

The Porcelain Press

"Life engenders life. Energy creates energy. It is by spending oneself, that one becomes rich." -- Sarah Bernhardt (1844-1923)

Burn off the holiday belly!

Bear in mind that all the sit ups and crunches in the world can not actually "burn away" the tummy fat. But, we had to get your attention, thus the title of this blurb! It takes regular cardio work and reducing your food intake to actually reduce belly (or any other) fat. Your abdominal and "core" work is still functionally important; it's vital for your back health, your efficiency, your posture and your overall well being. Here are some additional tips:

- 1) **Drink lots of water daily;** Dehydration can affect your metabolism which can delay weight loss. Drinking water also helps remove toxins from your body along with the many benefits that this *natural zero - calorie* beverage gives you.
- 2) **Replace coffee with green tea;** Green tea can help boost your metabolism and burn fat more quickly.
- 3) **Choose your carbohydrates wisely.** Get rid of white sugar and processed carbs and choose whole grains instead. Avoiding carbs later in the day can also be beneficial to weight loss.
- 4) **Choose to eat plenty of fruits and vegetables;** their natural sweetness & high fiber content, make them a healthy treat.
- 5) **Stay Active.** You must burn more calories than you take in! Doing cardio 4-5 times a week in combination with weight training 2-3 times a week is an effective way to burn the FAT!

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MIX IT UP- BREAK THROUGH THE PLATEAU

As much as it is good to get into a fitness routine, sometimes we get "stuck in a rut" and perhaps reach a plateau. Did you know that after six weeks of doing the same activity our body is so used to that activity, that we burn 25% less calories than we did when we started?!

A fitness plateau happens when a person has not lost weight and/or body fat after continuing their same exercise and diet plan. This means they have been following their program religiously for weeks, cutting calories and/or adding exercise without seeing any favorable change in weight and /or body fat.

There are 2 primary reasons for fitness plateaus:

**Your diet and exercise program is incorrect or just not right for you.
OR, You're not truly following your program!**



As we look towards 2012, let's decide to "mix it up". Remember how you felt when you first started your fitness class or training?! Very sore! The healing from soreness burns huge amounts of calories. After a few months of the same class or same training, you are fitter and not so sore anymore. At this point, you have just lost some of the calorie burning effects of exercise. Don't let your body get used to your exercise routine. Maintain your body's adaptation phase by changing intensity, duration, type of cardio and altering your resistance training program on a regular basis.

Even having a different instructor doing the same class is typically "cross training/doing something different", because their style and their choices of exercises or dance / cardio moves are different. The more you do something, the better you get at doing it. **So, remember that you can burn more calories by mixing it up with your cardio, strength and flexibility training.**

ZUMBA NEWS UPDATE!

Welcome **Marie Mabin** to Fitness Forum! Marie is Zumba, Zumba Toning and ZumbAtomic (kids) certified and licensed. She started dancing when she was 7 years old. In Spain she studied with famous Spanish Flamenco Dance Performers. She is currently a professional dancer and member of a local Flamenco Dance Company, called Flamenco por la Vida.

Join Marie at 9:00am on Mondays for a great Zumba class!

Meet **Alexandria Viramontes**. "Alex" is an ASU student as a "Science in Marketing" Major with a 4.0 GPA, who has been dancing all her life. She is Zumba and AFAA group exercise certified.

Join Alex Mondays and Fridays at 5:30pm to shake your booty!

Rhea, our beloved Zumba star, leaves us (January 8th) for a new job working for a surgeon in Scottsdale and new house in Arcadia. We wish her luck and hope she will visit soon! She will remain on the sub list because she says that she loves her Fitness Forum friends!