



PHAMILY PHITNESS

AUGUST 2008

INSIDE THIS ISSUE:

THE BENEFITS OF BUILDING MUSCLE. 1

CAPILLARIES AND THE HEART. 1

GET IT MOVING. 2

FITNESS TIP 1

FITNESS TIP

- **Creating A Caloric Deficit Will Aid In Fat Loss. In Other Words, Burn More Calories Than You Take In.**

THE BENEFITS OF BUILDING MUSCLE.

Building muscle is not just for the Gym rat so to speak. Every pound of new muscle gained, will burn 500 calories a day at rest. Allow me to clarify, if you wake up and don't move from your bed, that 1 pound of new muscle will blast 500 calories. That is 3,500 calories a week. Can You Say Fat Loss?

You are born with all of the muscle fiber you will ever have, there are no magic Pills, Powders, or potions in the process of building quality muscle. The body was designed to react to stimulus, when the muscles are stressed or overloaded they respond by getting larger and stronger.

Everyone benefits from building muscle in a variety of ways, from the brushing of ones teeth, to more labor intensive jobs such as construction. Not only will you feel better, but you'll breath better due to the increased oxygen in the bloodstream. Long term dividends are paid in the form of a strong posture in our advanced age as well. We've all seen older members of our communities who can barely stand erect because of various maladies due to muscle deterioration.

Physiological as well as psychological benefits are a wonderful by-product of building muscle, and let's face it, when you look better, you feel better.

CAPILLARIES AND THE HEART.

Capillaries are the small blood vessels that transport blood to the larger veins and arteries. They are often overlooked, but their importance can't be stressed enough. The heart has to pump blood through these little causeways as well. Here is the point of this mini article, for every pound of excess body fat, the body has to create (2) that's TWO MILES of capillaries for every 1 pound. That is a great deal of stress on the heart that can be avoided, if we would only cease with the excuses, and treat ourselves as if we were just as important as everything else in life.



Phone: 678-778-2298

E-mail: javiercola@my-divinebodies.com

Bro. Cola' holds a degree in exercise science, as well as numerous fitness and nutrition certifications. His goal is to bring about a better quality of life in addition to a realistic approach to overall health. He hails from SilverLeaf #457 in Conyers Ga.



Men's Health

Bro. Rickey B. Roach #40- Chairman

PM Carlos Hudson #58- Member

WM Kenneth Golden #28- Member

GET IT MOVING.

Burning fat need not be a chore, there is nothing worse than coming from work to work. Pick an activity that you love and just jump in there. Walking is more effective in losing weight than running, because it is a timing process. If someone runs a mile in seven minutes, and you walk that same mile in 25 minutes, you will burn more calories. I'm saying this to say, whatever you do, just get it moving and keep it moving.