

How are those New Year's Resolutions going? Most individuals who set his/her resolutions at the first of the year have put them aside by now. I venture to say that more than half of resolutions ever made reach April. However, this year Training To Be Balanced wanted to make a point to create goals not resolutions. We helped 130 people do that with our Transformation Challenge Contest.

Our transformation challenge contest was a huge success! We had 26 teams of five that transformed. The winning team (Team America) earned \$2500 by losing the largest body percent fat and gaining the largest muscle percent. There were four body composition analysis scans performed during the 6 and a half-week contest. The scans documented skeletal muscle mass and fat in pounds, total body water and most importantly body percent fat. This is a huge difference than reading just a scale number that tells very little about body composition. An individual on a scale does not know if the increase in scale number is gained muscle mass (which burns fat) or gained fat and loss of muscle (which is done with steady state cardio).

The transformation idea was to change the scope of people's view on "weight loss" and "getting in shape". It is not "weight loss" it is "losing fat" by building muscle. It is not "getting into shape" rather improving upon movement performance. Lifting groceries or a child is an act of performance as much as riding up the Teton pass or running on Putt Putt trail. Dropping 2 dress sizes and feeling strong and good about one's self is difference than dropping 50 pounds and putting it back on because one did not believe she could feel strong and good about one's self.

I would like to share some experiences we had the last 6 and half weeks in hopes to enlighten my readers.

We had a 54-year-old female (our MVP female) who weighed 142 pounds on her first measurement and 133 pounds on her final measurement. Over four weeks she lost 10.3 pounds of fat and gained 1.3 pounds of muscle with a 6 percent body fat loss. This is pretty incredible considering the fact that she is 54 years old and the body takes longer to recovery.

As owner of Training to be Balanced, I waited until we as a private training facility could do fat loss (not weight loss) as a whole. We wanted to take the whole process by storm and consider all the factors to providing a successful (not weight loss, I keep writing this because it is ALL about fat loss and muscle gain) fat loss program.

Our strategies we considered were- *stress, nutrition, resistance (strength) training, interval training, and recovery* together. These factors are what our participants learned to evaluate for themselves in order to achieve the best results.

We took all of the above components in order to make changes. Most individuals changed a few of these components only when in fact all of them are need change to be successful. If you made a six-figure income last year, it is difficult to make a seven-figure income the next year without change. The whole gambit of the contest was for one to learn how you respond to stress, nutrition, resistance and interval training and recovery together between each measurement scan. Remember, it is not exercise or even nutrition alone.

An interesting fact is that a large number of people realized that skinning up the pass; cross country skiing, skiing more with only one resistance training session a week did not reduce his/her fat loss. The proof was in their measurement body composition scan. What participant's realized based on the scanner numbers was that the more aerobic activity that was performed, the more the total weight went down but the body percent went increased and no muscle was gained. He/she was losing muscle.

What T2BB is trying to accomplish is not to limit your outdoor activities but realize that resistance training will reduce fat if losing fat is your goal. We do not want anyone to give up what he/she does outside especially if that is his/her reason for living here. What we want is people to look at what goals he/she have and approach with the correct modality of accomplishing their goals.

I will elaborate on muscle gain and its importance to fat loss and how steady state aerobic activity does not burn fat in next's month article. To put it in too perspective, our MVP male lost 36.1 pounds of fat, 36 males and 94 females with the total number of pounds in fat and percent lost by women! We had a cumulative 586.2 pounds of fat loss from 130

contestants. We also had an outstanding cumulative 250% body fat lost! I applaud everyone who participated in this contest for an outstanding effort and understanding to achieve their goals to transform!