

Fifty Plus Fitness Forum

A free monthly newsletter for friends and clients of
Melissa McGarry & Al Josselyn



Fitness Plus ... Our New Fat Loss and Fitness Program

"At 50 Plus Fitness we have discovered an amazing conundrum. We have found that without a nutrition program in place, resistance training is NOT enough.

The ladies will remember this old adage: You can never be too rich or too thin. WRONG, at least the too thin...do we want to look like Joan Rivers?

We have come up with a fat loss program that is simple to implement along with personal training, training on your own and nutritional counselling. Sounds difficult, well, it aint easy, but it is doable. Everyone to date that has been on this program puts their trust in us and discovers, wow, I'm actually doing it, and I like it!

I have been on every diet imaginable; always lost the weight; always put it back on plus more. We have always concentrated on the all mighty number going down on the scale. We lost weight, muscle, endurance, strength and become thin, woo hoo!

I can tell you, that is not where it's at. We focus on body FAT loss, gaining muscle strength and ramping up our metabolism. People, this really works, and we have the goods to prove it.

Here is how the program works;

We begin with several questionnaires that give us a great indication of where the client's current health and readiness for change lie. Also this tells us the medical history, physical activity levels and support levels and motivation.

When we get the questionnaires back and interpreted, we decide whether or not to accept the individual into the program. Once accepted, we then do an initial assessment which includes skin fold measurements, body composition measurements, and functional ability assessments.

At this point we can begin!

The program includes, personal training, daily activities planning, coaching, nutritional counselling, bi-weekly assessments and much more.

Typically the program lasts from 6 months to a year depending on the client's needs and goals.

If you wish to turn your life around, and quit "dieting" please contact Melissa 905-246-2204
Or Al 905-324-5366



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At

Anytime Meal

3 min.

Preparation Time

10 min.

Cooking Time

Nutritional Information

(per serving)	large	small
Calories (k/cal)	651.8	325.9
Fat (g)	31.7	15.9
Saturated (g)	5.6	2.8
Monounsaturated (g)	14.6	7.3
Polyunsaturated (g)	8.1	4.0
omega-3 (g)	1.1	0.5
omega-6 (g)	7.2	3.6
Carbohydrates (g)	33.0	16.5
fiber (g)	5.2	2.6
sugars (g)	28.2	14.1
Protein (g)	58.6	29.3

TIP: With a spatula, lift a portion of the egg, allowing the runny egg on top to flow beneath the part that you lifted. Repeat this step three or four times at different spots.

Variations and Options

PW option: Use fruit-flavored yogurt instead of plain yogurt. **For fruit variety, substitute peaches with nectarines, apples, berries, banana or oranges.** If you'd like to avoid Splenda®, you can replace with a small amount of stevia. **If you like sweeter yogurt, add a small amount of Splenda® or stevia to the ½ cup low-fat plain yogurt before garnishing omelet.**

Peaches and Cream Omelet

It's no surprise that the heavenly taste of peaches and cream makes for a dessert classic. However, typical peaches and cream recipes are filled with sugar and fat. With this fresh take on peaches and cream, we've combined the goodness of peaches and cream with the protein power of a morning omelet. Not a combination most would think of – but this recipe is delicious in its unconventionality.

Instructions

Preheat a large non-stick frying pan on medium heat. Lightly coat with spray. Whisk egg whites, eggs, cinnamon and Splenda® together in a mixing bowl. Pour mixture into the pan. Cook for a couple of minutes until the top of the mixture begins to bubble. Cook for 1 minute until bottom is golden brown. Flip the omelet and cook until the other side is golden brown. Transfer omelet to a plate. Mix cottage cheese, peaches and pecans together and place half of the mixture onto one side of the omelet. Fold the omelet over to cover contents. Use remaining peach mixture as a fruit salad side, and garnish omelet with yogurt and serve. **Serves 1 large or 2 small.**

Olive oil cooking spray	
Egg whites (6 large)	1 cup
Whole omega-3 eggs	2
Cinnamon	1/8 tsp
Splenda® (1 package)	1/4 tsp
Low-fat cottage cheese	1/2 cup
Small peaches (small diced)	2
Pecans (crushed)	1/4 cup
Low-fat plain yogurt	1/2 cup



Gourmet Nutrition by Dr. John M. Berardi

Knowing Your Body Type Can Help You Drop Body Fat

There are three distinct body types.

The **mesomorph**

The **endomorph**

The **ectomorph**

We inherit body type, just as we inherit hair, eye and skin colour.

The **mesomorph** body type is characterized by larger bones, a solid torso, and

wide shoulders, trim waist and has controlled body fat levels.

The **endomorph** body type is characterized by increased fat storage, wider waist and a large bone structure.

The **ectomorph** body type is characterized by long, thin muscles, and limbs with lower fat storage; generally thin.

Here are some examples of the **mesomorph**, **endomorph** and **ectomorph** characteristics.

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The **mesomorph** is testosterone and growth hormone dominant. They have moderate to high sympathetic nervous system activity. They also have a moderate carbohydrate tolerance. This diet should be composed of 30% protein, 40% carbohydrates and 30% fat to continue to build muscle mass while maintaining low body fat percentage.

The **endomorph** is insulin dominant. They have a slow metabolic rate and have low sympathetic nervous system activity. They also have a low carbohydrate tolerance. This diet should have 35% protein, 25% carbohydrates and 40% fat to promote loss of body fat, especially in the abdominal region.

The **ectomorph** is thyroid dominant. They have a fast metabolic rate and high sympathetic nervous system activity. They also have a higher carbohydrate tolerance. This diet should be composed of 25% protein, 55% carbohydrates and 20% fat to gain muscle strength and size, especially in the limbs.

However this may not be as clear cut as it sounds since one might be mesomorph dominant with endomorph tendencies and be overweight. For the diet to be truly effective it should be tailored to the individual.

The long and short of it is, we have to eat the correct amounts of proteins, carbohydrates, and fats, along with an appropriate exercise program to achieve the healthiest body composition for your body type. This is why most "Fad Diet" programs do not let you achieve your healthy weight and maintain it.

For more information on how to be the healthiest you can be contact info@fifty-plus-fitness.com

You can also phone us:
Melissa 905-246-2204
and/ or
Al 905-324-5366

TIP OF THE DAY

Sugar

One of sugar's major drawbacks is that it raises the insulin level, which inhibits the release of growth hormones, which in turn depresses the immune system. This is not something you want to take place if you want to avoid disease.

An influx of sugar into the bloodstream upsets the body's blood-sugar balance, triggering the release of insulin, which the body uses to keep blood-sugar at a constant and safe level. Insulin also promotes the storage of fat, so that when you eat sweets high in sugar, you're making way for rapid weight gain and elevated triglyceride levels, both of which have been linked to cardiovascular disease. Complex carbohydrates tend to be absorbed more slowly, lessening the impact on blood-sugar levels.



Small Groups Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BodyMax	6:00 p.m. to 7:00 p.m.	8:00 a.m. to 9:00 a.m.	6:00 p.m. to 7:00 p.m.	8:00 a.m. to 9:00 a.m.	6:00 p.m. to 7:00 p.m.	8:00 a.m. to 9:00 a.m.
Body Shop	6:30 a.m. to 8:30 a.m.		6:30 a.m. to 8:30 a.m.		6:30 a.m. to 8:30 a.m.	

Forward Lunge



Step 1



Step 2



Step 3

EXERCISE OF THE MONTH

Lunge forward with one leg, so that your thigh is parallel to the floor, with your knee over your toes, keeping your back straight and head up throughout the movement holding the stick high and level.

1. Your rear heel should naturally rise off the floor, with that knee resting close to the floor when you extend forward.
2. Keeping your abdominal muscle contracted, push down on your front foot in order to push yourself back to your starting position, whereby you can then repeat the exercise, working either the same leg (harder) or alternate your leg

Step 1

Stand with your feet about hip distance apart in order to do a lower back lunge. Stand up straight with your shoulders level. Bend your right knee and step out on your right foot, keeping your upper body straight. Your left leg should be extended behind you, foot forward and knee straight

Step 2

Stretch your arms up, extending all the way while keeping the stick level. As you do the lower back lunge, keep the arms high and level.

Step 3

Go down as low to the floor as you can while you do a lower back lunge. Then, come back up to a straight standing position and do the lower back lunge with the opposite knee forward. Remember as you change to the left knee forward, extend your arms up and hold the stick level.

Don't forget to check out our website for upcoming specials!

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