

WELCOME TO
Core Essentials

Topic:

“AB FLAB SOLUTION”

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Blasting Fat Around the Waist

What is the Best Approach



PRELIMINARIES

Spot Reduction is a myth!!!



SPOT REDUCTION IS A MYTH

Most individuals are structuring their program on the false premise that doing endless sets of crunches, will reduce the fat around the midsection, hence, spot reduction.

THE SPOT REDUCTION MYTH

- Spot reduction implies that it is possible to target fat loss from specific areas of the body.
- **You cannot (I REPEAT) you cannot target fat loss from a specific part of your body.**
- When you target a specific area of the body, you are stimulating the muscles, but it has no effect on the fat that is burned in that specific area.

THE SPOT REDUCTION MYTH

- Fat loss occurs systemically or throughout the entire body as a whole.

- **THE TRUTH:**

Everyone has 6-pack abs, the problem is that they are buried behind a layer of fat.

THE SPOT REDUCTION MYTH

•BOTTOM LINE:

- Any program or trainer that claims to deliver a washboard abdominal area is essentially a FAT-LOSS program!!!!

- The program I'm going to discuss today, will involve abdominal training, but more importantly, include a dietary component and fat burning cardio exercise.

SPOT REDUCTION IS A MYTH

Abdominal/core exercises are important and will strengthen and support your lower back but don't be fooled into thinking that endless crunches will shed the fat around your midsection.

You don't need to train abdominals everyday, they need to recover like any other muscle in the body, Especially if you are doing weighted ab work.

2-3x/week is sufficient.

Later we will be demonstrating specific abdominal exercises later, for all levels of fitness and once and for all, define the what the 'CORE' is

SO, WHAT IS THE “AB FLAB SOLUTION”

The “AB FLAB SOLUTION” is a 4-PRONG approach that involves the following:

1. **Readiness to change**
2. **Sound dietary practices based on science**
3. **Cardio Exercise that goes beyond machines**
4. **Abdominal Exercises**

Although I strongly encourage a full body strength workout (3X/week), time constraints will not allow me to include it in this show.

READINESS TO CHANGE

5 Stages of Change:

1. **Precontemplation**
2. **Contemplation**
3. **Preparation**
4. **Action** – This is the stage I can truly help people reach their fitness goals.
5. **Maintenance**

Motivation exists along a continuum of readiness.

You could have the BEST program for weight loss, but if the person's not ready, they often fail. On the other hand, you could have the WORST program but if the person is ready, slim fast will work. It's all about readiness.

READINESS TO CHANGE

I do the following strategies to foster change in the individuals I train:

•Commitment Sheet –

- They write down their fitness goal (in this case fat loss around the waist). I use calipers and tape measure to determine baseline data.
- They also write down a goal date at which we both agree is realistic.
- They write down the obstacles and the rewards (I find the people who don't write any obstacles* down, usually tend to be less successful in their quest). *No obstacles=pre-contemplation, if no obstacles, how did they get to the weight they're at?*
- They write down a plan of action to achieve the goal.
- I ask the client to distribute a copy of the commitment sheet to 3 people, which builds accountability.

READINESS TO CHANGE

I also encourage:

- *Social Support*

Individuals who join Weight Watchers, Transitions*, OA, or any other organization where they get social support and have to be accountable to someone are more likely to be successful in their weight loss efforts.

*Read my clients e-Mail about Transitions

www.changeyourfattitude.com

- *Keep a Food Diary*

Individuals who record their daily intake of food in a journal, tend to be more successful, especially the first few months. I can attest to this personally*.

*My experience with weight loss.

S.M.A.R.T. GOALS

S = SPECIFIC (GOAL MUST BE SPECIFIC)

M = MEASURABLE

A = ACTION MUST BE TAKEN

R = REALISTIC

T = TIME LINE

In my experience, if you can look at transformation in 12 week steps, it's within someone's reach. It's too overwhelming to think too far ahead in the future. After the first 12 weeks, you will see the results, this will fuel your motivation to continue.

PUTTING THE 12 WEEKS IN PERSPECTIVE

If you take the average lifespan – which is about 75 years, 12 weeks is only .3% of your life, this puts it in perspective – 12 weeks is not a long time.

SO WHAT'S THE BEST DIET FOR LOSING BELLY FAT

Before we answer this, let's discuss a few misconceptions about dieting in general:

- There is no MAGIC BULLET
- There is no MAGIC DIET PLAN that works for everyone*
- There is no MAGIC FOOD that will shed fat off your body

****KEEP IN MIND, THE DIETARY PLAN I PROPOSE. ALTHOUGH BASED ON SCIENCE, MAY NOT BE THE ONLY WAY TO SHED EXCESS WEIGHT.***

SO WHAT'S THE BEST DIET FOR LOSING BELLY FAT

Case in Point:

A study from Children's Hospital in Boston showed that "Apples" – People who store fat in the abdomen, lose more weight on low-carb diets (essentially a low glycemic diet, which I'll talk about later).

Apples secrete more insulin which makes them store more fat in the gut.

Those who store fat in their legs and butt (pears) secrete less insulin during digestion and will lose weight on ANY reduced calorie diet.

We'll talk more about insulin and it's effects on weight loss next.

DEFINITION OF TERMS

Before I go into detail about the diet, we need to define some terms:

- ***Insulin*** – a storage hormone that is produced from the pancreas that ushers glucose into the body's cells, where it can be used for energy. Insulin also ushers protein into the cells for protein synthesis (muscle growth). Given this fact, insulin is also referred to as an anabolic hormone.

DEFINITION OF TERMS

Insulin (continued)

•Chronic consumption of carbohydrates , in particular, refined carbs & starches, can increase the production of *insulin* to pathological levels (especially “Apple Shaped” individuals) which in turn may cause a host of negative consequences:

- High Blood Pressure
- Increased triglycerides (fat in your blood)
- Heart disease
- Obesity (in particular, central adiposity or fat in the midsection)*

DEFINITION OF TERMS

Silent Inflammation

- There are 2 types of inflammation, the first type that hurts, the 2nd type is “silent inflammation” below the perception of pain, and can linger for years & decades which can attack your heart, brain, immune system, and even cause cancer.
- **This type of inflammation, some believe, is the underlying cause of chronic diseases and obesity.**
- According to Dr. Barry Sears, Author of “Toxic Fat”, “As silent inflammation increases, it begins to disrupt hormonal signaling patterns, especially those that control hunger and how fat is released for energy.”

DEFINITION OF TERMS

Silent Inflammation (continued)

- The diet presented here is designed to discourage this “silent inflammation” and promote fat loss.
- One of the ways to determine if you have silent inflammation is to:
 - Ask your primary care physician (at your next physical) to measure your CRP (C-reactive Protein) levels in your blood (blood test). A high-sensitivity CRP (hs-CRP) blood test is what you should request.

DEFINITION OF TERMS

Low Glycemic Diet

- The “Glycemic Index” (GI) measures how much a 50-gram portion of carbohydrate raises a person’s blood-sugar levels compared with a control (usually white bread or glucose).
 - Simply put, after consuming a carbohydrate, the faster it gets released from your small intestines and into the blood stream, the greater the insulin spike (bad), the slower it gets released the lesser the insulin spike (good). This translates to curbing your hunger and you’re less likely to overeat. The diet presented here promotes low glycemic carbohydrates predominately.

DEFINITION OF TERMS

Two Types of Fat in the Gut

Visceral Fat

Subcutaneous Fat

- Visceral fat is located deep within your abdomen beneath the subcutaneous fat which is the fat under your skin.
- Visceral fat cannot be seen but the more you weigh the more visceral fat you're likely to have (excluding bodybuilders).
- The "V" stands for vicious.

DEFINITION OF TERMS

Visceral Fat (continued)

- Visceral fat produces chemicals such as:
 - TNF (Tumor necrosis factor)
 - Interleukin-6
- These chemicals (with fancy names) raise levels of chronic inflammation in your body causing a cascade of negative consequences I alluded to earlier,
 - High blood pressure, Diabetes, Pre-diabetes, heart disease, stroke, and OBESITY.

DEFINITION OF TERMS

Cortisol

•Cortisol is a “stress” hormone and is released when blood sugar is low. After an intense & exhaustive workout your glycogen (which is stored sugars in the muscles & the liver) can run low on supply.

So physical or mental stress can release cortisol and contribute to belly fat as well. So if you can meditate/relax for at least a ½ hour a day and consume a protein shake with fast acting sugars like a banana after your workout, you should minimize the effects of cortisol.

DEFINITION OF TERMS

Essential Fatty Acids

- Essential Fatty Acids (or EFA's for short) are fats that are absolutely required for good health but we can't manufacture them, we have to ingest them in our diet.
- This diet includes them.

SO WHAT'S THE BEST DIET FOR LOSING BELLY FAT

SUMMARY OF THE DIET:

Discourages inflammation (which, in turn, lower CrP)

- Consists of mainly “Low-Glycemic” carbohydrates that don't spike your insulin levels which in turn encourages fat loss.*
- Will decrease visceral fat.*
- Consists primarily of whole grains (not refined carbohydrates) which changes the glucose and insulin response and makes it easier to mobilize fat stores.*
- Consists of healthy fats (and whole grains) that will discourage inflammation in the body.*
- Includes generous portions of lean protein which can maintain muscle mass when dieting and curb hunger.*

THE DIETARY PLAN THAT BANISHES BELLY FAT

The first step is to determine caloric needs.

One Basic Formula is called the
Harris Benedict Equation:

Although, this is a fairly accurate method of determining caloric needs, it is a bit complicated, therefore, I'm going to make it simple and easy.

**EAT (4) 400 CALORIE MEALS PER DAY,
PLUS AN OPTIONAL 300 CALORIE SNACK
FOR LARGER OR MORE ACTIVE PEOPLE.**

THE DIETARY PLAN THAT BANISHES BELLY FAT

NOTE:

-Although I will go over a sample day of 4 meals and a 300 calorie snack, keep in mind, when I work with a client, I have 10 choices per meal for added variety.

-I will go over, however, the basic guidelines of what types of carbohydrates, proteins, and fats you should be consuming, so you can be empowered to make the right choices.

THE DIETARY PLAN THAT BANISHES BELLY FAT

Dietary Guidelines for Carbohydrates:

-Refined (or white) carbohydrates have a high glycemic index which can cause your insulin levels to spike and then drop leaving you tired and hungry (especially to the “Apple” shaped person).

CHOOSE THE FOLLOWING TYPE OF CARBS:

-Fruits (occasionally juice is OK but stick w/fruits).

-Fresh Vegetables (esp. greens, limit starchy ones).

-Whole Grains (brown rice, oats, oatmeal, whole wheat bread, popcorn, Quinoa, just to name a few).

THE DIETARY PLAN THAT BANISHES BELLY FAT

Carbohydrates (continued):

-Foods labeled with the words “multi-grain, “stone ground”, “100% wheat” , “seven grain” or “bran” are usually NOT whole-grain products.

-Color is NOT an indication of a whole grain. Bread can be brown because of molasses or other added ingredients.

-Studies reveal that individuals that consume whole -grains lose more body fat from the belly and decrease CRP levels considerably.

(Katcher, et al, AJCN, January 2008)

THE DIETARY PLAN THAT BANISHES BELLY FAT

Dietary Guidelines for Proteins:

- Consuming adequate protein while on a weight reducing diet can curb hunger and to some extent, maintain LBM.
- The best sources of lean, high quality protein are:**
 - Whole eggs and egg whites
 - Skinless white-meat poultry**
 - Fish and seafood
 - Low-fat dairy**
 - Beans and legumes (black beans, chickpeas, edamame, green beans, peanuts) *Legumes and grains=complete protein for those individuals who are vegetarians.*

THE DIETARY PLAN THAT BANISHES BELLY FAT

Dietary Guidelines for Fats:

-Not all fats are bad for you. Matter of fact, Omega 3* fatty acids (salmon, flax seeds, walnuts) can reduce inflammation, decrease platelet aggregation (preventing blood clotting), & improve insulin sensitivity, just to name a few of the many benefits.

- **Consuming too much Omega 6 (safflower, sunflower, and corn oil) and not enough Omega 3 can disrupt the normal balance of Omega 6 to Omega 3. Ultimately, there should be a 4:1 ratio (omega 6 to Omega 3) but this ratio for many people is 20 to 1, which sets the stage for inflammation.**

**Consult with your physician if you are on a blood thinner (omega 3 thins your blood as well) or if you have type 2 diabetes, which may increase fasting blood glucose.*

THE DIETARY PLAN THAT BANISHES BELLY FAT

Dietary Guidelines for Fats:

Good sources of fats:

- Choose fatty fish, such as salmon (or fish oil supplement—such as Zone Omega/rx or Minami or Nordic Naturals)
- Choose cooking oils such as olive oil and canola oil.
- Choose all-natural peanut or almond butter.
- Walnuts/Flax seeds

LIMIT OR AVOID SATURATED* & TRANS FATS

LIMIT CORN OIL, SAFFLOWER OIL, AND SUNFLOWER OIL AS THESE OILS CONTAIN MAINLY OMEGA 6 FATTY ACIDS.

*If you consume 1600 calories/day, you should not exceed 10% of those calories from saturated fat ($1600 \times 10\% = 160$ / 9 cal/gram=18 g of sat fat/day

THE DIETARY PLAN THAT BANISHES BELLY FAT

Bottom Line of Fats:

More & more scientific research supports essential
fats in your diet:

Case in Point:

Penn State University assigned 53 overweight
woman & men to a low-fat diet packed with carbs or
a higher-fat diet with plenty of monounsaturated fat
(MUFA), the MUFA saw a 20% greater reduction in
visceral or belly fat*.

*Source: Pelkmann, et al. AJCN, February 2004

SAMPLE MENU

Breakfast

APPLE ALMOND BUTTER TOAST

(Spread 2 slices whole wheat bread, toasted (140), with 2 tablespoons ALMOND BUTTER (200) and top with 4 thin apple slices (13))

TOTAL CALORIES=351

11 g protein, 38 g carbohydrate, 21 g fat*, 2 g saturated fat, 0 mg cholesterol, 460 mg sodium, 6 g fiber.

SAMPLE MENU

Breakfast (continued)

*Remember, don't get freaked out by the amount of fat calories in this meal, this is heart healthy fat which will fill you up. You don't need to run scared of good fats, they are not the enemy, it's the overabundance of calories, particularly refined sugars that is responsible for weight gain.

SAMPLE MENU

Breakfast (on the run)

1 Clif Bar -chocolate chip/**240 calories**

44 g carbs/5 g fat/1.5 g sat fat/10 g protein/0 mg cholesterol
140 mg sodium /5 g fiber/14-17 grams of whole grains

Raw Almonds (10 pieces)/**100 calories**

3.5 carbs/7 g fat/trace sat fat/5 g mono fat
4 g protein/0 mg cholesterol/0 mg sodium/1.5 g fiber

Organic Valley String Cheese (1 string) /**80 Calories**

0 g carbs/6 g fat/3.5 g sat fat/7 g protein/20 mg cholesterol
210 sodium/0 fiber (available at Whole Foods Market)

Total Calories=420 calories

SAMPLE MENU

Lunch

SALMON DELIGHT

3 OZ. SALMON*

2 CUPS MIXED SALAD GREENS

1 CUP GREEN BEANS, STEAMED

1 SMALL RED POTATO, BOILED

5 BLACK OLIVES

FRESH LEMON, SALT, PEPPER TO TASTE

1 SLICE WHOLE WHEAT BREAD (NO BUTTER)

**Grill, poach, bake, or broil salmon. Pile 2 cups of mixed salad greens onto a large dinner plate, top the greens with beans, potato, olives and the cooked salmon.*

TOTAL CALORIES=401

28 g protein, 30 g carbohydrate, 8.5 g fat, 2 g saturated fat, , 7.5 g fiber.

SAMPLE MENU

Lunch (on the run)

Wendy's™ Large Chili=~280 calories

Add 2 tablespoons of pumpkin seeds (this you have to bring with you)=~125 calories

TOTAL CALORIES=405

Sorry no breakdown.

SAMPLE MENU

Snack

Blueberry Smoothie

Blend 1 cup fat-free or soy milk (83 cal), 6 oz nonfat plain yogurt (80 cal) and 1 cup frozen blueberries (79 cal), 1 tbsp organic flaxseed oil (120 cal) for 1 minute.

You may want to prepare this in the morning and take with you in a thermos or prepare at work if possible.

TOTAL CALORIES=362

16 g protein, 45 g carbohydrates, 15 g fat, 1.5 g sat fat, 10 g cholesterol, 210 mg of sodium, 4 g fiber

SAMPLE MENU

Dinner

4 oz Extra-Lean Ground Beef (15% fat)

Mixed greens

1/2 cup mixed berries and/or melon

Grill or broil a 4 oz. lean hamburger patty. Serve on a whole wheat English Muffin with the salad on the side.

TOTAL CALORIES=402

*27 g protein, 17 g carbohydrates, 14 g fat,
~4-5 g sat fat,*

SAMPLE MENU

Dinner (Frozen Dinner)

Amy's Black Bean Enchilada Whole
Meal

*Add 10 Large green or black olives
(or 5 of each)*

TOTAL CALORIES=380

No more info, sorry.

Try to drink water with each meal. No soda's.

CLOSING COMMENTS ON DIET

This is just a sample list, as I said, if I'm working one-on-one with someone we pick the most appropriate meals together based on their likes and dislikes.

Check with your physician before changing your diet.

Ideally, if you can work with a registered dietitian, this would be best.

EXERCISE COMPONENT

Right now, I want to go on location to Ten x Club in Natick Mass, and go over the exercise portion of this program, which consists of an abdominal and a cardio program.

End of Part 1