



Dear **Member,**

Again a long overdue Newsletter. I have strived to make this one different & I hope it is worth the long wait

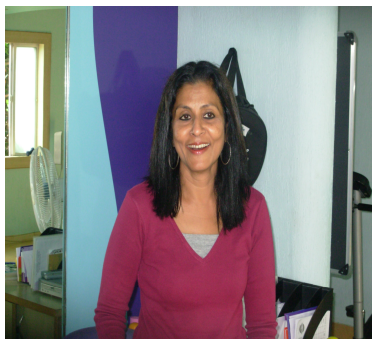
I have owned & operated the Jayamahal gym for close to 4 years now. I am quite amazed at women's perception of fitness & how little they know about the human body & its workings. Most of our members seem to be scared of injuries & pain and hence reluctant to do a good workout. They do not want to get out of their comfort zone.

Being physically active means that you will have some soreness & injuries along the way. There is no known sportsperson in the world who has not been injured, despite their peak fitness form. This needs to be accepted as a part of working out. Our Human body has great self healing powers. Instead of using the pain as an excuse for not doing a good workout, isn't it better that we strengthen our bodies to the extent where it is optimally fit. And believe me, no "Fit" person can be "Fat"

Also, there seems to be this eternal rush to achieve your desired body weight. Our body weight slowly creeps on over a period of many years. Please give the body some amount of time to shed the excess weight. There is no short cut to weight loss. You require a lot of patience & a total lifestyle change to achieve it & more importantly sustain it. Along with dedicated exercising (at least 3-4 times a week), learn to control food portions. You must be able to shrink your stomach size over a period of 2-3 months. Thereon, you will see how easy it is to lose & maintain the lost weight.

I have realized that it is very difficult for the gym to motivate a member to exercise. We try our best but we find that the best results are seen in women who are self motivated & who work on their goal with great determination. Above all, please remember that unless you make exercise a regular habit (similar to bathing), you will struggle to maintain your weight , fitness & health.

In this newsletter, I have added an inspirational story of a woman. We normally include member testimonials. I wanted to bring to you the story of a woman who fought all odds to achieve what she wanted. I hope she inspires you as much as she has inspired me.



Chandra Gopalan

Soreness and Pain

I am quite amazed at the number of women who stop exercising primarily because of soreness/ pain in their knees, shins or back

First, let's understand a little bit about exercise intensity. We categorize all our members as follows

A) Members who need to reduce body fat for good health

B) Members whose goal is to lose 5 kilos upwards of body weight

C) Members who just want to keep fit & tone up

Category A need to exercise in their fat burning zone. This can be achieved at 60-70% of their Target Heart Rate (THR). Here the aerobic intensity can be moderate. Strength training needs to be moderate too

Category B need to increase their cardio activity at 75-85% of their THR for maximum calorie burn. This can be supplemented with good strength training (Average weights)

Category C need to strength train at an optimal level for increased muscle strength & tone. Aerobics can be moderate to intense, depending on fitness levels

THR can be seen on our Heart Rate chart with a 10 second pulse count

The chart below details the fat calories burnt by a 59 Kgs woman during cardio exercise:

	Low Intensity - 60-65% THR	High Intensity - 80-85% THR
Total Calories burnt per min.	4.86	6.86
Fat Calories burnt per min.	2.43	2.7
Total Calories burnt in 30 min.	146	206
Total Fat calories burnt in 30 min.	73	82
Percentage of fat calories burned	50%	39.85%

From *The 24/5 Complete Personal Training Manual*, 24 Hour Fitness, 2000

Note that Interval training like the Contours workout can burn between 300- 600 calories , every 30 minutes , as we combine strength training with cardio.

Coming back to the topic of Soreness & Pain

Unlike bones and joints, muscles have a profuse blood supply, and can regenerate and respond faster to the overload of exercise. Therefore, the goal of exercise should be to strengthen muscles (which can cause soreness) and not to overload bones and joints (which can cause pain and injuries). Typically, weight training causes soreness (which means muscles recover from the strain of the exercise and become stronger) and aerobic exercises do not cause soreness (since the muscles are not strained to the same extent).

DIFFERENCE BETWEEN SORENESS AND PAIN.

Soreness usually occurs the day after exercise, due to injury to the muscle fibers. Stored chemicals are released when the muscle is damaged, generating further pain. That's why the soreness sometimes tends to get worse 1 to 3 days after a workout. This is a phenomenon called DOMS (Delayed Onset Muscle Soreness). It usually happens if you try new exercises, or overstrain yourself lifting weights. It is completely normal.

Also, the pain of soreness is usually a dull, aching pain, in the muscles that were challenged. Generally, soreness is a feeling of mild discomfort and not necessarily pain. It is important to note that soreness subsides with rest. Here is the most important part - Over a period of time, the same exercise causes less and less soreness, as the muscles adapt to it. This means that it is important to change exercise every 3-4 weeks.

Pain, on the other hand, generally occurs after the exercise and tends to persist. As things get worse, some exercises begin to hurt. You might find that you start avoiding certain movements altogether. Every fitness enthusiast should recognize pain, and avoid training despite pain. This is a common mistake, which invariably leads to injuries. Unlike soreness, pain gets progressively worse if it is ignored. Do not be tough and try to work through it.

PAIN PREVENTION PLAN -

Improper technique, equipment, and training are major causes of pain and consequently injury. When you feel pain, use RICE (instead of paying the price.)

RICE is an acronym for the following.

Rest.

Avoid any painful exercise for a short while. For example, avoid walking if you have an ankle sprain.



Ice.

Use an ice pack, crushed ice in a towel, to reduce swelling and pain. Do not use for more than 10-15 minutes. Post workout icing is effective in reducing soreness.

Compression.

Tie a crepe bandage / handkerchief around the injured part, firm but not too tight, to minimize swelling.

Elevation.

Keeping the body part elevated also helps to minimize swelling.

WARNING SIGNS -

Seek immediate diagnosis from a physician if the pain :-

Persists after 12 to 48 hours of ice and rest.

Is sharp and limits movement.

Is accompanied by numbness, weakness or swelling in the joint.

Pain indicates distress to the body - listen and take action. RICE or a timely trip to the doctor may lead to a few short days of rest. This is a lot better than getting hurt due to ignorance.

Good luck with these strategies! Go ahead and apply them. Do not allow aches and pains affect your gains!





How to motivate yourself to exercise

All of us have days when we struggle with exercise. When you are low on motivation, here are some tips that help you to get to the gym

- **How you feel after a workout.** I always feel great after a good workout. It's a high. And I let that motivate me the next time
- **Making time for yourself.** While many people make time to take care of others (kids, spouse, other family, co-workers, boss), they don't often make time to take care of themselves. Instead, make your "you" time a priority, and don't miss that exercise
- **Having fun.** Exercise should be fun. If it isn't, try a different kind of activity that you enjoy. As long as you're moving, it's good for you.
- **How you're going to look.** Imagine a slimmer, fitter you. Now let that visualization drive you.
- **Magazines.** It motivates me to read fitness magazines. .
- **Cover models.** Sure, they're genetically freaky, and probably Photo shopped to look perfect. But for some reason, looking at how good a cover model looks, motivates women to work harder.
- **Blogs.** I enjoy reading blogs about people who are into running, or losing weight. It can show the ups and downs they go through, and you can learn from their experiences.
- **Success stories.** I find the success stories of others incredibly inspirational. If a fitness website has success stories, I'll almost always read them.
- **Fitting into new clothes.** Imagine the feel of fitting in a smaller size? Work out!
- **Adrenaline rush.** I get a rush when I exercise. Ride that rush to complete the workout.
- **Stress relief.** Wound up after a long day at the office? Get out and work off that stress. It makes a world of difference.
- **A workout partner.** Best thing you'll do for an effective workout.
- **An exercise log.** For some reason, writing it down is extremely important. Do it for a week and you'll see what I mean.
- **Your before picture.** You often don't realize how far you've come. Take pictures & see the difference in yourself. The mirror cannot show you the truth.

6 Weight Loss Mistakes to Avoid



Many dieters tend to make similar mistakes when trying to lose weight. But being aware of these mistakes—and making small physical and mental changes—will help you lose the weight and keep it off for good. Here's how:

Slower is Better

The first mistake dieters make is having unrealistic weight loss expectations. It is safe to lose between half a pound and two pounds per week. Studies show that individuals who rapidly lose weight are more likely to gain it back. So if you've lost a few pounds this month—excellent! Don't discount that because you see someone on T.V. losing 15 pounds in two weeks.

Everyone is Different

While some people lose a lot of weight in the first few weeks, others might not lose any weight for a few weeks. Although this can be frustrating when you're doing everything right, it's not a reason to give up. Sometimes it just takes a little while longer to see the results of your hard work reflected on the scale. Remember, eating right and exercising regularly have positive impacts on your health in many other ways, such as more energy, less stress, better sleep, and reduced risk of many diseases. You'll receive those benefits—regardless of the number on the scale.

Weight Loss is Rarely Constant from Week to Week

Many people lose a lot in the first few weeks, and then their weight loss slows down considerably. It's totally normal to have weeks when you lose more than expected, and weeks when your weight remains the same despite your consistent efforts. Our bodies are very complicated and don't always cooperate with the estimates of how much we should expect to lose. People rarely lose a consistent amount of weight each week. Measuring your weight loss on a monthly basis can be a more accurate gauge of how well you are doing.

Weight Loss is Not Immediate

Cutting calories today (through diet and exercise) will not necessarily show up on the scale at the end of the day or even by tomorrow. Your weight can fluctuate from day-to-day for reasons that have nothing to do with your diet and exercise program. Much of this fluctuation is due to water and food intake. While your scale may show changes throughout the day, fluctuations that could be due to food & water alone are not permanent weight losses or gains.

Weighing yourself immediately after wearing a “sweat” suit, getting into a sauna, or finishing an intense workout might (or might not) show a loss on the scale. But that is temporary water loss that will come back after you rehydrate yourself by drinking. Remember—you’re trying to lose fat, not simply “weight” or water weight.

This is a good reason to not weigh yourself more than once a week.

Setbacks Are Normal

No one is perfect. You can expect to hit some bumps in the road, no matter how hard you’re trying. The important thing is not to let those bumps get you totally off track, but to learn from them and move forward.

Eating Less Isn’t Always Better

A lot of people assume that the less you eat, the faster you will lose. One of the biggest mistakes dieters make is not eating enough. Your calorie range is based on your current weight, goal weight, how aggressive your goal is (whether you want to lose weight quickly or slowly) and how much exercise you are doing. Your recommended calorie range might seem like a lot of food—especially if you are accustomed to fad, restrictive diets.

But if your body is not getting enough nutrients and calories (especially if you eat less than your recommended calorie range), your metabolism will slow down. This is called “starvation mode” because your body thinks it is experiencing a famine, so it starts holding onto every calorie you give it, making weight loss much slower or impossible, and weight gain more likely. That's why it's so important to eat within your calorie range. If you aren't, you could be doing more harm than good.

Hopefully these tips will help you avoid many of the common pitfalls dieters face, and deal with the ups and downs of weight loss more easily. Hang in there! It’s not always easy, but you can do it!



An Inspirational story- **Wilma Rudolph**

When Wilma Rudolph's mother was told by the doctors at the hospital that her daughter would never be able to walk again, she didn't believe it. It was that disbelief that enabled her child to walk years later. It was that same disbelief that allowed America to enthrone the first woman in history to win 3 Olympic Gold medals in a row. One of the greatest inspirational stories of all time!

Wilma Rudolph was diagnosed to be suffering from Polio. Refusing to believe that her 20th child (out of 22 kids) would never walk again, her mother took her to the hospital for bi-weekly physiotherapy sessions religiously. Every session was a painful experience but Wilma persisted on, believing in her mother when she said she would walk again.

Unveiling the Competitive Streak in Her

By the time she was 6, Wilma Rudolph was given metal braces to aid her in walking. Though the braces were supposed to help her, she hated them. To her, those were chains that imprisoned her at home and away from school. She yearned to break through them, run around the yard and go to school like any of the neighbourhood kids. She wanted to be free.

She started doing home physiotherapy with help from her siblings, and attending school a year later with the braces. A few years later, she awed everyone when she walked totally on her own, without any assistance into the church. She had won her first battle.

The Young Aspiring Sport Star

When she was in junior high, she joined the basketball team. Despite her pleas to play in the games, Wilma remained a reserve for 3 full years where she watched, observed and analyzed the games. In her 4th year with the team, she finally made an appeal to be in the starting lineup and when her wish was finally granted, she dazzled everyone by leading the team to an undefeated season and the state championships. Though they lost the championship title in the end, Wilma Rudolph earned the attention of the women's track coach, Ed Template at Tennessee State University and was invited to join the "Tigerbelles", a premier women's track & fields team in the region. At that time, she was only a high school student!

Joining the “Tigerbelles” gave her a different perspective. Running was no longer a gift that she took for granted like she used to when she won the tracks in school meets easily, as she lost every race in her first official track meet with the team. Her continued efforts paid off as she turned out to be so good that the Tigerbelles invited her to join them in the 1956 heats for the national Olympics team. Not only did she make it into the team, she did well enough in the Melbourne Olympics to win a bronze in the 100-metres relay. At that time, she was only 16!

Shining Through Rome 1960

She made it to the Rome Olympics to compete in 3 separate events. Although she suffered from a sprained ankle then, she did not let it affect her performance and shocked the world by winning in an amazing fashion, breaking the World record (even though it was disputed later due to a claim of the strong tailwind) and the Olympic record in both the 100-metre & 200-metre races respectively. Even during their first heats of their 400-metres relay, Wilma Rudolph and her teammates had already broken the World record. A win was imminent for them in the finals, if not for a bad baton pass resulting in Germany and Russia taking the lead. However, her strong will to win propelled her to catch up and still win the race at only 0.3 seconds ahead of the second placed runner.

Wilma Rudolph’s extraordinary achievements in Rome 1960 made her a darling of the European press who gave her the nickname “The Black Gazelle” and “The Black Pearl”. Undisputedly, she also became the first woman in American history to win 3 gold medals in the Olympics and was crowned “the Fastest Woman in the World”.

After that, Wilma Rudolph continued to be active in her sport mainly as a coach in high school track, sports commentator and mentor to famous African-American female athletes such as Jackie Joyner Kersee and Florence Griffith Joyner who became the next woman to win 3 gold medals. Both of them were remarkable women who were pretty much engaged in Wilma’s spirit, even when she died of brain cancer at 54 on Nov 12, 1994.

Wilma Rudolph is a great reminder to us that we can overcome life’s adversity with determination and sheer will power. Some reflections :

(1) Your Reality is Formed By What You Think Not What Others Think

Now, if Wilma’s mother had believed in the doctors’ advice, what would have happened? Not to say that doctors’ advice is not necessary or important. It is. But restrictions set upon by others is merely a perception of what they think is right for you at that moment of time. It’s still your perception of your reality that determines the result. If you choose to assume theirs as yours, most likely you’ll find yourself living in someone’s expectations of you, both good or bad.

(2) Humility to Learn from Your Failures

Well, I shouldn't even call them failures. They're outcomes. Wilma easily picked herself up to learn from her competitors even after losing every race of her first official meet. While most people would shut themselves in their rooms, crying over their defeat, Wilma Rudolph spent her time analyzing areas that she was weak at (i.e. starts) and keep practising until she got it right or even much better than her competitors

(3) Action & Persistence Are the Keys

Wilma had dreams, goals but it was not having dreams or goals that allowed her to have such achievements, it was action. She wanted to be able to walk like every kid on the block, so she worked on her therapy exercises and practiced walking without the braces. She wanted to be in the starting lineup for the basketball team so, she honed her techniques and acquired her coach's analytical skills and fought for an opportunity to perform. She wanted to be win a gold medal for her races in the 1960 Olympics and hence, she kept a 4 year intensive training schedule! 4 years! How many of us have given up after just 6 months or even a month's work on something we wanted to achieve?