aware that this tip is no panacea!

### Quick tip: Eat **SLOWLY** and stop at **80%** full

Did you know it takes about 15-20 mins for our satiety mechanisms to kick in?? This simply means that the communication between our gut, to our brain, and back to our gut is rather slow!

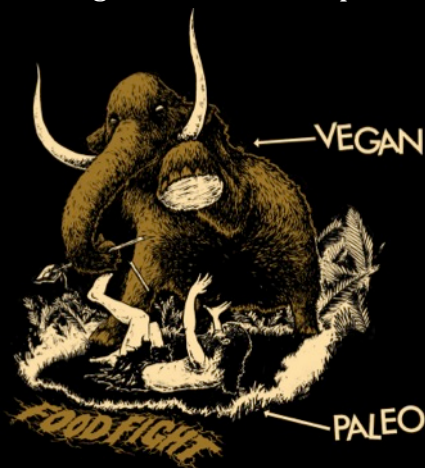
For this reason, if we eat too quickly, we can easily eat too much in the 20 min time period before our brain finally says, “I'm content now, you can stop feeding me”

At first you may find this very difficult to achieve, so perhaps start by simply slowing down. Try to time your eating and bring it closer to 20+ mins with each meal you have. Stopping at 80% full is another excellent method to avoid over eating. **Why not give it a try today?**



## WHICH IS THE BEST DIET?

Getting started with improvements in nutrition can be majorly daunting! New diets and detoxes are released and raved about at an alarming frequency and then flippantly fade away. There is an abundance of information out there, and at first glance it often appears that many “diets” contradicts one another. So, where should you start?



Most people, including many trainers look at two diets and they immediately see just how different they are, how do you choose between plant based eating and something like Paleo or Atkins or the other hundred examples I could use??

This is exactly like the time you went to dine out and there was “too much choice on the menu”. When faced with too many variables, humans suffer from decision paralysis and the likely outcome is that you pick the same thing you usually do (something familiar). Do what you always do and get what you’ve always got.... So how do you go about making changes and pushing forwards?

My background is heavily scientific (more specifically I specialized in inorganic chemistry). It was a long time ago but when faced with a problem, as a scientist I would start in a similar place as above and look at what the existing solutions were.

However, my attention would not be on what made the solutions different, it would be on their similarities, what criteria has to be filed to make this work. This made designing a new solution a whole lot easier because I knew the essential framework that had to be in place!

It’s exactly the same with nutrition. Different diets have more factors in common than they have differences....

The diets that successfully get results are underpinned by 5 main elements.

### **1. THEY RAISE NUTRITION AWARENESS AND ATTENTION.**

Before we even go into what you should eat, its really interesting to know that [research](#) is now showing that simply paying better attention to what you eat is a key factor in whether you’ll lose fat, get lean and improve your health. Have you ever noticed what you eat and subsequent results improve when you keep a nutrition diary??

### **2. THEY FOCUS ON FOOD QUALITY.**

Paleo eating for example involves eating more natural, free-range animal-based foods that are higher in protein, higher in fat, and are minimally processed.

Vegan eating for example involves eating more natural, plant-based foods that are higher in fiber, antioxidants, and are minimally processed.

One common factor here is very few nutrition strategies recommend you to eat *more* processed, chemical-laden “junk” food.

This is far more important than the exact protein, carb, and fat breakdowns.

### **3. THEY HELP ELIMINATE NUTRIENT DEFICIENCIES.**

Related to point 2, highly processed foods are often low in nutrients because they’ve been stripped out during processing.

Whole, minimally processed foods often have their nutrients intact.

Thus, a properly designed diet of any kind eliminates some of the most common [nutrient deficiencies](#) (water, certain vitamins and minerals, proteins, and essential fatty acids).

This is incredibly important because we look, feel, and perform poorly when we’re deficient in important nutrients!

Furthermore, meeting nutritional requirements with whole, minimally processed foods, will trigger the body’s natural satiety responses. The outcome?

You need to eat a lot less to feel satisfied and likely improve body composition and health.

However, eating foods with low nutrient densities more often than not results in you eating A LOT more calories, this is likely because you still haven't eliminated the deficiency, so as far as your body is concerned, you are still hungry!

The outcome? You get fat, and feel crap!

#### **4. THEY HELP CONTROL APPETITE AND FOOD INTAKE.**

When we're more aware of what we're eating, choose more satisfying, higher quality foods, and eliminate nutrient deficiencies, we almost always end up eating less total food. We feel more satisfied. We lose fat, gain lean muscle, and perform better.

All successful diets focus on energy balance in some way, if you want to lose weight you must consume less energy than you burn, the opposite is true for weight gain!

NB, Calorie / point counting does not work long term!

#### **5. THEY PROMOTE REGULAR EXERCISE.**

When people start paying attention to their eating, they usually start thinking about physical activity and vice versa.

When a person exercises regularly, they dramatically improve their ability to turn the food they eat – whatever food that is – into functional tissue (instead of extra fat). In short the physiological adaptations caused by exercise are more important than simply burning the calories.

Personal observation: when a client misses a couple of workouts, their diet goes to pot! NB: diet and exercise are not mutually exclusive.

In summary

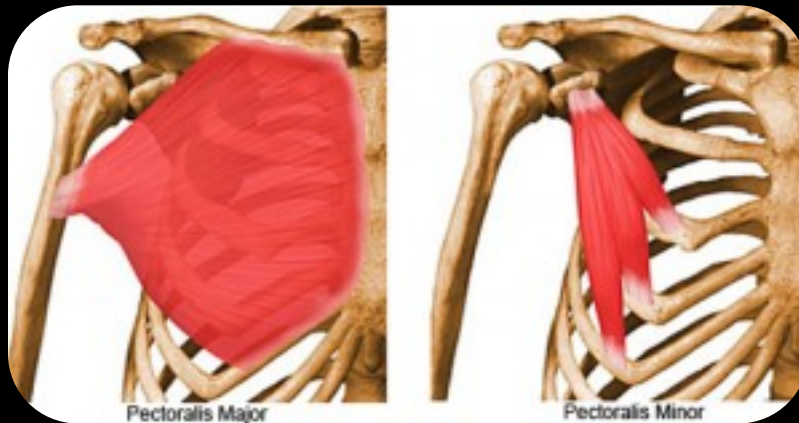
1. Keep a nutrition diary.
2. Remove as much processed food as possible and focus on quality.
3. Try and eat nutrient dense foods like Veggies, get adequate protein, healthy fats and stay well hydrated.
4. Control food amount / portion sizes.
5. Maintain the relationship between nutrition and exercise.

For more information visit [Precision Nutrition](#) from which we reference much of our nutritional advice!

## Focus on Posture



One of the major contributors to Kyphosis (rounding of the shoulders) is tight chest muscles, the above stretches can help to lengthen these muscles which will allow the shoulders to move back into position with the help of some back strengthening exercises. Hold this stretch for 30-45 seconds each day and combine with back strengthening exercises (eg: weighted row) at home or in the gym to see a difference.



## CLIENT SUCCESS STORY OF THE MONTH (February winner)

All of my clients work extremely hard; this section serves to give recognition for the milestones that have been achieved, and to hopefully inspire you to pursue your goals!

Meet **Miss February!**

Cheryl, at the time these pictures were taken, had only been with us for 4 weeks! In this time she managed to lower her Body fat percentage by 1.2%, which may not sound like a lot. But here's the thing, when you become very lean, losing that last bit of fat is really hard and your body will fight you every step of the way! For Cheryl to get down to 16.5% in just 4 weeks is nothing short of incredible and for this reason MACHINES has awarded her with the title of **Miss February!** What's more, a personalized Hoodie has been commissioned and will be presented to Cheryl in recognition of all her hard work.

These hoodies **CANNOT** be bought they **MUST** be earned!!



# Focus on food

## Do you like your potatoes??

We have a great alternative you can use from time to time that tastes fantastic and will cut your carbs and calories in half!

Let us first look at the **Baked Potato**, or mashed potato (remember if you add milk and butter the fats carbs and salt levels all go way up!) On average 100g will contain 93 Kcal and 21g of Carbohydrates, the baked variety has a glycemic load rating of about 10 (higher for mashed) which means the sugar gets into your blood reasonably quickly.

**Potato, baked, flesh and skin, without salt**

Serving size: 100 grams

[Add to Tracking](#)  
[Add to Compare](#)  
[Create Recipe](#)  
[Add to My Foods](#)

**FOOD SUMMARY**

### Nutrition Facts

Serving Size 100 grams

Amount Per Serving	
<b>Calories 93</b>	Calories from Fat 1
<b>% Daily Value*</b>	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 10mg</b>	0%
<b>Total Carbohydrate 21g</b>	7%
Dietary Fiber 2g	9%
Sugars 1g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 16%
Calcium 1%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

[Download Printable Label Image](#)

### Nutritional Target Map

What is this?

2.5 Fullness Factor | 4.0 ND Rating

### Caloric Ratio Pyramid

What is this?

92% Carbs | 1% Fats | 7% Protein

### NutritionData's Opinion

What is this?

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★★★

**The good:** This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin C, Vitamin B6, Potassium and Manganese.

### Estimated Glycemic Load

10

0 250

Typical target total is 100/day or less

What is this?

### Inflammation Factor

-60

mildly inflammatory

- 0 +

Typical target net is 50/day or higher

What is this?



Next lets have a look at our alternative, **Butternut squash**. 100g typically contains only 40 Kcal (53Kcal less than potatoes) and just 10g of carbohydrate (11g less than potatoes). What's more the glycemic load is only 4 so the little sugar you do ingest is released much more slowly so elevates blood sugar levels by less. Finally you may have noticed that potatoes are mildly inflammatory whilst our butternut squash is mildly anti-inflammatory, couple this with a vastly superior nutrient and vitamin profile and the fact you will feel fuller for longer and its clear to see you are better off with the butternut squash if fat loss is your goal!

longer and its clear to see you are better off with the butternut squash if fat loss is your goal!

# Squash, winter, butternut, cooked, baked, without salt

- Add to Tracking
- Add to Compare
- Create Recipe
- Add to My Foods

Serving size: 100 grams

## FOOD SUMMARY

### Nutrition Facts

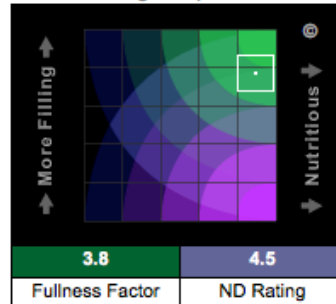
Serving Size 100 grams	
Amount Per Serving	
Calories 40	Calories from Fat 1
%	
Total Fat 0g	
Saturated Fat 0g	
Trans Fat	
Cholesterol 0mg	
Sodium 4mg	
Total Carbohydrate 10g	
Dietary Fiber	
Sugars 2g	
Protein 1g	
Vitamin A 223%	Vitamin C 25%
Calcium 4%	Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Download Printable Label Image

### Nutritional Target Map



### Caloric Ratio Pyramid



### NutritionData's Opinion

Weight loss: ★★★★★

Optimum health: ★★★★★

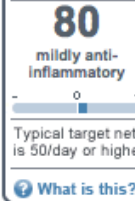
Weight gain: ★★☆☆☆

**The good:** This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Calcium and Magnesium, and a very good source of Vitamin A, Vitamin C, Potassium and Manganese.

### Estimated Glycemic Load



### Inflammation Factor



## So how do you prepare them??

Simply place the butternut squash into the oven at low heat 150 degrees for 2 hours.

2 Hours seems like a long time I know, but I tend to cook mine ahead of when I actually need them. What I mean by this is, when I use the oven for another meal (possibly at 200 degrees 45 mins) I put the butternut squash in with that meal. Once my meal is ready I just leave the oven on a low heat for another hour or so to finish cooking the squash (depending on how well your oven holds its heat you could possibly just leave it in the oven with the door closed and the heat off? Personally I leave the oven on at 150° C to be sure).

**Sunday lunch is the perfect time to cook up a batch!**

When they are done, the rest is really easy, just cut them in half and scoop out the insides into a storage container, it's already mashed up for you and doesn't need any butter or flavorings! The next time you fancy a mash equivalent just grab a scoop from your supply in the fridge and heat it up in the microwave for 30 seconds or so. (I tend to use my supply up over a three-day period)





## **A class by any other name.....**

**Metafit:** They are starting to pop up everywhere now! You may even know someone who has tried it somewhere other than at **Machines**?

“Oh yeah, I do that metafit thing you do now” .....

**The music tracks will likely be the ONLY similarity!**

**Machines** were one of the very first in the country to qualify with the Metafit program, (July 2011) we have even co presented a course from our studio to new students with one of the founders Justin in June 2012, so we feel we are pretty adept when it comes to bodyweight exercises and metabolic conditioning.

From day one, we decided that when client numbers get high metafit simply cannot get the results it is capable of.

For this reason we will only work with around 10 people in a **group PT** environment. Simply put, this sort of training is only effective and safe when the movements are performed correctly, and the effort put in is maximal!

**“The skill level of the coach will be the determining factor in the results you get”**

At **Machines** we incorporate corrective exercise into warm-ups for enhanced performance in workouts. We also use our experience as **elite PT's** to modify exercises to the appropriate level whether it be a progression or regression, we have also been known to completely replace an exercise for a better alternative.

However, we now know that this isn't happening in some (most) of the other Metafit classes! We know this because we have had clients go in and try them! One advanced client from **Machines** who clearly demonstrates a good level of skill was almost entirely ignored, no progressions, no corrections.... Unfortunately this isn't an isolated incidence, if you look at the YouTube videos that countless trainers are putting up, you will soon see the lack of quality in the movements and more importantly the instructors.

**Bent back squat jumps, Head peck press ups, Jog very slowly in place and Straight legged skaters.**

**The list goes on.....**

Below is a randomly chosen Youtube video, you only need to see that the lady in the white top with pink sleeves isn't even bending her legs in the skater but is however completely ignored by the instructor! In fact in the entire video this guy (not a trainer) doesn't correct/ help a single person in his class. He's on autopilot, (saying coaching points, often getting his own workout in but not looking at or helping anyone.) He walks past dreadful and dangerous form several times whilst saying that's good so how can these clients know any better??

[https://www.youtube.com/watch?feature=player\\_detailpage&v=8h3l8mvOC90#t=586](https://www.youtube.com/watch?feature=player_detailpage&v=8h3l8mvOC90#t=586)

## Just a rant???

Although this might just be my version of “**you know what really grinds my gears**” the point is that just because a class has the same name does not make it the same class. Hopefully you can see the difference in what’s on offer!

The video above makes it clear that even the best instructor can only possibly look at 10 people at any one time, so those on the right and left were ignored entirely. What’s more, from a quality of coaching perspective, he may as well have just sat down for 15 mins and played the tape....

So the next time someone says;

“Oh yeah, I do that metafit thing you do now” .....

Invite them to try it with us to see what its REALLY like, it might be the biggest favor you do them!!

And this doesn’t just go for Metafit, it applies to bootcamps, boxercise, flexibility classes and circuits to name a few!

## Newsletter Summary

I hope you found the news letter useful, the quick tips for nutrition may seem overly simple but they do make a big difference to your results so why not give them a try. Hopefully you can see that you don’t have to fit into one major diet camp either, so long as your own diet follows the five main points you should do just fine!

If you run into any difficulties with the flexibility work then please feel free to give me an email at [John@Machin-es.co.uk](mailto:John@Machin-es.co.uk) and I’ll do my best to help, alternatively come and visit me at one of our corrective exercise workshops!

Client result of the month is something I really want to keep up so train hard, not for the hoodie but for the better body and health status!

Let me know what you think of butternut squash as an alternative to mash, like it or dislike it I’m keen to know, perhaps send us a few pictures of your meals on Facebook??

Finally we have just a couple of spaces left on our body transformation classes like Metafit, the OC and Bootcamp so if you know anyone who wants to look and feel better, refer them to us. **Of all the people that make referrals, one will be randomly selected to win a prize!**