



Welcome to the HealthPT newsletter. The objective of this newsletter is to provide health and fitness tips along with current research to help you in your training & achieving your goals.

This month we will focus on:

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## **Protein & Health**

For a long time now protein has been considered an afterthought to carbohydrates and fats in regards to human health. However, advances in research have shown that consuming high quality protein can promote optimal wellness and vitality.

Protein is an important building block in bone, muscles, cartilage, skin and blood. Along with fats and carbohydrates, proteins are “macronutrients,” meaning the body needs relatively large amounts of them. But unlike fat and carbohydrate, the body does not store protein and therefore has no reservoir to draw on when it needs a new supply. We need to try to have some protein in every meal.

Some of the most interesting research is protein’s affect on body weight. Protein has the ability to abstain hunger and therefore decrease overall kilojoule (kJ) intake. If, for instance you eat the equivalent in kJ of chicken versus white pasta, you will likely be hitting the fridge sooner after the bowl of pasta.

New research has shown that carbohydrates, fat and protein all act differently in our bodies & also that protein will in fact use more kJ during digestion than carbohydrates & fats.

### **How much protein do we need?**

The general guideline for protein intake for the average person is 0.8-1.0 grams of protein per kilogram of body weight. However for someone that is exercising regularly the requirement would be more in the range of 1.2 – 1.5 grams of protein per kilogram of body weight. For those who are doing regular resistance training you should aim for 1.4-1.8 grams of protein per kilogram of bodyweight.

As previously mentioned if you can aim to include some protein in every meal, that will be easier than trying to eat a large portion in one sitting.

## So how much protein is in the food we eat?

Breakfast is one meal that the majority of people consume very little if any protein which can result in as many as 17 hours passing between dinner the prior evening & lunch without the body being provided the protein it needs to function. Common breakfast choices include fruit & yoghurt, toast with vegemite, commercial brand cereals which are very high in sugar – these choices contain no protein at all (albeit a small amount from milk that accompanies cereal) & can then result in mid morning hunger & snacking to get through to lunchtime.

Note: many commercial brand breakfast cereals promote themselves as being high in protein but remember, just because you are focusing on protein you can't forget about the overall kJ intake. If you are trying to lose weight there is no point eating a high protein cereal that is 25% sugar; the high sugar content totally negates some of the benefit of the protein (particularly in relation to controlling appetite)

Better alternative breakfast options include:

- Boiled egg on wholegrain/soy linseed toast
- Unprocessed muesli (look for one with lots of nuts & seeds and not too much dried fruit)
- Fruit & yoghurt but sprinkled with nuts & seeds (shaved almonds are a good option)
- Ham and/or low fat cheese on wholegrain toast
- Cottage cheese on wholegrain English muffin

Similarly for lunch, a turkey or chicken or cheese & salad sandwich is a much better protein rich option than just a salad sandwich. Wholegrain bread is preferable & condiments such as hommos & avocado are a great nutrient rich choice versus mayonnaise & margarine. Cottage cheese is another great addition to sandwiches.

The simplest way to identify how much protein is in your food is to check the nutritional label on the packet. For unpackaged foods, you can refer to a website such as [www.calorieking.com.au](http://www.calorieking.com.au) – some samples listed below.

Food Type	Amt of Protein (g)
150g chicken breast fillet	46.5
150g beef steak	48.0
1 X egg	7.5
150g fresh fish	35
½ cup lentils	17.8
95g tin of tuna	20.9
100g turkey breast	30
1 thick slice cheddar cheese	7.8
½ cup low fat cottage cheese	16.4

Do not hesitate to contact me if you would like more information on the above and/or to discuss your own nutritional needs & goals.

## Is it time to review your program?

For those of you that I have set a program for & are training on your own, remember that after 4-6 weeks your body will adapt to the exercises therefore programs need to be

constantly updated so you can progress & gain the results you are looking for.

So if you are due for a program refresh or you need some motivation to get back into your program routine, call or email me now to arrange a time.

## Promotions

### 1:1 Boxing Session

Boxing is a high intensity full body workout that will increase your calorie expenditure and increase your overall fitness. Boxing also increases your self confidence, speed, coordination and core strength.

Come along for a 1:1 boxing session for only \$40 for half an hour (normally \$50)

### Newsletter Competition – Win a 1 hour Massage\*

Pass this newsletter on to family & friends & have them mention your name when they subscribe via <http://www.healthpt.com.au/newsletter.htm> to put you in the draw for a 1 hour massage.

\*competition closes 28<sup>th</sup> February, 2009 – prize drawn 1<sup>st</sup> March, 2009

## Outdoor Group Boxing

Weekly class held every Wednesday morning @ 6.30am - \$20 per person per session  
Give me a call if you would like to join us.

## Gift Vouchers

Personal Training gift vouchers are the perfect gift for the individual or couples all year around. Great for birthdays, morale for employees or a way to say thanks to someone – give the gift of good health & wellbeing. HealthPT can supply gift vouchers for any amount – either a 1 off program session or a series of training sessions. Just give me a call or [email](#) to discuss the options you have in mind as we can tailor a package to suit.

Regards,

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