

Short Burst Exercise vs. Conventional Exercising

Plus, a new study of whole grape extract shows it can dramatically enhance effects even further!

KEY WORDS

exercise, fitness, grape extract, Peak Physical Performance™, rhodiola, kettlebells, weight lifting, physical development, fat loss, sports nutrition, athletes, athletic performance, endurance, physical training

This may surprise you, but at one time in my teens and early 20s, at 5'7" tall, my weight ballooned to over 250 pounds. When I was in the Marine Corps, I was encouraged to work out. Maybe "forced" is a better word, since the obstacle course and a regimen of 10-mile runs started every daily exercise routine. During the same time a Captain in the Marine Corps mentored me in weight lifting and physical exercise and introduced me to my first health food store in Oceanside, California. The lifestyle that I adopted then eventually brought me to where I am today – healthy, at an appropriate weight, and with a lifetime career in health, nutrition, physical development and fitness. It changed *my* whole life. Now I hope I can help you change *your* life.

Since I am very committed to keeping fit and healthy, I am always on the lookout for novel ways to enhance physical development and for supplements that impact my workout energy and power. I have recently been working with an *amazingly* effective method of physical training called "kettlebells," and coupling that with a product formula, **Peak Physical Performance™**, designed for strength and endurance.

First, let's talk about this fitness supplement because there is a new sports nutrition study with very impressive results. Peak Physical Performance™ relies on a proprietary blend of the clinically studied ingredients whole grape extract and high-rosavin Rhodiola extract (I like to call them the **Dynamic Duo**). The products' benefits combine enhanced circulation with reductions in oxidative stress, and measurable increases in strength and endurance. Enhancing muscle circulation (*especially* microcirculation) in turn reduces cramps, brings more nutrients to muscle, carries more waste away from muscles, and provides significantly more oxygen to reduce unnecessary anaerobic muscle activity

(which extends capability in aerobic exertion). This results in a better, healthier workout with reduced recovery time. Enhancing endurance is a result of cardiovascular and neurological support and reducing biomarkers of muscle fatigue. Additionally, pushing physical limits with serious exercise creates a great deal of free radical activity in the body that relies upon healthy levels of antioxidants that maintain proper levels before any damage is done.

Now, for the research: the unique whole grape extract used in **Peak Physical Performance™** was examined in a recent double blind, placebo-controlled clinical study of elite male athletes, and the results were published in the *Journal for Sports Science and Medicine* (Lafay S, Jan C, Nardon K, et al. Grape Extract Improves Antioxidant Status And Physical Performance In Elite Male Athletes. *JSSM*. Sept 1;8:468-480. 2009).

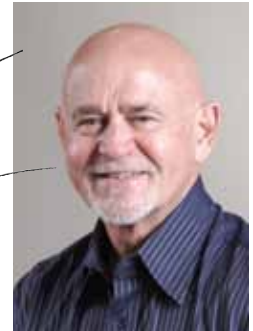


Vitis vinifera L.

Supplementation with the special grape extract found in Peak Physical Performance™ **improved endurance in handball players by 24% and explosive power by 6.4%** after *only one month* of supplementation. Exercise induced oxidative stress was significantly decreased (as measured by serum ORAC values and isoprostane excretion), as was post-exercise cell damage in muscle tissue (as measured by creatine phosphokinase, or CPK levels). This is further clinical validation that this product is a valuable tool for anyone who wants to get the most from their workout, and who wants to safely enhance their athletic performance.

Of course, you can't achieve optimal fitness by just taking a supplement. However, if you want to reach your peak, there is only one way to do it: you have to work out. And I have found a way

To your good health,
Terry... Naturally



for you to get into the best physical condition and have the best work out ever in the shortest amount of time, using kettlebells. This combines weight for strengthening and movements for cardiovascular health.

If you haven't ever seen a kettlebell, it looks like a cannonball with a handle and weighs anywhere from 5 lbs to 106 lbs. My goal was to give my 400+ muscles – including the most important muscle, my heart – a vigorous workout in the shortest period of time. I could not afford the time to work on individual muscle groups but still wanted to stay reasonably healthy, lean and toned. I started working out on my own with the kettlebells. My routine lasted 12-20 minutes, two or three times a week. Over a course of two years, I was able to stay in very good shape and did not lose the benefits of my prior exercise routine where I was spending 1-1½ hours on each work out. It was proof that I could stay as fit as before but with 75% less time than I had been devoting to exercise. This short burst form of exercising was new to me but others have spent more time researching it than I have. Another proponent of this form of exercise, Dr. Al Sears has designed an exercise program called PACE. This is a routine that everybody can do. You select the type of exercise and the degree of intensity. Combine with active rest in between the exercises and you have the best form of exercise in the shortest period of time.

More...

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

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Pg. 2

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Dr. Sears documented that a short workout routine with emphasis on high intensity and ample rest in between could accomplish more than a long, slow paced form of exercise. Researchers at Laval University in Quebec divided participants into two groups, a long duration exercise group and an interval short-term exercise group. They had the long duration group cycle up to 45 minutes without interruption. The short term interval group cycled in numerous short bursts of 15-90 seconds while resting in between. The long duration group burned twice as many calories so you would assume they would burn more fat. However, when the researchers recorded their body composition measurements, the interval group showed they lost the most fat. *In fact, the interval group lost nine times more fat than the endurance group for every calorie burned.* In the Harvard Health Professionals Study, researchers followed over 7,000 people. They found that the key to exercise is not length or endurance. **It's intensity.** The more energy a person exerted, the lower their risk of heart disease.



High intensity exercise can also help you live longer. Short interval exercise maximizes fat "after burn". Developed in the 1960's by Dr. Per Asrand, the term *fatrlek*, meaning "speed play", described this type of exercise used by the Swedes. The major benefits of interval training, or in other words short burst training or "SBT", raises levels of human growth hormone, burns more calories, taps the strength of large muscle fibers and develops more muscle and strength and greater fitness in less time.

While I do believe in physical activity, I'm not an advocate for very long distance run-

ning (marathons). Running a marathon creates an inflammatory storm in the body that is identical to early symptoms of heart disease. In Dr. Sears' research, he notes one study in particular that found 35% of marathoners had significant levels of arterial plaque compared to just 22% of non-marathon runners. That's an increased risk of over 50%. Long distance running is damaging because it creates large quantities of free radicals and inflammation. Heart attacks are just as common in long distance runners as they are in sedentary people. If you are going to continue to run marathons, I would encourage you to use a potent antioxidant supplement. I would recommend the clinically studied Peak Physical Performance™, as well as BCM-95® super-absorption curcumin, which is a very powerful anti-inflammatory, pain reliever and antioxidant. Among all foods, turmeric (containing curcumin) has the highest ORAC value of 159,227 (per 100 grams).

My Personal Workout

I have researched and personally experience the benefits of intense, short burst exercise. In my 12-20 minute exercise program 3-4 times a week, I primarily use a series of kettlebell swings and a stationary recumbent bike. I use either a 44 lb or 53 lb kettlebell and do a kettlebell swing 30-35 times, which takes about 20-30 seconds. This intensity is like running 200 meters as fast as you can. I then do a two minute rest on the lowest level on a recumbent bike, but you can walk or move in place for your two minute rest. I call this "active rest." This is to provide continued circulation of the blood and to remove lactic acid from the muscles. Depending on the level of fitness, people can start off with as little as a 5 lb kettlebell. Women will find the 5 or 10 lb kettlebell more than enough to start with, and men may want to do 10 or 20 lb for a good exercise regimen. Even if you can only begin exercising and doing a kettlebell-type swing using a 10 ounce can of peas, that would be a good place to start and progressively increase your intensity.

When the kettlebell swing is done correctly and over a sufficient period of time, every muscle in the body is working. (To see the kettlebells used correctly go to <http://www.artofstrength.com/minute-of-strength-e-news/minute-of-strength-92.aspx> and watch some of

the instructional videos.) You want to continue doing the swing until you can no longer breathe and then take a two minute rest. Repeat this sequence five or six times or as long as it takes to do in a period of 12-20 minutes. Some people do the kettlebell swing for 30-35 swings, and then for their rest period they jump rope for two minutes. I can't for the life of me jump rope, so I use the recumbent bike as an active rest period. *Do not* sit down for your rest period. You want to continue moving or walking around or bouncing on your feet. I think everyone can find 12-20 minutes three or four times a week.

In one of Dr. Sears' most severe cases, he worked with a lady who started off walking for only 45 seconds and then rested two minutes and walked an additional 45 seconds and continued this process. Altogether, she lost over 60 pounds and was in *much* better health and had nice muscle tone. The whole idea is to exercise for 20-30 seconds at *your personal* highest level of intensity. Remember, you are only competing against yourself, so work as hard as you can for 20-30 seconds. For me, it's the kettlebells. For others it may be sprinting or swimming 100 yards as fast as you can with a two minute rest. This is repeated until you have your 12-20 minutes in. I believe *everyone* can do this.

I will give you a few websites that I think you should explore so you can learn more: www.alsearsmd.com and www.dragondoor.com and www.artofstrength.com and www.kettleworx.com.

I challenge you to use my menu plan (www.terrytalksnutrition.com/terrys-menu-for-health-and-longevity), the product **Peak Physical Performance™**, and this exercise program for a minimum of six months and watch the *unbelievable* results you'll achieve. Even though you will notice positive changes right away, **KEEP GOING.** You will be amazed. TM

Terry recommends this formula:

Proprietary Complex 500 mg
Containing hydro-alcoholic extract of whole Grape (pulp, seed, skin) (*Vitis vinifera L.*) Extract, containing >90% Polyphenols and >50% OPC's, Rhodiola (*Rhodiola rosea*) Root Extract (>15% total rosavins, rosavin 9%, salidroside 4.5%)

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