



focus_contributor.

FITNESS UPDATE

with **RACHEL LEMAN**

FROM MISS MOTIVATOR



Do you find yourself working out at 110% each and every day and **STILL UNABLE TO SHIFT THE KILOS THAT YOU SO DESPERATELY WANT TO LOSE?** Are you desperately trying to stick to a meal plan that restricts calories and yet still nothing changes?

The number of times in my working life I have heard this story is countless. However for some reason so many women still believe that over exercising and under eating is the answer to the body of their dreams. Why do we continue doing the same thing over and over only to give up because the results don't come and we then feel like a failure?

You are not the failure! It's the belief that you have been conditioned to understand that training harder and eating less will get you "results". It's the princesses in the Disney movies and more recently social media influencers that we are surrounded with that skew our perception of "what" we apparently need to look like, and how we should go about it.

I wonder though? Have you ever truly looked at all elements of your current reality when you are thinking about your health and fitness? I encourage our members to look at the whole picture of their life when they are approaching a new fitness regime. I help them to understand what exactly they are wanting to achieve and why they want to achieve this. Sometimes the answers you find when you dig a little deeper can be quite different to what you would think of on the surface.

In very general terms, your overall health and

fitness can be broken into a few key elements including, volume and type of exercise, stress (both physical and mental load), sleep, nutrition, and NEAT (non-exercise activity thermogenesis) – everything that your body has to do in a day. All of these elements and how your body perceives them will also cause impact to your hormones, another thing to be considered when balancing your health and fitness.

Understanding where you currently sit within all of these areas of health is important to making positive progress towards optimal overall health.

When you are thinking about this, remember that our bodies are wired for survival in the big bad world. Our bodies can't tell the difference between work stress, late nights, endless to do lists or other internal stresses (such as our perception of things) and the requirement to run away from a tiger type of stress that our ancestors encountered.

While we are talking about stress, did you know that exercise is actually a form of stress on the body? Whilst exercise is absolutely necessary to reach optimum health, choosing the right exercise for you is really important, and there is such a thing as too much of a good thing. Too much High Intensity exercise can be seen by the body as a stressor – and this can result in the body holding onto fat stores no matter how

much more exercise or healthy food you add to your week.

It is also possible that you are restricting calories too much for your training load, signalling to your body that it needs to hold onto its fat stores as it's hard to maintain this level of output and food seems scarce right now. It had better hold on to what it has as long as possible!

Once you understand where you are currently sitting within each area of health you can start to implement lifestyle changes to assist with rebalancing them, giving your body and mind the chance to thrive.

At Miss Motivator we have a tool that helps us to work through this with members. It is important to understand where you are at, as unless we can get our stress hormones in check, or we are getting enough sleep for example, it simply doesn't matter how hard you train or how well you eat your body simply won't respond.

We will be running a Women's Wellness Workshop in July where will cover all of this and more, and provide participants with take home strategies to boost their health and fitness.

If you'd like more info pop in and chat with the team at Miss Motivator Women's Health and Fitness Centre at 2 Blackbutt Rd, Port Macquarie or give Rachel a call on 0438 388 552.