

Business Profile

Tips & tricks from those in the know

Look festive fit

Personal Trainer **IRVING HENSON** and Nutritionist **JACLYN REUTENS** share fitness and wellness advice to ensure you look sharp throughout the festive season – and still partake in the goodies!



Irving Henson

The Pit

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Business established: Eight years

Niche: Personal and group training

Irving Henson launched *The Pit*, because he wanted a place where people could come to get fighting fit and receive proper instruction on exercise. Supported by a team of professional personal trainers, *The Pit* helps clients achieve their fitness goals or successfully rehabilitate from an injury through a variety of training programmes. This includes fat loss, core training, mobility, weight and strength training and regimes such as Kettlebells, TACFIT, Jeet Kune Do and Clubbell.

TF: Why is it better to work out with a personal trainer than flying solo?

IH: Apart from teaching how to do the exercises correctly, personal training is inherently about programming. A good personal trainer will plan your workout programme in a safe and progressive manner and keep it results oriented. Their purpose isn't to just point out what each machine is used for.

TF: How important is exercise for weight loss and a healthy lifestyle?

IH: Exercise and proper nutrition both play an important part in any fitness regime. The more you move, the more energy is expended. The fitter you get, the more calories your body utilises to function.

Keep fit during the festive season

- Eat everything in moderation
- Exercise. You only need to allocate three hours a week.
- Don't binge. When your friends say, "Come on have a drink, live a little," reply with, "No thanks, I'd rather live a lot."
- Choose mains over desserts.
- Do medium intensity cardio first thing in the morning. This fixes two issues – it discourages you from drinking the night before and you get your workout out of the way earlier.

And the more energy and calories it utilises, the more fat is burned. So fat is basically stored and unutilised energy. It's that simple.

TF: How do you customise a training regime?

IH: It depends on your fitness levels and how well you move. For example, a person with tight hamstrings will not be able to do a squat properly. This will have to be taken into consideration and fixed before a

squat is allocated into a client's programme. A person who can't squat won't be able to jump efficiently. So while jumps are a great exercise, it's not applicable for everyone.

TF: Best thing about your job?

IH: I help people – whether they intend to lose weight, improve their athleticism, gain mass or simply desire to move more efficiently. I also meet the nicest people!

TF: Common exercise misconceptions?

- **More is better** Any fitness program has to be planned to achieve optimum results or it will lead to overtraining. Your body gets trained in the gym but it benefits from the training and improves when it recovers. Recovery is king in any fitness programme. Going to the gym every day and, in some cases, for multiple classes in a day, doesn't mean you'll get there faster.
- **It will make women bulky** Bulkiness is related to the male hormone testosterone.
- **It always has to be highly intensive** Training at high intensities might help you break a sweat but it doesn't equate to faster results. It can also lead to overtraining. Your training programme should be a mix of low, medium and high intensities and don't forget to have rest days.

Jaclyn Reutens, Aptima Nutrition and Sports Consultants

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Business established: Six years

Niche: Nutrition and fitness consultancy



At Aptima NSC, Jaclyn helps clients establish realistic nutritional goals they can incorporate into their daily lifestyle. Diets are prescribed for sports nutrition, weight management and clinical concerns such as high cholesterol, diabetes mellitus, gout, cancer, heart disease and gastrointestinal disorders. Certified dietitians recommend customised diet plans accordingly the patient's lifestyle and environment and keep abreast with their progress through regular follow-ups.

TF: How is a nutritional assessment done?

JR: First we establish the purpose of your visit and conduct a typical assessment which includes a detailed 24-hour food recall or a week-long food diary. Past medical history and blood tests – if available – are also reviewed. A customised diet to follow for a week is then prescribed. At the next consultation, any initial issues with the diet will be identified and rectified. Any follow up visits is at the discretion of the dietitian.

TF: How does diet contribute to weight loss and a healthy lifestyle?

JR: Diet is central to weight loss and your overall health. You're the gatekeeper of your health – what you ingest inside is reflected on the outside. So if you eat a nutritious diet, you will look vibrant and feel great. If you have a poor, unbalanced diet, you will feel lethargic, heavy and dull.

TF: Common misconceptions on maintaining a healthy diet?

- **Carbohydrates make you fat** Many don't understand the mechanics of carbohydrates and how essential they are to weight loss. After educating most of my clients they have all converted from once being "carb-phobic".
- **Eating six small meals a day to increase metabolism** While the elderly, children and those with gastrointestinal issues need to consume small meals – the rest of us don't. Stick to three meals a day. The quantity and quality of each meal can vary and be dependent on your customised diet plan.

TF: Best thing about your job?

JR: It's rewarding to change a person's life for the better. When my clients reach their weight or fitness goal, I witness a huge leap of self-confidence and improved self-image. This satisfaction spurs me on to help as many individuals as I can.

TF: Plans for the future?

JR: I'd like to work with other health professionals to educate and prevent lifestyle diseases stemming from unhealthy habits such as an unbalanced diet, overconsumption of alcohol and lack of physical activity. Examples of such diseases are heart disease, type 2 diabetes mellitus, metabolic X syndrome, obesity and hypertension. I intend to educate the masses by holding talks to high risk population groups such as working adults, holding one-to-one personalised counselling and talks at the school level.

Enjoy festive treats without gaining weight

- Drink low calorie drinks. Water is best or try sparkling water for a fizzy taste.
- Try everything in small portions. Don't go back for seconds.
- Don't snack mindlessly.
- Chew your food slowly.
- Eat a healthy high fibre breakfast. This stabilises your sugar levels and prevents you from craving too much for the rest of the day.