

Welcome

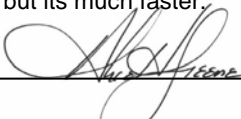
Losing weight and keeping it off is the holy grail that most people will do just about anything to achieve. In surveys, some say they would die for it. It is common to try severe diets and afterwards binge to a higher weight, or to try a boot camp and end up back on the couch. These scenarios lead to fat loss resistance.

Many of my female clients have spent months doing cardio exercise and eating well, yet they struggle to get results. I went through the same thing. It took me five months of almost daily cardio and healthy eating before I saw any changes, but I kept at it and got results. This lag in results is a common problem in the fitness industry, and the reason so many people give up exercising and going to the gym.

I decided to study this issue further, and this month's issue reflects what I have learned. What I now understand is that dieting, imbalanced hormones and inactivity increase fat-storing enzymes and decrease fat-releasing ones. The result is fat loss resistance.

The answer is regular exercise and balanced eating habits, but it takes time for the body to make changes physiologically to give up fat-storing for fat-releasing. The body's first priority is fixing hormonal imbalances and increasing metabolism, and that can take months – particularly for women or those that have damaged the way their fat enzymes work. This is why I am endorsing the Fat Loss Patch. It helps normalize hormones and to kick start and stimulate fat-releasing enzymes. It still takes time for results, but its much faster.

In fitness and health,



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Why It Is So Hard to Lose The Fat

Are you one of those that want to lose weight, but you just can't seem to do it easily anymore? You've tried everything, but nothing seems to work. You diet, but then you regain the weight. After you diet repeatedly, you seem to gain even more weight. Then you hit forty and the weight you once could lose fairly easily now doesn't budge. So you exercise and eat better for several months, but nothing seems to happen so you give up. It's as if you are weight loss resistant. But the real issue is fat loss resistance and the associated imbalance of your hormones. And for women the problem is far greater than for men.

Unfortunately fat loss resistance isn't well understood. Doctors don't know enough about it and many dieticians are equally in the dark. Their primary emphasis is weight loss, setting you up with a diet, and then checking to see how much you've lost at your next appointment. This is not helping. Nor are TV reality shows that encourage extreme weight loss. You don't want to lose weight quickly, because that leads to even more fat. Instead you want to lose weight over time, and the reason is that a lot of physiological changes have to occur first before you can start to lose the fat and then the weight. Fat weighs less than muscle, so as you improve the fat to muscle ratio, your weight may remain the same for a while.

When you lose weight rapidly, the weight loss is primarily water, muscle and a bit of fat. But when the weight is regained, fat and water are quickly replaced. The muscle can only be restored by rebuilding it. Fat and water are always the last to go and the first things to come back. It is best to focus on losing the fat, because then you are more likely to retain the muscle and have a way to achieve long-term weight loss results.

Fat loss resistance is complicated and impacted by many factors, so it will be covered in two parts. Part 1 – in this issue, explains how fat gets stored and released and how to lose it. Part 2 – in the Sept-Oct issue, will explain further how hormones trigger fat storing and fat releasing.

Understanding Fat Loss Resistance

The recent concern over obesity and obesity-related diseases, such as diabetes and heart disease, has led to considerable research and a better understanding of how fat cells work and how they are governed. In the past five years, a number of books have been published by experts in the field about this topic, which were reviewed for this newsletter and will be listed in the next issue. Even earlier in 1993, Debra Waterhouse – a dietician, published *Outsmarting the Female Fat Cell*. She may have been the first to really understand and explain some of the things that fuel fat storage and why it's so hard to release fat.

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We help people get an exercise & eating plan they can do on their own, and then we support them through weekly coaching calls to help them get started and stick with it.

Getting Motivated
 One of the best ways to get and stay motivated is to envision the outcome you want to achieve and then 'live as if'. If you think you are fit, healthy and at a good body weight, you will have more self esteem and greater ability to minimize emotional eating while staying on track. Do you need help creating your vision?

Cardiovascular Exercise
 This is the time of year to enjoy aerobic exercise outdoors, and if you like walking you might also like hiking. Hiking up and down hills is a great workout. The hills provide a way to increase and decrease aerobic intensity – like interval training. And if you are carrying a pack, the weight provides more resistance when going up and down hills to strengthen abdominal, back, leg and buttock muscles. Can we help you find outdoor exercises to do?

Strength Training Performance
 Some times you need a strengthening exercise that targets multiple muscles at one time, because you don't have time to do them separately or you want to shake up your routine. A great multi-muscle exercise for the upper body is the push up. Push ups work the pectoralis, triceps, and front deltoid muscles. They also work the core muscles used for stability when doing military push ups. Do you need ideas for changing your program?

Nutrition Guidelines
 The new food pyramid put out by the USDA may have its critics, but it is very well thought out and provides the best guidelines now available for nutritional and balanced eating. If the new graphic makes it confusing to you, try putting the new guidelines into the old format. Do you want help using the new guidelines?

Pain Relief
 Exercising can lead to painful injuries, tight muscles and post-strengthening muscle pain. One way to deal with the pain is to do Lamaze breathing taught for childbirth. Try doing some deep and slow breaths to relax the muscle, distract yourself from the pain and bring more oxygen into the blood for faster healing.

HOW CAN WE HELP YOU?
 978-465-3555 or 888-243-1737

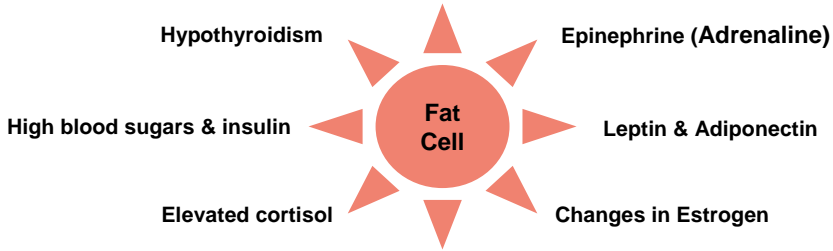
What is interesting is that no two experts address the fat loss issue from the same perspective, but they all pretty much agree on several things. They all agree that dieting has been a leading cause of obesity and fat loss resistance, and they all conclude that regular and moderate exercise combined with balanced eating is the solution. Of course, they each have their own recommended diet and exercise programs, which is what sells their books. But in concept they are all basically the same, and they support the recommendations provided in past issues of this newsletter.

The fact that dieting has caused obesity is hard for most people to accept, but look around – we are a nation of dieters, and we are also a nation with an epidemic of obesity, insulin resistance and heart disease.

The experts have different perspectives on what contributes to the storage and release of fat, depending on their area of specialty. They include:

- Insulin resistance, which leads to Syndrome X, pre-diabetes and Type II diabetes
- Hypothyroidism, which slows down metabolism and leads to fatigue
- High levels of cortisol from stress, which increases appetite and belly fat
- Leptin and adiponectin, which affect appetite levels
- Adrenaline (also called epinephrine), which is stimulated by stress
- Reductions in estrogen, which leads to abdominal weight gain

People struggling with their weight are often aware of some of these issues.



This can be very confusing, and the reason is because they are all hormones and each one plays a role in how much fat is stored or released, and some are affected by lifestyle choices in eating and exercise. So to understand fat loss resistance, you need to understand more about these hormones, which will be fully discussed in Part 2.

Hormones are the brain's messengers. They carry information and instructions between the cells and the brain, or from cells in one part of the body to cells in another part. There are hundreds of hormones, and when it comes to fat there are at least a dozen hormones that can be involved in whether it gets stored or released. Fat-storing hormones are insulin, cortisol and estrogen. Fat-releasing hormones are adrenaline and glucagon. And the hormone that impacts metabolism is the T3 thyroid hormone. In addition, fat produces its own hormones, including leptin, adiponectin, and a bad form of estrogen.

What makes hormones complicated is they work together and affect one another. So when a hormone gets highly elevated or depressed, it becomes imbalanced and affects other hormone messengers and their messages. A heightened hormone, such as insulin (fat-storing), can override and block messages of another hormone, such as adrenaline (fat-releasing). And this is why fat loss resistance is so difficult to understand and overcome.

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The Truth About Fat Cells

Fat is more complex than was once understood. We each carry around about 30 billion fat cells, and those who are obese have closer to 200 billion of them. That is a lot of fat cells, each with the ability to grow to a thousand times its size. When a cell gets filled to capacity it then divides into two. The good news is that fat cells can also shrink. Men have the good fortune to have smaller fat cells than women, unless they come from families who tend to be overweight. In that case, genetics plays a significant role. It is certainly harder for people that have been born with larger fat cells to manage their fat weight, but that doesn't have to be an excuse to fuel the fat cells.

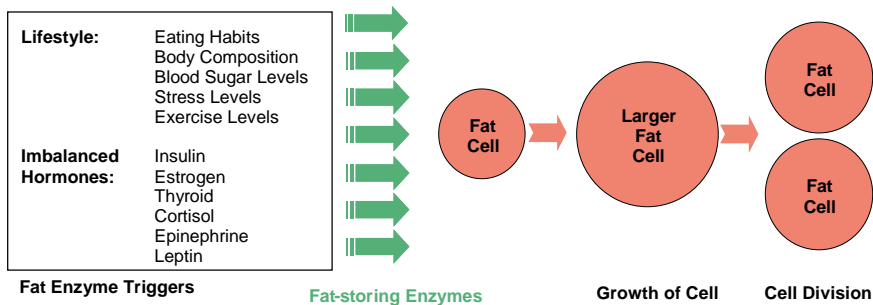
Fat, while something we want to get rid of, is needed to provide warmth, get us through a famine or food shortage, and generate immediate energy in a flight or flight stressful situation. In this day and age, most people don't need fat for these things, but fat cells don't know this. They frequently experience periods of famine and the call to respond to stress by the way we live our lives. Fat cells, therefore, work hard to store calories we can't currently use and then to release them when we need extra fuel for times of food shortages, stress and cold.

Fat gets stored whenever we eat more calories than we burn. Most fat cells simply store the fat. But abdominal fat cells are quite different. They do more than store fat. They have the ability to produce their own hormones, which can create more fat. Because of their active state, they are the most resistant to giving up their stored fat and they have the greatest impact on disease.

Fat cells don't operate on their own. They need a way for fat to enter and leave the cell. This is handled by fat-storing and fat-releasing enzymes, which are activated by many different hormones. The more fat-releasing enzymes you have, the more that can be activated. Men have nearly twice the number of fat-releasing enzymes than women, and conversely women have twice as many fat-storing ones as men to ensure survival during pregnancy in the event of a food shortage. This is one of the reasons women gain fat more easily and men lose it faster.

Being female, however, isn't the cause for fat loss resistance. The problem is the way fat cells respond to stress, hormonal imbalances, under and overeating,

dieting and inactivity. While women primarily struggle with fat loss resistance, men are now struggling with it too. The main reason is dieting.

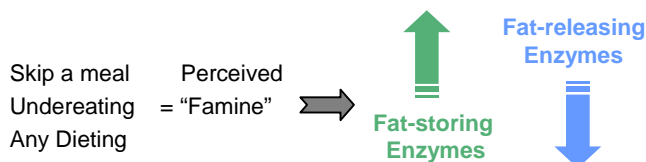


Dieting Feeds Fat Cells

Dieting is a way of life for many people. Formal dieting is based on severe calorie restriction for weeks on end. Yet many people simply lead busy and chaotic lives and have a tendency to skip breakfast or lunch and ignore their hunger signals. The general belief is that's OK, because if you miss a meal you save on calories. But the truth is the body perceives this as a food shortage and acts accordingly.

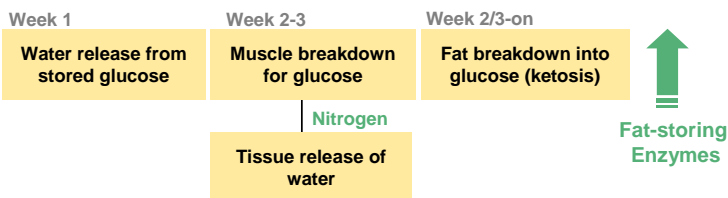
When the body doesn't get the calories it needs to fuel its daily metabolism, it interprets this as a potential famine and will slow down metabolism to conserve fuel and stimulate fat-storing enzymes so that incoming calories can be stored away to survive starvation. So when you skip a meal and then eat a bigger meal later, more of that meal will be stored away as fat.

The human body is unable to distinguish between missing a meal or dieting and the beginning of a famine. It is triggered whenever you don't get enough calories to fuel your daily energy requirements or there is an extended period of time you go without food (beyond 5-7 hours). At that point the body activates fat-storing enzymes, deactivates fat-releasing enzymes and begins to hoard as much fat as it can – primarily in the abdominal area. In extreme diets, where people eat under 1200 calories for nearly two weeks or more, there can be a 50% increase in fat-storing and 50% decrease in fat-releasing enzymes. The longer this goes on, the higher the percentage.



So why does it seem like you are losing the fat when you lose all that weight? In the first week, about ninety percent of the weight loss is water. During the next week or so it is primarily water and muscle weight. The body breaks down muscle, because that is where extra fuel (called glucose – from carbohydrates) is stored. When the muscle gets broken down, water and nitrogen is released with the glucose. The nitrogen also causes water to be released from other tissues. Since most tissues in the body are primarily made of water, a significant drop in weight occurs when these fluids are released.

The body will also break down fat, when it can't find any more glucose. At this point it will convert fat into glucose, so that the body can continue to function, because the body is primarily fueled by glucose. Metabolizing fat into glucose is ketosis, which is unnatural and stressful on the body.



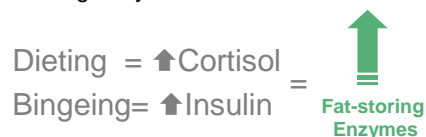
The stress of dieting and ketosis increases cortisol levels, which increases fat-storing. Ketosis also demonstrates to the body that extended famines are real and there is a need for even greater fat storing the next time a food shortage or starvation occurs. Being in starvation mode, particularly when it is extreme enough to require ketosis, damages the fat enzyme mechanisms making it very difficult to reactive fat-releasing enzymes. Starvation from dieting also reduces muscle mass, which reduces metabolism levels.

So after a diet, you may be thinner and lighter in weight, but you now have a fat-storing machine full of bigger fat cells primed for food and much less muscle mass than you had when you started the diet. In addition the size of the fat cells and number of fat-storing enzymes increases with each additional diet.

Once a diet ends, the first thing most people do is binge on foods they have been denied. This is called deprivation backlash. They can't seem to get enough food and don't know when to stop eating. This is also driven by the body's need for fuel, which it didn't get enough of during the diet, and for storing more fat in anticipation of the next famine. Once the body experiences a diet as famine, it anticipates more famine. And the more famine it experiences, the more it prepares.

Overeating is just as bad as undereating, which is the binge-diet-binge cycle. They are both fat storing modes. When you don't get enough food, the body prepares to hoard fat at the next meal. When you eat more calories than the body can burn as energy, the fat-storing enzymes are activated to store it away. So let's say you skip breakfast, putting the body into starvation mode. (You last ate about 14 hours ago at dinner, and now have a calorie deficit to fuel your cells nearing 1000.) Then you ignored your hunger signals mid morning, had a small lunch around noon, and by afternoon you are ravenous. You start to snack around 4pm and at dinner you overeat bypassing your fullness signal and follow this an hour or so later by a large dessert. All during this time, the fat-storing enzymes are in high gear and the fat cells are storing as much as they can when you eat.

Fat storing is just one problem with dieting. The other is that dieting disrupts hormone levels, particularly the T3 thyroid hormone that regulates metabolism. A rapid loss of weight – say 10 pounds, can decrease metabolism by 15%. In addition, cortisol hormone levels go up during the diet because of the stress, and insulin levels go up after the diet because of bingeing. Both are fat-storing hormones that activate fat-storing enzymes.



Shrinking the Fat Cells

The only way to shrink fat cells is to activate fat-releasing enzymes. These enzymes work to release fat from the cell and into the bloodstream so that it can be used as fuel. Pretty much the only time the fat-releasing enzyme is activated is when the body needs to burn more fuel than it has available from its daily intake – either from increased adrenaline or aerobic activity. Once released, fat travels to the working muscle where fuel is converted into energy and burned. If it isn't burned, it will be re-stored as fat.

You may have heard that when you are aerobic you burn both carbohydrates and fat, but if you work out too hard you only burn carbs. It is in our muscles where carbohydrates and fat are converted into energy to fuel our activities. In fact, fat can only be burned in the presence of oxygen and carbohydrates. When we are aerobic, we have enough oxygen to support the conversion. When we are huffing and puffing and can hardly talk, we are anaerobic and not getting enough oxygen to convert fat into fuel.

Overcoming Fat Loss Resistance

The most important thing is to eat food to the rate at which your body burns energy (by eating when you are hungry and stopping before you get full). This keeps your blood sugar and insulin levels balanced, which will be discussed further in part 2. The thing to avoid is under or over eating or skipping meals, because that will trigger your fat-storing hormones. You also want to eat foods that are a balance of nutritious (and satisfying) carbohydrates, proteins and fats. This is called balanced eating, and more is being written about it under the names of mindful eating, non-dieting or Intuitive Eating. The book *French Women Don't Get Fat* is based on similar concepts.

The second most important thing to do is to start burning the fat that has been stored away, by doing regular moderate – not high intensity – aerobic exercise to activate the fat-releasing hormones and enzymes. This will increase lean body mass and metabolism, which can be further improved by doing some strength training to rebuild your muscle.

A third thing you can do is to provide additional stimulation to the fat-releasing enzymes, so there is more fat released and available to burn. This is possible now with a natural, slow release Fat Loss Patch (that we now endorse) that is safe for short or long term use.

Together these changes in lifestyle will work together to balance hormones and to reduce the fat-storing to fat-releasing enzyme ratio.

Why I Endorse the Fat Loss Patch

Many of my female clients have struggled to lose fat and weight despite months of aerobic exercise and balanced eating, which is a problem commonly experienced by others in the fitness industry. People that have dieted and become inactive become prone to fat loss resistance, particularly women over forty. To help my clients get results and stick with their program, I needed a way to kick start fat-releasing in a safe and effective manner.

The Fat Loss Patch is a safe, natural product that is worn each day to stimulate fat loss and normalize hormones triggering fat enzymes. It naturally stimulates the fat-releasing enzymes and normalizes hormones using herbal extracts in a low dosage, slow release formula. All the ingredients are on the FDA's GRAS (generally recognized as safe) list, and they have no known negative side effects or negative impact on hormones that are functioning normally. I have done extensive investigation into the ingredients, product and company, and I am convinced it is a safe and effective product that I can fully endorse.

I have also tested the Patch personally, because I wouldn't recommend something I had not tried. I wore the Fat Loss Patch for three months, even though I have no fat to lose, and it had no negative affect and didn't make me abnormally lean. Instead it is helping me to maintain my optimal levels. Many people who wear the Patch experience more than fat loss, because it helps to normalize their hormones. They often have better sleep and mood elevation, and they experience reduced food cravings, blood pressure and blood sugar levels.

There are two Fat Loss Patches to choose from. The regular and the power Patch. The power Patch provides more fat-releasing support and includes a small amount of serotonin to reduce carbohydrate cravings and stress. I highly recommend these patches to those who have tried exercising and balanced eating and struggled to see results within three months. It is also good for those that want to feel better, be more energetic and need some help getting motivated to exercise and eat better. The Patch has best results when combined with regular exercise and balanced eating, because then the released fat is fully burned off. Yet lots of people have started with the patch and then discovered a desire to be more active after just a few months. Either way, the patch helps with fat loss resistance.

- FB40

Client Peg Keohane
Goals Feeling fit and eating better
Challenge Sticking with a program

"This program goes beyond what you would get from a personal trainer. My coach, Alice, tunes into my life, attitudes and goals and tells me exactly what I need to hear, so I know what to do and I am motivated from week to week. I've always been interested in fitness and nutrition, and I have heard a lot of what my coach has been telling me. The difference is her approach and how she helps me put it into practice. This is what a lot of us need, but we don't know where to get it.

I feel very lucky to have found this program. It is just great. At this time in my life in my mid 70s I am fairly healthy, but have some health issues. This program has helped me to feel better, reduce my blood pressure, get stronger and feel more secure, and I want to remain healthy and strong for the rest of my life. And I can see how exercise makes me feel much better. I can do more with less pain. I've also become more conscious of what I'm eating. I've learned with Intuitive Eating how to eat so that I can have what I enjoy. I am now more satisfied and comfortable, and I don't feel driven to overeat. The program works and I'm enjoying myself."

Client Lisa Summerville
Goals Overcoming sugar addiction
Challenge Emotional eating

"Alice has been extremely instrumental in making a difference in my emotional and intuitive eating behaviors. When I made the first call to Alice, I had binged the night before. We talked about how refined sugar can really be addictive and how she could help.

Alice went above and beyond my expectations! She helped me overcome childhood voices in my head of "not wasting food", fears of eating leftovers, and "eating everything on my plate". She helped me to develop strategies for social situations so that I don't set myself up. Her "three-bite" rule really worked for me.

As a Senior Mortgage Broker, I am very stressed, very busy and rarely leave my desk or office, but that doesn't mean I didn't have time for that one extra phone call with Alice. She was flexible with her scheduling and her time. Her positive spirit was always welcomed, and the information she shared will always be remembered. She has changed the way I think about sugar and the way I think about food and eating. Thank you Alice."

Fit Beyond 40 Newsletter
Editor: Alice Greene
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FLEXIBLE FITNESS PROGRAMS

RIGHT START CARDIO

The hardest part of exercise is getting started and knowing what to do. The first place to start is with an aerobic activity to improve stamina and energy. Get help setting appropriate goals, finding a routine that works in your schedule, and being accountable to weekly goals you help set.

CARDIO IMPROVEMENT

Progress into moderate and advanced levels of cardiovascular fitness using heart rate monitoring tools and training workouts. Get help learning how to safely improve your aerobic capacity through optimal progression, cross-training and post-exercise stretching. And discover that exercise doesn't have to be boring, painful or disappointing.

RIGHT START STRENGTHENING & FULL CONDITIONING

Once you are exercising regularly and starting to see results in weight loss, you are ready to add strengthening exercises into your routine. Get the right strengthening exercises, right program of repetitions to sets, and proper instruction to perform them safely and effectively. Choose between gym equipment, home equipment or tubing & bands.

ADDITIONAL PROGRAMS

EATING SUPPORT GROUP

A new support group is forming to help people continue to practice mindful eating and overcome emotional eating.

Prerequisite: Intuitive Eating workshop or coaching program

Call 978-465-3555 x5 – talk to Alice for more information

Getting Control Over Food: Become an Intuitive Eater

8-week Workshop

Starting September 21: Wednesdays at 8pm (by phone)

Dieting doesn't work. Find out what does work to provide long term health and weight loss success. Put Intuitive Eating into practice and learn how to use the hunger scale, become mindful, eat in balance, and overcome food cravings, bingeing and emotional eating.

\$188 (with book & materials)

Call 978-465-3555 x1

For a FREE consultation to see which of these programs is right for you, call us at 888-243-1737

Ask the Fitness Coach

Q:
Why is it that I am putting on weight when I am doing cardio for 45-60 minutes 6 days a week, strength training, and eating as little as possible?

A:
The reason is overtraining and undereating. If you don't get enough calories to fuel the amount of energy you are burning, then your metabolism will slow down due to perceived starvation. The more exercise you do, and the more intense it is, the more fuel you are burning and the more calories you need to eat. When you are exercising at levels of extreme intensity, in the anaerobic zone, you are only able to burn carbs, and you are using them up very quickly. In addition, overtraining puts great stress on the body, which releases cortisol and can lead to hoarding of fat around the belly.

Did you know?

Polycystic Ovary Syndrome (PCOS) is becoming a common hormonal disorder of women that often goes undetected, but it can lead to diabetes, heart disease and infertility. Fortunately there are ways to treat it if caught in time.

PCOS is a result of hormonal imbalances

It generally starts with insulin resistance, which intensifies the over production of male hormones and doesn't allow eggs to mature to ovulation. The insulin resistance leads to Syndrome X, diabetes and heart disease.

PCOS Initially Shows Up in Young Women

Symptoms of PCOS are infrequent or non-existent menstrual periods, which often begins at puberty. But this is generally misdiagnosed and dealt with by simply prescribing contraceptives, which covers up the symptoms until the disease becomes much worse.

Symptoms of PCOS are difficult to pin down

The symptoms include infrequent menstruation, ovarian cysts, facial or bodily hair growth, balding, weight gain, acne, oily skin, pelvic pain, high blood pressure or cholesterol or pre-diabetes.