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Resistance or weight training will not only help you lose weight, but help maintain the loss, here is why:

- More calories are burned as muscles keep your metabolism revved up
- When losing weight, up to 25% of the loss may come from muscle, resulting in a slower metabolism. Weight lifting will help preserve or rebuild any muscle you lose and therefore maintain or even increase your metabolism.
- Muscle helps you with aerobic exercise. The stronger you are, the better you will be with an aerobic activity.
- Weight training improves your body's muscle-to-fat ratio (so you end up with less body fat and more muscle), which improves your health, your fitness level and appearance.

(Taken from Weigh-Less Magazine March/April 2009)

DIE REDES WAAROM 'N GOEIE MULTI-VITAMIEN AANVULLING BELANGRIK IS

Die onderstaande beroofs liggame van waardevolle voedingstowwe. Wanneer dit gebeur verswak ons immuun stelsel outomaties.

Slegte eetgewoontes

Wanneer ons liggame 'n tekort aan vitamienes en minerale het kan ons "cravings" begin ontwikkel wat dit moeilik maak om 'n gesonde gewig te handhaaf. Gewoonlik begin ons meer eet omdat die liggame opsoek is na hierdie voedingstowwe waarin ons 'n tekort het.

Eet jy baie geprosseseerde voedsel of wegneem etes?

Jy sal nooit weet wat die voedingswaarde van n kits-ete in vergelyking met 'n gesonde tuisgemaakte maaltyd is nie. Dit is waarom vitamien en mineraal aanvullings so belangrik is.

Stressvolle lewensstyle

Enigiets van luister na harde musiek tot motorsleutels wat gesoek word laat jou bloeddruk styg en veroorsaak dat jou liggame stres-chemikaliee uitstuur. Hierdie liggamsfunksies (ketting-reaksies) kan 'n afname in

energie en gesondheids probleme veroorsaak. Die inname van aanvullende vitamien en minerale kan beskerming bied teen die uitwerking wat stres op jou liggame het.

Kry jy gou verkoues en griep?

Jou liggame se immuunstelsel is dalk nie sterk genoeg om infeksies doeltreffend te beveg nie. Dit is hoekom dit belangrik is om 'n goeie multivitamin aanvulling te neem om jou immuun sisteem te versterk sodat dit beter in staat kan wees om infeksies te kan beveg.

Omgewings besoedeling

Word jou huis of werks-omgewing besoedel deur chemikaliee, rook en stof? Hierdie is alles wat deur die liggame opgeneem kan word, deur asemhaling of deur die vel. Dit bou op in die liggame en veroorsaak verskillende reaksies wat ons gesondheid beïnvloed. 'n Goeie voorbeeld is die verband tussen huishoudelike stof en hooikoors. Addisionele inname van anti-oksidente kan help om die effek wat omgewings-besoedeling vir ons inhoud te bekamp.

Rook jy?

Rook vernietig Vitamien C en B in jou liggame. Een sigaret vernietig 25mg Vitamien C in jou liggame. Vir elke sigaret wat jy rook neem jy een stap terug wat jou gesondheid aanbetref.

Streef jy na die ideale gewig?

Die liggame funksioneer op sy beste as dit die regte liggams gewig het. As jy ekstra gewig saam met jou dra werk jou liggame harder en het jy 'n aanvulling nodig vir jou liggame om optimaal te funksioneer. Om ondergewig te wees veroorsaak 'n verswakte sisteem omdat die liggame nie genoeg voedingstowwe inneem nie. In albei gevalle is 'n goeie vitamien en mineraal aanvulling nodig.

-Geneem van Health blog.-

Evox kan al die probleme oplos met Synervite Daily, 'n volledige voedings aanvulling met al die nodige vitamien, minerale en anti-oksidente.

Testimonials

"Ek oefen al baie jare in die gym, maar vandat ek met die Power Plate oefen het ek in 'n korter tyd resultate gesien soos bv. gouer sterk geword, beter "getone" en gouer fiks geword. Dit is nie 'n quick fix om maer te word nie, want jy moet nogsteeds hard werk. Dit spaar my meer tyd, omdat die masjien so effektief werk. 'n Ander positiewe punt is dat my beendigtheid in 2 jaar in albei heupe met 4% verbeter het. Ek kan die Power Plate definatief aanbeveel." -Marthie van der Vyver

"What's great about Power Plate is that it is a quick and very effective workout with your own personal trainer. After my first session I could already see a difference. Yolandi is fantastic – she encourages you to push yourself to a level that you wouldn't reach on your own in a gym. Being a mom leaves you with very little time for yourself – that's why I love Power Plate – at last I have found exercise I can stick to!" -Joan Louw

"POWER PLATE! Just love it. A great 20minute workout! Now I know why frogs so often sit on creepy crawley pipes! Yolandi ur a STAR!x" -Janet Larney



Die Power Plate deur die oë van 'n Fisioterapeut

Power Plate uit my oogpunt as 'n fisioterapeut is fantastiese oefening.

Die tipe ofening word deur 'n professionele "personal trainer" aangebied wat verseker dat die oefening, terwyl jy op die Power Plate is, korek en effektief uitgevoer word. Die voordeel van Power Plate is dat al jou stabiliserende spiere

konstant aktief is terwyl ander spesifieke spiere ge oefen word, bv. bo-been spiere, met ander woorde terwyl jou maagspiere ge oefen word en dus jou rug beskerm word, oefen jy met of sonder gewigte 'n spesifieke spiergroep. Die Power Plate se vibrasie is lig sonder enige geskud, wat die sirkulasie verbeter en oefening vermoelk op 'n veilige maar wel effektiewe wyse.

Alle oefeninge word aangebied vir jou persoonlik, met in ag naging van jou ouderdom, behoefte en fiksheid. Ek self oefen weekliks op die Power Plate en kan dit definatief aanbeveel.

Amanda de Waal

POWER-PLATE®



Most people still believe that getting fitter is about the duration of the training, but it's the intensity of the training that gives the result. By assuming various positions on the Power-Plate you can stimulate different muscles and muscle groups. Power-Plate makes it possible to achieve fast and easy results in almost every part of the body.

Effects

Increased metabolism
Using the Power-Plate® will intensify fat burning and improve the basic metabolism, reducing the subcutaneous layers of fat. Special massage exercises will also target specific problem areas.

Increased muscle strength

During a Power-Plate program almost 100% of all muscle fibers in all muscle groups involved are activated. Clearly increasing both strength and muscle stamina.

Cellulite and cosmetic consequences

Massage programs on the Power-Plate loosen up coagulated tissues and adhesions, break down fat cells and improve the mobility of tissue layers. As cellulite is broken down and the connective tissue is reinforced, the skin tone will improve.

Pain reducing

Due to increased blood circulation and the extra stimulation of the nerves, pain is diminished. The increase in muscle tension during training often leads to a reduction of residual tension which also reduces pain.

Improved flexibility

Intense circulation and warming of the muscles and tendons will enhance flexibility of the body as well as loosening tension, coagulation and adhesion of body tissues.

Improved fitness

As the muscle tissue gets stronger more will be required of the supply systems in the body, including the heart. This will lead to improved efficiency of all of these systems.

Activated circulation

During a Power-Plate program the muscles work as a pump that introduces blood into even the smallest blood vessels at up to 50 times per second. This ensures that cells are provided with fuel very rapidly. As a result, the body will also carry off waste products much faster, leading to improved regeneration.

Improved coordination

Since all receptors in the body are stimulated simultaneously, both the inter- and intra-muscular coordination will improve. Reactions and sense of balance are also developed causing an immediate improvement.

Increased bone density

The Power-Plate stimulates the growth of bone tissue. Scientific research has shown that bone-density increases after training on the Power-Plate. Combined with stronger muscles and an improved sense of

balance it offers a positive contribution to the battle against osteoporosis and reduces the risk of falling for the elderly in particular.

Power-Plate generates natural stretch reflex

The human body has natural reflexes such as the eyelid reflex, the touch reflex and the stretch reflex. The stretch reflex is that which occurs when a doctor taps your knee with a hammer, this causes a reflex that extends the leg. The Power-Plate generates a continuous special stretch reflex called the Tonic Vibration Reflex in all involved muscles.

Power-Plate generates 30 to 50 reflexes per second. The special vibrating platform stretches the muscles, which activate Tonic Vibration Reflexes. Because the Power-Plate vibrates at 30 to 50 times per second, these involuntary muscle contractions happen at the same speed.

Power-Plate activates 95 to 97% of the muscle fibers. Not only will your muscles contract and relax at very high speed, but also the amount of muscle fibers in every single muscle involved exceeds the amount of muscle tissue utilized in regular training. For most people in conventional training a maximum of 40% of the muscle fibers per muscle are recruited. The Power-Plate vibrations recruit between 95% and 97% of the muscle fibers. This also means that the deeper posture and stabilizing muscles, such as the spinal muscles and the pelvic basin muscle, that are normally hard to train, can be stimulated. But how does this reflex create stronger muscles and increase fitness and health?

Power-Plate changes the acceleration factor

For years we tried to become stronger and healthier through weight training. Adding extra weight made the muscle adapt to this heavier load and become stronger. This is what the Greeks did in ancient times and this is what we still do. Now there is Power-Plate, where we change the acceleration factor instead of the weight with much less strain on the ligaments and muscular skeletal system and no more long exhausting sessions.

How To calculate daily protein need (the easy way):

Desired body weight _____, in kilos times 0.8-1.2 grams; in pounds times 0.36-0.6 grams; equals _____ grams per day. Use the lower figure if you are in perfect health and physically fit. Use a higher number if you are under stress, emotional or physical. The highest number, 1.2 grams per kilo, is used pre- and post-surgery, during pregnancy, after illness and for weight training.

Example: A healthy man, 79.54 kilos, exercising regularly with no health problems would need 72 (71.59) grams of protein per day. That works out to about 24 grams per meal. If stressed or ill the calculation might go as high as 95 grams per day.



What is "spot reduction?"

It's the false believe that exercising a specific muscle will result in a decrease in the amount of fat in that area. Fat loss is only a combination of healthy nutrition and increase in overall activity.

At PowerFit Studios we believe that looking great and feeling confident is far more important than any scale can possibly dictate.

Announcement:

Christine, will be helping me out on occasion, mostly on Wednesdays. Please feel free to contact me with any questions or queries in regards to trainers or training.

FOR MORE INFO OR ANY ENQUIRIES

SMS or Call Yolandi
on 079 434 6085 / 021 880 0635

5 Paradyskloof Centre

c/o Strand Rd & Blaauwklippen Rd

Stellenbosch

ghia

coffee shop