



# Burning News



Volume 3 Number 12

Fall 2005

## Kirkland Member Loses 23 lbs. of Fat While Increasing Her Metabolism!

Most weight loss programs result in a reduced metabolism because some (and often most) of the weight lost comes from muscle. This is not the case at the X Gym because our exclusive high intensity strength training protocols are designed to *increase* metabolism both long term and short term. Even when members lose weight rapidly it comes from fat not muscle.

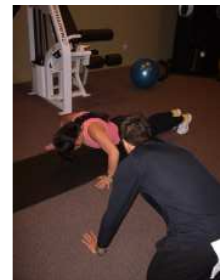
Debbie (pictured to the right) lost so much fat she had to redo her wardrobe and instead of suffering with a decreased metabolism like most other fast weight loss individuals, she gained muscle at the same time! This not only left her with a higher metabolism, but also added desired tone and shape.

"I was tired of my own excuses of not having enough time. I was even more tired of the extra weight since having kids. I started at the X Gym with 30% body fat and I'm now down to 17%! I've spent over \$800 in alterations to have my clothes taken in but you never hear me complain about that! My husband calls me "ONE HOT MAMA" reports Debbie.

Thanks to all the other Kirkland members who have had great results and even helped us by being in our paper ads and publicity pieces-namely: Dan, Jodie, Maegan, Tamara, and Dori.



Debbie Walter getting her "whippin" from Brent at the Kirkland X Gym.



Yes, these are "guy" pushups and yes she can!

### All Calories Are Not Created Equal

Contrary to what most dieticians will tell you, calories are not all the same. If one person eats 2,000 calories coming mainly from fat and carbs they can gain weight while another person eating 3,000 calories of protein and green veggies will not only lose weight but will also find they put on muscle easier with exercise.

It is impossible for anyone (even those with thyroid or other metabolic problems) to get fat on white meat and dark greens in any amount but most nutritionists are still preaching the outdated "calorie in-calorie out" theory.

If you are hungry or even have an overeating problem, stick with steamed greens like broccoli, kale, collard greens, and spinach for veggies and white meat like pure white fish (not pink like salmon) or white chicken and eat to your heart's content! See the nutrition plan on the opposite side for more detailed information.

### Tips for Flu Season

Flu season is upon us and many of you have come in with two main questions:

- "Should I work out?"
- "How do I kick this thing?"

The answer to the first question is simple. If you are coughing, have a fever, are achy, or feel symptoms below the neck, stay home and rest so you can recover and not spread it to others. If you just have a simple head cold and feel you have enough energy to train, then come on in.

The best way to kick an illness is to stay warm, drink lots of liquids, and rest.. Fevers (below 102 degrees) are usually good because it's your body's way of fighting infection through temperature. Bad microbes also hate living in hydrated bodies so drown them out! Rest is another useful component because it allows energy for your immune system to do its work.

### Did You Know....

- 90% of men and 70% of women will eventually become overweight in the USA (non X Gym members of course).
- Nerve impulses travel at 250 mph.
- The human body has 93,000 miles of blood vessels.
- The heart pumps over 3,000 gallons of blood per day.
- The average foot walks more than 1,000 miles per year.
- It takes 23 seconds for blood to circulate through the body.
- Your skeleton completely replaces itself every 10 years.
- The fittest city in the country is Seattle.
- The fattest city in the country is Houston.
- Muscle mass increases do not slow with age!

www.xgym.com

206-728-XGYM (9496)

Seattle, WA 98121

2505 2nd Ave Suite 100



## New Easy Nutrition Plan

Finding it hard to stick with a regimented diet or can't seem to fight the urge to "cheat"? Throw away calorie counting and try this simple program instead: Before 5 pm each day eat anything you want but meet these following minimum quotas:

- 100 grams of protein
- 80 oz. of water
- 2 veggies (1 serving is the size of your fist)
- 1 fruit

Then after 5 pm consume only the following (and as much as you want):

- Any pure white meat (except catfish)
- Deep dark greens (like broccoli, kale, collard greens, and spinach)
- Water

Salt and base spices are ok after 5 pm but stay away from toppings, dressings, or anything with sugar, fat or other carbs. Try this for a month and see how it goes!

## X Gym Mission Statement

To provide our clients with the most effective fitness training program available in a positive environment with outstanding motivation towards improved health and well-being. We will do this by offering:

- ✓ The best protocols based on the latest research
- ✓ The best trainers
- ✓ The best customer service
- ✓ A satisfied customer base enjoying the best results in the industry

## X Gym Motto

*"It doesn't bother us if we lose a client because our program is too hard. It only bothers us if it's because it's not hard enough."*

*(by the way, we have yet to hear from anyone that it's not hard enough!)*

**See inside for more fitness info and news!**