

Thank you for all the comments received from last months' article regarding eating habits, fat loss, and recovery (email info@t2bb.net for a copy). T2BB received numerous questions of "how do I lower the number on the scale and what type of exercises are needed to lose fat?" First, the team at T2BB will tell you that everyone is different, as different as an ACL injury/recovery. No one person is the same but it is easier than you think.

First, change your mindset. Decide now that you want to workout on a regular bases, create better choices in nutrition and "give up excuses". The will is there, take what you do best in life and apply it to your current situation.

Second, stop using the scale independently for measure. A recent article in the New York Times (NYT): *The Scales Can Lie: Hidden Fat*: (Jan. 26, 2010) argues that even if your of the thin body type you are at health risk, called Normal Weight Obesity.

The Mayo researchers looked at data from 6,171 Americans with normal body size, as measured by the body mass index (BMI), and discovered those with a high percentage of body fat were at significantly greater risk of future heart problems than those with low amounts of fat.

Lead cardiologist at the Mayo clinic Francisco Lopez-Jimenez stated, "People don't have to be overweight to have excess body fat. Instead, these people have a higher ratio of fat to muscle tissue than do people with low body fat. Indeed, even people of the same weight, or those with comparable body mass index, which factors together weight and height, can have different body-fat percentages."

Eating a healthy diet is important in reducing body fat, too, but Dr. Lopez-Jimenez observes that if you only restrict calories, you risk losing an equal amount of body fat and lean muscle tissue and thus you could end up weighing less without significantly reducing the percentage of body fat.

Monika Sumpter, a 34-year-old training manager at Equinox Fitness in New York City, says she once weighed 170 pounds and had a body fat percentage of "a little over 30%," a high reading. She says she lost 45 pounds with diet and some aerobic exercises, but reduced her body fat percentage only to about 25%. So, over the past 18 months, Ms. Sumpter says she added strength training and other exercise to her cardio workout. Although she has put 20 pounds back on, her body fat percentage is down to 14%, she says.

Joe Warpeha, is an exercise physiologist and strength coach at the University of Minnesota-Minneapolis and states that as exercise intensity decreases, so too does caloric expenditure. Remember, weight loss occurs when daily caloric expenditure exceeds caloric intake, so it makes sense to burn as many calories as possible through exercise. First of all, those additional carbohydrates you burned because you exercised harder now will not be stored as fat (the common storage form of most carbohydrates once glycogen reserves are filled in the liver and muscle). Second, even though relative fat metabolism decreases with increasing intensity, the absolute amount of fat burned increases.

Mr. Warpeha uses a 30-year-old who weighs 200 pounds and exercises for 30 minutes on a treadmill at three different intensities: Number one: 3.5 miles per hour, which is walking, work level low, average heart rate 114 beats per minute with 175 calories burned, 46% fat used and 9 grams of fat used. Number two: 5.0 miles per hour, which is jogging, work level moderate, average heart rate 143 beats per minute with 412 calories burned, 35% fat used and 16 grams of fat used. Number 3: 6.5 miles per hour, which is walking, work level high, average heart rate 171 beats per minute with 522 calories burned, 17% fat used and 10 grams of fat used.

The exercise physiologist says that these values are approximations, which highlights two points. First, the total calories burned are tripled from walking to running (even though duration is unchanged). Second, although the relative contribution (%) of fat is markedly decreased from walking to running, the absolute amount of fat burned (grams) is still greater at the high intensity.

One more study: *Low carbohydrate diets promote a more favorable body composition than low fat diets* from the February 2010 Strength and Conditioning Journal states that "about one-quarter of the weight loss achieved through typical low-fat diet approaches is from lean body mass. In addition, a low-carbohydrate diet in conjunction with

periodized resistance training promotes greater fat loss while preserving lean body mass and promoting robust improvements in metabolic health.”

In conclusion, what does this all mean? In the New York Times article, individuals need to find better ways of working out than the traditional cardio training. New types of training for the 21st Century are in order. Much of that involved metabolic training, interval training and/or resistance power and strength training. Training to be Balanced is all elements of movements.

The second article stresses the importance of working hard during training. T2BB believes that a workout should consist of mixture of body weight exercises, dumbbells, barbells, ropes, sand bags, steps, boxes, or whatever works the body at high intensity.

As far as low carbohydrate diets, it is a different route to low fat diets. T2BB is trying to encourage the idea that something has to change in the way we eat and exercise. Nutrition and exercise compliment each other and each of us needs to find what works for him/her.