



INTENSITY ? what is it ?

You hear a lot of people talking about Intensity in training so what does it mean, and how does it fit with the **Healy's Biggest loser and 12 week Transformational Challenge?**

Firstly:

Let me clear this in your mind , **intensity is relative to YOU !**

for example I have trained a 75 year old women 'intensive' relative to her .

How do you determine Intensity? Simply by rating the Client in 'how does that feel' out of 10 ?

If the Client says 5/10 then it's a warm up ,

If the client says 7/10 its moderate,

If a client says 9 or 10 out of 10 that's near maximum ,

If a client says that's a 10+ then that's almost to failure ...now that's Intensive!.

Do we drive all clients to maximum Intensity ?

No of course not ! but aiming for 8 to 9 out of 10 is a good Goal relative for your own body. We must take account of your age and if you have any 'wear and tear' on the body already to see where your 'Intensity should go'

But we see people in the Gym all the time not training hard and Intensive ?

Yes that correct , some are there , 'to fill in time' and relax (nothing wrong with that)

,some are there recovering from sports Injuries carefully , some are older clients doing a 'life maintenance program of 'steady overall weight and cardio' (and that's great too).

Of course there are some there , doing not much , and just chatting (that's ok too) .

BUT if you want to achieve RESULTS you will have to train INTENSIVELY !

(provided your not at the Gym for Injury recovery, etc as explained above) , but if you are Fit and in 'Good working order' the INTENSITY will get RESULTS.

BUT I don't want to look like a Bodybuilder !

You wont ! most Women in a 12 week transformational Challenge can lose up to 10 kg of body fat and add only 3 kg of Muscle that means leaner (less dress sizes) and firmer , you have to ask yourself do you want that ?

Men can do the same sort of Transformation but, depending on their genetics may put on a bit more muscle (and most Guys like that to be a bit more 'Buffed') .

What's the difference between FAT and Muscle ?

Fat is inert and 'baggage' muscle is metabolistically active

1kg of FAT requires 7,700 calories of energy to burn !

The average work out is about 300 calories (say 45 minutes to 1 hour of work) now $7,700/300 = 25.6$ hours of work to burn 1 Kg of Body Fat ! that's **4.26 hours a day 6 days a week** have you got that time spare to burn off the Fat (if you're a brick layer you might) otherwise ?

(see Nutrition Below)

1kg of Muscle burns 120 calories per day !

So the Women who dropped 10 Kg of Fat and added 3 Kg of Muscle did this to her metabolismDropped $10 \times 7,700$ calories of dormant energy = 77,000 /300 cal = 256.6 hours of stored work energy divide this by 4.26 hours per day = 60 days working as a (brick layer at 4.26 hours per day) and added 3 kg muscle = 3×120 calories = + 460 calorie burn per day .

So our Female Client after the 12 week transformational challenge actually has increased her basal metabolism by 460 calories (body is burning more calories while she is asleep) and unloaded 256.6 hours of 'stored up energy as FAT ... 60 days of brick-laying @ 4.26 hours per day 'so to speak' she was 'carrying around as 'extra baggage' (abnormally stressing the Heart and lungs and other organs in the body)
-do you see the logic ?

Nutrition ?

The trick is that we must maintain the metabolically active muscle tissue while Burning the FAT and Healy's Health and Fitness will help you with the correct methods to do that , non stimulant (Fat loss)Supplements + a Great Nutrition plan + a protein drink that actually tastes great !

Want to learn more ?

refer all the information on the home page of www.healyshealthandfitness.com

Want to start a 12 week Transformational Challenge ?

Contact **Graham Healy** personally for an obligation FREE appointment to discuss the options on :

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