

ELEMENT FITNESS

"You're Not Going Nearly Hard Enough To Get Results"

This is exactly what the famous Dr. Mehmet Oz told a volunteer on one of his appearances on Oprah. The volunteer was chosen because she was frustrated with plateaued results. Dr. Oz took her through a cardio workout based on "typical" recommendations on an elliptical machine. After a brief warm-up and pacing at the "typical" recommendations he then concluded that she wasn't working hard enough.

This scenario is what we see day in and day out in the gyms we train at: a person using the "typical" recommendations taught in most exercise books, preached in every fitness magazine and website. A month goes by and we see the same person still treading away at those recommendations and wondering why the weight is not coming off. They say, "I'm burning calories aren't I? I'm working in my fat-burning zone, but nothing is happening!"

The human body is an efficient machine and will adapt in as little as 21 days. So one key is to work harder and smarter in a manner that **CONSISTENTLY** creates a disturbance in metabolism by varying your routine every three weeks. Of course, a bigger factor is always what you put in your mouth, but that's another article.

So you think you're pushing yourself hard enough? Try to push yourself 10% harder, and you'll see and feel the difference!

The Action Taker in You

Spring is here and that means one thing - it's time for spring cleaning.

The word alone conjures up the image of a garage too filled with junk to walk through, let alone park a car, and closets filled to capacity.

When things get this out of hand it's easy to just give up.

Why put your shoes on the rack when you'd have to climb over a stack of newspapers to reach it? It's easier to throw them down by the door. Why hang your coat up when the closet is a disaster area? It's easier to drop it over the back of a chair.

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What does this have to do with fitness and weight loss? It's actually a striking analogy for where many of our clients are before they find us.

They've given up.

Why eat a salad when you're thirty pounds overweight? It's easier to enjoy a heaping plate of pasta. Why go to the gym after work when it will just make you sore? It's easier to relax on the couch.

Living life with unwanted excess weight is like allowing your garage to stay clogged with junk. It's a discouraging place to be.

The good news is that you aren't stuck.

In the same way that you take a weekend to roll up your sleeves and get that garage cleaned out, it's time to take a month or two (or more depending on where you are in relation to your goals) and drop down to your ideal weight.

We know we're making it sound easy, and when you approach it this way it is easy.

Beware: There are two ways to approach weight loss, one will leave you discouraged and frustrated while the other will get you fit. Which approach do you use? Read on to find out...

The Diet Dabblers

You know this person. Every month they are trying out a new diet, one week they can't eat carbs and the next week they are only eating soup. They feel guilt about food and are unable to experience the results that they want.

Exercise is equally as spotty and is done in bursts. One month they power walk on their lunch break, a few months later they try taking a class at the gym. Results aren't achieved and the programs are abandoned.

Maybe you can relate.

The entire problem with the Diet Dabblers mentality is their lack of consistency. The only thing consistent is that their frustration grows with every failed attempt and their weight continues to rise or doesn't change at all. Many excuses arise but in all honesty they are just good stories.

The Action Taker

You also know this person. This is that guy or gal who buckled down and lost the weight with the use of a massive plan of action. They teamed up with a professional, they stuck with a supportive plan and they exercised hard. And in a short time their body was transformed.

Guess what? Now that Action Taker is in maintenance mode-the best place to be. They look great, they feel great, their clothes fit just right and they're loving every minute of it.

Maybe you're thinking "I tried to lose the weight and it didn't work, so this won't work for me either." Forgive us for putting it bluntly, but you're wrong.

Maybe you've dabbled with diets and exercise only to come away frustrated. We understand. Many of our clients have experienced that same frustration before they found us.

Here's the bottom line: it's time to tap into your inner Action Taker, roll up your sleeves and do what it takes to drop down to your ideal weight.

Get SERIOUS about your results and begin the last weight loss program that you'll ever do. Contact

us today to get started on a program that will deliver results.

Then you can kick your diet dabbling days to the curb.

It's Just a Number

We spend so much time worrying about getting the number on the scale to drop that it's easy to get discouraged when your weight loss slows for a time. When you workout hard and eat right your body gains muscle while losing fat-this isn't shown by the number on the scale. It's shown by inches lost, in the way your clothes fit better than ever, and in how you look and feel amazing.

Flax Meal Protein Cakes



Who doesn't love pancakes? Here's a recipe that you can enjoy guilt free. These pancakes are packed with protein and contain omega-3 fatty acid from the flax meal. Omega-3 fatty acids are not manufactured naturally in your body, and thus must come from your diet as they are essential for growth and development. Servings: 2

Here's what you need...

- 1 egg and 2 egg whites
- 2/3 cup nonfat cottage cheese
- 1/2 cup whole grain cornmeal
- 2 tablespoon whole wheat flour
- 1 teaspoon baking powder
- 1 tablespoon sugar
- 1/3 cup nonfat milk
- 2 tablespoon flax meal
- 1 teaspoon grated lemon peel
- Sliced banana *optional*

1. Place all ingredients in a blender and blend until smooth.
2. Bake on a 350-degree griddle lightly greased with cooking spray. Serve with sliced banana.

Nutritional Analysis: One serving equals: 264 calories, 4g fat, 39g carbohydrate, 3g fiber, and 20g protein.

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"Whether you think you can or can't, you're absolutely right. When will now be the time to commit to

a healthier lifestyle?"

Dedicated to your success,

Your Element 5 Fitness Coaches

Rommel Acda and Belton Lubas

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