

# We Change Lives!

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## Ray's Special



Well it is that time of year again. Time to eat, drink, shop, and be merry. The perfect time to add 5 or 10 pounds more weight to lose for the New Years Resolution. It does not have to be that way. No one should look like they stole the cookies and milk from Santa at every house in their neighborhood come the first of the year. Besides if you share with the big man he just may take care of you.

Here are some tips to survive this holiday season;

- 1) Eat before you leave. Showing up at a gathering hungry is one of the worst things you can do.
- 2) Stay hydrated. Do not allow thirst to be confused for hunger.
- 3) Hit the vegetable tray first and often. Skip the dips.
- 4) Load up on shrimp and crab legs if your host is a big spender and put them out. Skip the crab dips, it is not really crab anyways.
- 5) Go easy on the sausages, cheese, and crackers.
- 6) If there is a meal, follow the rules in the Eat by Color article. If you have not read the article, do so next. There will be a quiz later and those that have not read it will fail.
- 7) If one must drink, have a glass of water or diet coke for every alcoholic beverage.
- 8) Dessert, have some. Some, not one of every cookie and pie on the table. Eat what is enjoyed or seasonal; not the fruitcake just because it is there and no one is eating it. What is in fruitcake anyways is it even cake?
- 9) Pass taking left overs home. Eating them will not help the starving of the world.
- 10) If too many adult beverages are consumed, pass the keys to some one responsible. Drinking and driving is never acceptable. Plus it is the holiday season and the roads are shared with Santa, his elves, and eight reindeer.

**“I must have gained 10 pounds on Thanksgiving I ate so much...”**

Let's get something straight. No one is going to get “fat” from eating a bit extra a few times this holiday season. But if one does so every weekend from Thanksgiving to New Year's all bets are off and Santa may have some competition next year. One pound of fat contains a theoretical 3500 calories. So to gain one pound of fat an extra 3500 calories (that is roughly equivalent to 7 Big Macs!) would need to be consumed. Someone eating normally eating 2000 calories a day that would be 5500 calories or an extra day and a half worth of food. Though possible it is not likely. In fact most weight gained from 1 day (**not 1 month**) of overeating is water. A person that has been eating healthy and exercising may even see a slight *decrease in fat weight* days later as a day of over eating can crank up the metabolism.

**“I ate enough today for the next week. Looks like I will be skipping a few meals tomorrow...”**

Point number two to get straight. Skipping meals is a sure way to tell the body it is starving and to store fat. This is a great way to make sure instead of enjoying an increase in metabolism from eating a bit extra that the metabolism grinds to a halt. The best thing to do after a holiday is to wake up and eat a normal breakfast. Then eat every few hours, don't skip meals.

**“I'm gonna pound out a few extra miles on the treadmill this week to work of this meal...”**

Point number three to get straight. Eating 1000 calories and burning 1000 calories does not take net calories to ZERO. In other words, calories burned during exercise will not come from that extra piece of pumpkin pie. The calories burned will come from the pie over-indulged in, muscle (remember more muscle = faster metabolism), and body-fat. So forget pounding out a few extra miles to burn off what you ate a day earlier.

Exercise as a daily activity is the best way to combat holiday weight gain. Cardio can help. Weight training is better. **Weight training before a big holiday meal is king for controlling fat gain.** Sparing the science, less fat is gained if exercise (remember weight training is King) is done before the meal. So hit the weights, do some cardio, and then feast.

Here is a great approach to cardio: 2-3 times per week do one of the following

**HIIT (High Intensity Interval Training)**

Jog for a two minutes

Sprint for a minute.

Repeat 6 times and cool down for 2 minutes.

OR

Warm up on your favorite piece of cardio equipment for 3-5 minutes.

Go all out for 3 minutes (if adventurous and on a treadmill sprint for a mile)

Cool down for 2 minutes and go home.

## Happy Holidays!

Holidays are about time with family and friends. A time to catch up, share a laugh, create a memory, and help those that are less fortunate. If able to do that be grateful. Not everyone will be with loved ones this holiday season. Remember those not here and enjoy yourself. Have a few things you do not normally eat and a few drinks. If gone overboard, get back on track the next day. Save some cookies and milk for Santa and [GET “EAT by Color.”](#) to **make your resolutions a reality!**

### *Happy Holidays from “Eat by Color”*

This article is the courtesy of Raymond M. Binkowski former fat guy, author of “Eat by Color”, personal trainer and owner of FitWorkz. Its intent is to be shared. If sharing the previous following statement MUST be included any time this article is reproduced in part or entirety. So please feel free to share, you just might change a life!

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Over 800 videos exercise, motivational, and nutrition can be found on [Youtube](#)

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## Tim's Blog

### Are Your Supplements Really Doing Anything?

Supplements today are a rather hot topic. Everyone seems to be taking them and swears that the brand they're taking is the best thing since sliced bread, when in reality most of what they experience is a result of the placebo effect. The supplement industry is a multi-billion dollar industry that feeds off of modern society's obsession with vanity and the desire to look like *"insert famous person here."* So before you go and dump hundreds of dollars into your local supplement store, it may be worth your time to ask whether or not the desired "fat burning this" or "muscle building that" is actually going to deliver what's promised on the label.

For starters, the majority of supplement companies are primarily in the business of marketing, not nutrition. At the end of the day their bottom line is what's important. Ever hear the expression "buy low, sell high"? Most products are designed to sell for the most money possible, while at the same time minimizing the costs to the producer to the greatest extent possible. This is done at the expense of using quality ingredients and in the proper amounts. A great example of this is "nitrogen spiking" protein powders which I discuss in a previous article.

Now I'm not saying that there aren't any supplements that work. **Quality** supplements **in conjunction with proper nutrition** can help you achieve better results in a shorter amount of time, the only problem is that quality supplements among today's brands are few and far in-between and typically come with a much higher cost than what you were probably expecting. That old adage "you get what you pay for" has never been more accurate in this case. We also need to remember that supplements are not drugs. They will not provide instant gratification like a drug and will not give you the body of your dreams in the short time frame of a month or less. Your fitness idol's physique is the result of years of proper nutrition, training, and discipline (assuming they are truly natural).

Another reason people will typically "buy into" a supplement is because the public figure or celebrity they idolize recommends or sponsors them. This is the biggest grab for young men ages 18-25. People will purchase the products their idol uses in the hopes of emulating that specific physique, without knowing that the vast majority of these shredded fitness models are using low doses of anabolic steroids to attain their physique. This is highly misleading and isn't very ethical, but that's a discussion without an end.

At the end of the day, there is no replacement for proper nutrition. People have attained incredible physiques and won competitions without supplements in the past. If you're not eating in way that is conducive to building muscle and burning fat, all of the supplements in the world won't make a difference.

# December— 12 Days of Fitness Free Training & Classes

Click on the calendar below to view the full schedule and description of this month’s free training and class schedule. Any level of membership, including trial members and non-members, can sign up for any of the free training and classes. Sign up on MindBody or at the front desk and let us help you change

The 12 Days of Fitness - Free Training and Classes

## December 2015

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="display: flex; flex-direction: column; gap: 5px;"> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: red; margin-right: 5px;"></div> <div> <p><b>Free Training—</b> Member: FREE! Non-member: \$10</p> </div> </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: green; margin-right: 5px;"></div> <div> <p><b>Class—</b> Member: \$10 Non-member: \$20</p> </div> </div> <p style="font-size: small;">Please sign up 24 hrs before scheduled time.</p> </div>			1	2 Ropes: Naughty or Nice 9:30am	3	4 Sleigh Bells 11:30am	5
	6	7 Holiday HIIT 5:00pm	8	9 TRX Un-Wrapped 9:30am	10	11	12
	13 Twelve Days of Fitness Begins!!!	14 Plan for Success 4:30pm	15	16 Sleigh Bells 9:30am	17	18 Ropes: Naughty or Nice 11:30am	19
	20	21 Merry Fitmas 5:00pm	22	23 Holiday HIIT 9:30am	24 Last Day for Twelve Days of Fitness!!!	25	26
	27	28 TRX Un-Wrapped 5:00pm	29	30 Merry Fitmas 9:30am	31		

# *21 Day Strongapalooza..... Get Strong and Lean This Holiday Season*

## **21 Day Strongapalooza**

- 21 Days will Start a Habit
- Get Strong
- Get Lean
- Maintain Weight through the Holidays
- Eat by Color Nutrition Plan complete with grocery list, snack list, holiday survival guide and more!
- Access to Unlimited Evolution
- A What to Do Next Plan for Day 22 and Beyond

**Kick off Date is December 7th at 6:00pm.** Call the club or stop at the front desk to reserve your spot!

## *12 Days of Fitness Challenge*

Get into the holiday season with your workouts by participating in our **12 Days of Fitness Challenge**. The challenge will start on Sunday, December 13th. Each day there will be a new exercise routine to do, which will be added from the previous day's (think of the 12 Days of Christmas Song). For each member that participates in the challenge each day, there will be a drawing for a prize. Winners will be announced/notified the next day. Challenge yourself and have some fun with your workouts this holiday season!

