



## **OVERCOMING BURNOUT: THE 3 KEYS THAT KEEP YOU FOCUSED, HAPPY AND COMING BACK**

**Overcoming Burnout:** The 3 keys that keep you focused, happy and coming back to exercise

We all get tired of working out sometimes. Even personal trainers and group exercise instructors get tired of the same old thing day after day. Research suggests that the majority of people who stop exercising report that the reason they stopped is that the exercise became too repetitive and boring. The second most popular reason for quitting was that they had reached a goal weight or body fat.

### **Strategy #1 Set new goals**

One day when you really don't want to go to the gym for a workout, take the time that you would normally spend at the health club or your home gym and set up a new plan for your self. If you normally spend an hour at the gym, dedicate 1 hour to setting new short-term, and medium term goals for yourself. Use those goals to help set up your new exercise plan. By taking the time to write down a plan, and investing in health, you increase the likelihood of sticking with a new plan. Also, a new plan is much more interesting than an old plan. The new goals also give you something to work towards. People who write down goals are almost twice as likely to succeed.

### **Strategy #2 Change something about your workout.**

Doing something that challenges you to think can spice up a workout and make it more bearable. Here are some things you can change to make workouts more exiting: Doing more reps, doing less reps, doing reps ultra fast or slow, change the order of exercises, pick new exercises. You can also try different types of exercise like yoga, step, spinning, swimming, racquetball, or specialty classes. You might find an exercise you didn't know you liked.

### **Strategy #2 Invest in yourself**

If you are someone who spends a lot of time and hard work at the gym you can easily get burnt out. You already invest money toward health club dues, why not spend a little more and get some new dry-fit material clothes or new shoes. Just having a new outfit or songs to listen to can increase the quality and fun of your experience at the health club. Don't forget about personal training. It is a great way to stay motivated and get new exercises all at once. Not to mention you can get the latest information about exercise, nutrition, and guidance toward a healthier body.

# DO DIETS WORK?

**Do Diets Work?** Late night infomercials will tell you yes. Exercise physiologists will tell you that it depends on the amount of calories you take in versus the amount of calories you burn. An exercise specialist who has seen and heard from hundreds of frustrated dieters, who have become fatter long term from dieting will tell you never to diet again.

The reality is that deprivation diets (restricting the amount of calories you consume) will help you lose pounds in the short term. By short term I mean the amount of time you are willing to subject yourself to restricting calories or going without carbohydrates, or eating only pea soup and green tea.

It is true that if you take in more calories than the body is going to utilize excesses will be stored as fat, but that doesn't mean cutting calories leads to fat loss. Diets based on deprivation always fail because your body's signal that you are starving is activated and it craves those things that you are depriving yourself of. The cravings become so strong that the dieter eventually gives up the diet and blames him/herself for the failure. This process can create a downward spiral of guilty feelings, frustration, self-doubt and despair.

When you go on a restrictive calorie diet your body will begin to catabolize (feed off of) muscle tissue. As you continue restricting calories your body produces a hormone called lipoprotein lipase, this hormone **keeps your body from releasing fat** as a mechanism to prevent starvation. The endocrine system doesn't understand why you're cutting calories. If you take in fewer calories than is necessary to sustain metabolism, protective mechanisms kick in to slow metabolism down. Muscle is more easily broken down and converted to energy than body fat. So your body chooses to consume its own muscle as the easiest method for creating energy.

Muscle is metabolically active tissue, by destroying calorie-burning tissue, the body will reach a new "set point" where it requires fewer calories to sustain metabolism. The outcome is a slower metabolism, the body will become better at storing fat, and the caloric intake that used to be required for maintenance will now lead to fat accumulation.

Continued calorie deprivation can lead to changes in thyroid hormone production, increases in lipoprotein lipase production, alterations in neurotransmission driving people toward sugars and fats (cravings), and inevitable abandonment of the diet.

It can be tempting to believe cutting calories is sound, but if you look at the evolution of our population and seek a correlation with the emergence of calorie-cutting diets, it becomes clear that diets are causing the population become fatter.

The diet industry succeeds primarily because it fails people. If restricting calories were the solution, wouldn't the first diet you tried have "worked?" It's important to allow common sense to jump in and open your mind to the possibility that the solution may lie in a strategy other than the one that is the most lucrative for diet sellers.

The bottom line is that muscle is what burns fat and calories in our body, if we restrict calories the body will take some of that muscle away and save body fat. The fact that we have less muscle means that we need less calories to support our body. When we go back to eating the way we did before the diet, we are taking in more calories than we need. This excess, leads to increased storage of body fat.

# MARCH HEALTHY RECIPE

## THAI CHICKEN ROLL-UPS

2 tablespoons (tbs.) creamy peanut butter  
2 tbs hot water  
1 tbs fresh lime juice  
2 teaspoons (tsp) chili garlic sauce  
1/16 tsp salt  
1/16 tsp ground pepper  
4 (8-inch) tortillas  
1 1/3 cups shredded cooked chicken breast  
1 cup fresh bean sprouts  
1 cup red bell pepper strips  
1/4 cup shredded carrot  
1/4 cup chopped green onions  
1/4 cup minced fresh cilantro



Combine first 6 ingredients in a medium bowl. Stir until smooth. Spread 1 1/2 tablespoons of this mixture over one side of each tortilla, then top each tortilla with 1/3 cup of chicken, 1/4 cup bean sprouts, 1/4 cup bell pepper, and 1 tbs each of carrot, green onions and cilantro. Roll up the tortillas.  
Makes 4 servings (1 roll-up per serving).

**Per Serving:** 312 calories; 10 grams (g) fat; 22 g protein; 34 g carbohydrates; 4 g sugar; 4 g fiber; 40 milligrams (mg) cholesterol; 336 mg sodium; 3 mg iron, 41 mg calcium.

Source: Idea Health and Fitness Journal 2006.

*Mac Dodds, M.A., C.S.C.S., is a Strength and Conditioning Specialist, Educator, Speaker, and Personal Trainer Certified through the National Strength and Conditioning Association since 2002.*

**To subscribe to this newsletter electronically send an email to [mac@healthynation.biz](mailto:mac@healthynation.biz) with subheading newsletter.**