

Your instructor, with a little help from *Fitpro* – the only magazine for group exercise instructors – brings you advice on the most important meal of the day, stretching your triceps and fluctuating weight.

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Fitpro brings you topical articles each issue especially for your members. Why not laminate this spread and pin it to the notice board? Is there something you've had to explain to your clients over and over again? Or a topic you'd love to introduce them to? Drop us a line at [publish@fitpro.com](mailto:publish@fitpro.com) and we'll do our best to cover it in a future issue.



# WHY

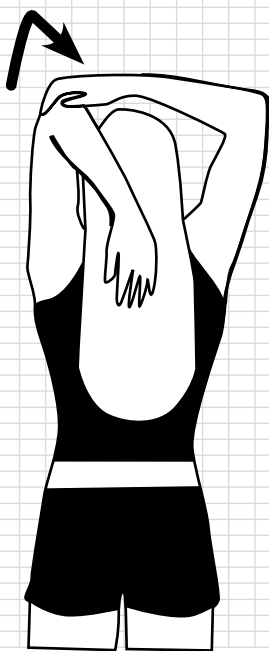
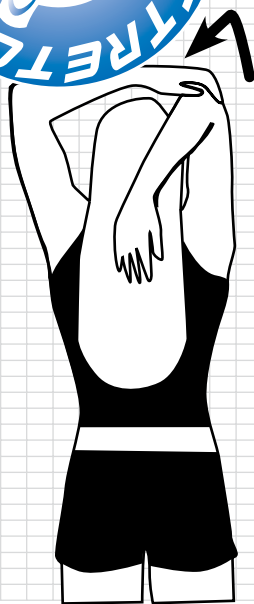
## does my weight fluctuate so much?

**"My weight varies from day to day and I keep obsessing over the scales." Sound familiar? Exercise physiologist William Sukala explains why you shouldn't be worrying.**

When you're trying to lose weight, it's easy to obsess over the numbers on the bathroom scales as you measure your progress. But fear not, daily weight fluctuations are nothing to worry about and I guarantee you have not put on more fat overnight.

Small daily variations in scale weight are completely normal. For example, your weight might increase after a meal, a delay in bowel movement, or during the premenstrual phase in women, and may decrease after exercise from fluid loss associated with sweating or going to the toilet.

If you need more convincing, then consider that one pound of body fat contains 3,500 calories of stored energy. So in order for you to gain three pounds overnight, you would have to consume an additional 10,500 calories over and above your usual calorie intake! Try not to fixate on your daily weight, but if it helps you stay on track, weigh yourself once a week at the same time of day under the same conditions (for example, before exercise and meals) for a more accurate reading.



## TRICEP

### WHY?

Before, during and after your workout it's important that you stretch your tricep muscles to prevent injury.

### STEP 1

Stand straight, with your legs shoulder-width apart.

### STEP 2

Bend your right arm at the elbow and touch the top of your shoulder blade with your fingers.

### STEP 3

Reach over the top of your head with your left arm, and lightly hold your right elbow.

### STEP 4

Gently pull with your left arm to increase the tension on the tricep muscle, and hold for 20-30 seconds.

### STEP 5

Repeat with the other arm.

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# THE MOST IMPORTANT MEAL

**Personal trainer and nutrition coach Paul Mumford explains how making sure you don't skip your all-important first meal – breakfast – will help you to boost your metabolism and lose weight.**

How many times have you heard the phrase "breakfast is the most important meal of the day"? Yet, so many people say "I don't have time" or "I'm on a diet". If you're trying to lose weight, skipping breakfast is not going to help, not only because of the added temptation to snack on unhealthy foods, but also because breakfast turns your body into a more efficient fat-burning machine as it boosts your metabolism.

Each time you eat, enzymes in your body's cells break down the food and turn it into energy that keeps you functioning. The faster your metabolism, the more calories you burn, regardless of what you do. The more calories you burn, the easier it is to lose weight and not put it back on.

Here are a few tips to make sure the most important meal is not a waste of time:

**START LIGHTER.** If you've not eaten breakfast before, or for a long while, at first it's going to be hard to even contemplate a bowl of porridge at 7am. Start with something lighter at first like a piece of wholegrain toast or some fruit. As your body gets used to breaking down food again early in the morning and you start feeling the benefits, you'll want to eat a bigger breakfast.

**BEWARE OF CEREAL.** Many cereals have a high percentage of sugar (Crunchy Nut Cornflakes contain 35g of sugar per 100g). So how do you tell a good cereal from bad one? Always read the label. Ingredients on all food packaging are listed greatest first. If sugar is up there in the top three, give it a miss. The same goes for cereal bars.

**MIX IT UP A LITTLE.** Don't get stuck in a rut by having the same old thing, day after day. Your body craves variety so make sure you give it plenty of choice. Even little things like adding some fresh fruit to porridge, or having museli with yoghurt instead of milk, will all help to keep your breakfast from becoming boring.

**DON'T CHEAT.** If you oversleep and rush to work on an empty stomach your body will be running on empty and gasping for some sugar. This is when we tend to eat the things that are bad for us. Grab some fruit on the way out and eat it on the way to work if you can. Better still, have an emergency supply of a good cereal at work.

**DRINK THE RIGHT STUFF.** Fresh fruit juice is great with your breakfast. It gives your body a burst of sugar and it counts as one of your five a day. However, be careful that you don't drink too much of the stuff, and have it just with breakfast. Also, go for either freshly squeezed or from concentrate. Avoid anything that calls itself a drink (like Tropical Juice Drink). This usually contains added sugar amongst other things and not so much of the natural fruit.



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