

Shape It

WORKOUT

4TEENS

look
great
for
summer!

by Chloe
Richards



Foreword

As a teen, one thing you probably don't want to hear is, EAT YOUR VEGES – right?

Or perhaps "GO FOR A RUN!" No, in this day and age all teenagers want to do is sink into the couch and scoff pizza. Well, unlike most teenagers, this is not what I call ideal. Although I do like to indulge now and then, I believe living a healthy and active lifestyle is very important, especially if you want to get the most out of life.

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Gen - Y

Generation Y is the generation of electronics. When the days of mowing lawns and milking cows come to an end, it's a recipe for obesity!

In the Olden days, Teens everywhere would be riding their bikes to school, inventing things, walking to the shops to buy milk and bread... aka living a pretty active lifestyle. Well, welcome to the 21st century! The world has introduced iPod's, TV, internet, cell phones, play station, cool car's...The list goes on! Which need I say less, takes away just about every opportunity to be active and every reason to get out and about.

With simple alterations, you and I can easily change the way our day functions. This might be simply by choosing to walk instead of taking the bus? Or having family time rather than sitting in front of the TV. Everyday we are faced with decisions. Our lives depend on which path we choose.

Friend or foe?

We may not realise it, but who we socialise with has a lot to do with how healthy we are. You may think your friends have the best intentions for you, but when you think about it, are they really thinking of you? If you're trying to be active and healthy and all your friends want to do is order pizza and watch DVD's, that's not really gonna help is it?

One of the main ways to lead a healthy lifestyle is to surround yourself with positive healthy people. People who want to get outside and make the most of the sunshine, people that take

care of their appearance and people who are aware of nutrition and the benefits of exercise.

Of course most teenagers aren't overly bothered with this stuff but hey, it's better to start earlier than later.

If your group of friends could be eating a bit better and exercising a bit more, instead of trying to change on your own, why not make it a group pact? That way you can motivate each other and have fun while doing it!

Your body Image

These days you can't find ONE magazine without *skinny* models showing off the latest fashion. There's stories about celebrity's anorexia problems and the newest diets to try. With all this crap to read, no wonder us teenage girls feel the pressure to be thin! Everywhere we look there are skinny girls in photos, on posters and billboards.

We see so much of this unrealistic body image that our minds begin to tell us it's healthy. And if we don't look like that, we're fat! Well, I want to let you know, this is not the case. Half those model's probably starve themselves and are so unhappy with life. Just imagine not being able to get together with friends for an ice cream, or even eat popcorn at the movies! It's one thing to be health conscious, but it's a totally different deal when you become obsessed.

Just remember, it's important to have balance in life. If you do happen to have McDonalds for lunch, don't stress! Just go for a jog the next day. Life's too short to worry about how many calories you consume, or how many sit ups you've done. The key is to eat healthy and exercise and stop trying to live up to these girls in the magazines! They aren't for real. You are! Real girls have fun!

Traps

One thing I can't say enough is DON'T DIET.

In fact;

- Don't diet!
- Don't diet!
- Don't diet!
- Don't diet!
- Diets don't work!

I know all you hear about 24/7 is "THE ATKINS DIET REALLY WORKS!" or "NO CARBS AT NIGHT!" Pssst, this is nonsense! Half the time people that diet put it ALL back on within days! Most are heavier within two years. I know it's tempting. Reading about how Jessica Alba got her bikini body for her new movie. You just want to put yourself on a strict diet. Most of the time depriving yourself from essential things your body needs. This will make you want it even more. In the end this usually finishes with none other than, horrors of horrorsa binge!

And we all know how great we feel after one of those.

If you're not careful, you could end up in a downward spiral. It's a vicious cycle of strict new diets, failing, starving, binging, and then repeating itself over and over again. Trust me I've got my B.E. (Batchelor of Experience) in this; it's the one thing you want to stay away from.

Because once you get yourself into a routine like this, it's hard to get out. And before you know it, you could be in hospital or at worst, your heart could stop!

But let's not think about the negatives. Just think, am I hungry? Yes? Ok I'll eat. Am I full? Yes Ok I'll stop eating. Simple. Just learn to listen to your body. Everyone is different. So obviously there are no diets that will suit everyone's needs. Just find a great routine that works for you and stick to it!

Weights; Not so evil



The thing that probably annoys me the most is girls who are too scared to lift weights.

'Note: weights will not turn you into a big muscle man!'

Weights are one of the key ingredients to having a fit body. You may think doing cardio 24/7 will give you the benefits, but all it will do is make you extremely tired and you'll have no more energy. Using weights

speeds up your metabolism and increase your ability to burn fat! And you'll even be burning calories in your sleep! Not to mention you'll have a tight bum and legs to die for! Who doesn't want that??

The only reason you would go bulky, is if you took hardcore mass supplements and lifted outrageously heavy weights. So ask your personal trainer to introduce some weight movements, believe me, you will feel it the next day!



Get off your bum!

So, you're eating healthy, drinking loads of water and staying away from the chocolates?
... Now why are you not seeing the results?

Maybe your problem is... LAZYINESS!

You can't expect to lose those few kilograms if you're not willing to put in the hard effort. Yes, exercise requires some discipline, but you can make it FUN!
If you're not into running on the treadmill at the gym, why not join a soccer team? Or start walking your dog in the evenings?



The trick is to think of simple ways to make your day more active. If you normally take the bus to school, and it's really not that far, start walking to school!!
The only thing keeping you away from exercise is your mind. No one else can make you do it.
But luckily, once you start, it's hard to stop. It becomes addictive. "Exercise releases *endorphins*". You'll feel great AND you'll get more out of your day!

Role Models

Mary Kate, Nicole Richie, Keira Knightly... These girls are girls I used to admire. Unfortunately, I have lost respect for them. You probably know what I'm talking about. I think young girls desperately need good role models. And these days, it seems almost every celeb is turning into somewhat of a stick figure!

I miss the days of curvaceous Marilyn Munroe. She was a good example of a beautiful feminine image. Fast forward twenty years and what have we got, girls wanting to look like Kate Moss!

It's a shame really, because women are meant to have curves. That's what God intended! Why would we want to go against that? Personally I think stick skinny girls look life-less and fragile. I really can't see why anyone would strive to look like that! Plus, I believe guys prefer fuller women.

Some of the women I most admire physically are Jessica Biel, A lot of people say she's too masculine, but I disagree! She has the perfect figure, and she has fun with life, not letting a few fries get in the way of having a good time!

Jessica Alba, Jennifer Lopez and Scarlet Johansen are other's who I think are sensible when it comes to being a good role model. These ladies haven't let stardom take over them.
And do they get just as much attention from the media as these skinny starlets? Yes. Just shows you don't need to become ridiculously skinny to be beautiful and successful!

So don't stress out and go to extremes! To make a point, take a look at this article....

Teens' Body Image Linked To Risk of Suicide

NEW YORK (Reuters Health) - Teenagers who see themselves as either too heavy or too thin may be at heightened risk of attempting suicide, regardless of what their weight actually is, a new study suggests.

The findings, based on a national survey of U.S. high school students, show that perception may trump reality in issues of weight and suicidal behavior, according to researchers at the Centers for Disease Control and Prevention in Atlanta.

They found that among 13,600 high-school students surveyed, those who thought they were "very" overweight, whether or not they actually were overweight, were more than twice as likely as teens who viewed their weight as normal to have considered suicide. Even students who thought they were slightly overweight had a greater tendency toward suicidal thoughts.

Similarly, high schoolers who viewed themselves as slightly or substantially underweight were at increased risk of suicidal thoughts.

However, the teenagers' actual weight did not affect their risk of suicidal behavior once their perceptions of their weight were taken into account.

It's not surprising that body perception, even when not in tune with reality, could have a stronger impact on teenagers than their actual weight does, according to lead study author Dr. Danice K. Eaton.

"Their perceptions are their reality," she noted in an interview.

The findings suggest that "extremes" in a teenager's weight perception could serve as a warning sign of increased suicide risk, according to Eaton. However, she said, there are many other factors that can sway this risk, and this study was not designed to uncover the reasons for the teenagers' perceptions.

More research, Eaton said, is needed to look at how kids form their body perceptions, and why for some, these perceptions may contribute to suicidal behavior.



She and her colleagues report the findings in the June issue of the Archives of Pediatrics and Adolescent Medicine.

In an accompanying editorial, Dr. Alain Joffe of Johns Hopkins University in Baltimore agrees on the need for research into which factors – from media images to the influence of friends and parents – help shape teenagers' body images. He points out that although roughly 72 percent of girls in this study were of normal weight, more than one third described themselves as overweight and 12 percent thought they were underweight.

The study included a nationally representative sample of high-school students who were surveyed on their health-related behavior. Students reported their actual weights and heights

and were asked whether they would describe themselves as "very" or "slightly" overweight or underweight, or "about the right weight." They were also asked whether they had seriously considered or attempted suicide in the past year.

Overall, 14 percent of boys and about 24 percent of girls said they had thought about suicide, while 6 percent and 11 percent, respectively, said they had made a suicide attempt.

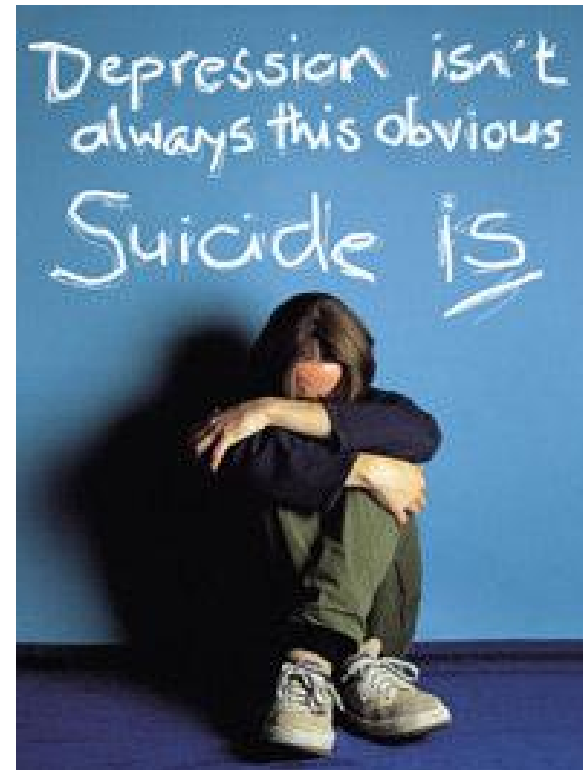
The investigators observed some important racial differences. Among black students, those who perceived themselves as overweight were not more likely than their peers to consider or attempt suicide -- a finding, the researchers note, that is consistent with studies showing that black women tend to be more accepting of a larger body size.

Though body-image issues are often seen in terms of a teenage girl's fear of being fat, in this study, perceptions of being underweight were as strongly tied to suicidal behavior as perceived excess pounds were.

Among white, black and Hispanic students alike, those who thought they were very thin were roughly three times more likely to have attempted suicide compared with their peers who thought their weight was about right.

The potential mental-health consequences of feeling underweight, Eaton noted, have not received the same research attention that has gone toward the effects of being or perceiving oneself as overweight.

SOURCE: Archives of Pediatrics & Adolescent Medicine, June 2005.



My average week

I like to keep myself as busy as possible. I hate sitting around with nothing to do, although I do admit it is nice on the occasion... my week is usually jam-packed with fun activities, exciting events and not forgetting about spending quality time with family and friends. Remember, this is my routine and there's no need to copy it. It may just give you some ideas to create your own!



Monday:

1 hour Pilates class in the morning plus 30 minutes of cardio (cross trainer and treadmill). I love doing a really hardcore workout on Mondays after a weekend of pizza and ice cream!

To make cardio a little less boring I grab the latest mag and catch up on some gossip. And I can't ever do a workout without my iPod attached to my ears. Good music is essential for me to keep going.

Tuesday:

A warm up of 20 minutes walking up-hill on the treadmill (whilst reading a mag of course), then a fusion class -A great mix of cardio, self defence and strength training.

Wednesday:

Another morning workout! I find working out in the mornings a lot more satisfying than any other time of the day. It seems I have most energy in the morning, and also, it's out of the way leaving the rest of the day free to my imagination!

20 minute warm up on the bike. 45 minutes of weights and Swiss ball exercises. Finishing up with a long stretch session to relax my body and feel refreshed.



Thursday:

Get up early in the morning before breakfast for a 45 minute cardio workout followed by some intense ab exercises!

Friday:

Fridays are pretty casual for me, but if I do feel like getting active I usually take the dog for a walk, or play some soccer with my younger brother – Fun stuff, but still beneficial!

Saturday:

My day off! Although I don't workout on Saturdays I still keep myself busy and amused. And I'm sure I end up getting a pretty good ab workout anyway with all the laughing me and my friends do.

Sunday:

I love Sundays! I try to get out to the beach as much as poss. Quite often I go for long walks with my boyfriend (how romantic) the fresh air is great! I also go on the occasional hike with the fam (there's nothing funnier than watching my mum slide down a mountain) And sometimes I like to get involved with fun runs, which are usually held on Sundays.

I recently bought a Pilates DVD for days when I just don't feel like driving to the gym. It's nice to be able to do exercises in the privacy of your own home. Plus, you don't have to be self-conscious about onlookers watching how un-co you are! So feel free to be as crazy as you want, you might actually get more out of it.

It's all good to get to the gym everyday, but what I like most is getting outdoors for an adrenaline rush! Surfing, skiing, snowboarding, rock-climbing, abseiling, and kayaking are all sports that I can't get enough of! Even ice-skating is a fun way to replace a gym workout. It's all about creativity.

Now what?

Now that you understand the essentials it's time to get started on your healthier happier lifestyle!

My dad once told me, the key for a healthy diet is to **eat breakfast like a king, lunch like a prince and dinner like a pauper**. This is probably some of the best advice you can get.

Breakfast is absolutely necessary to kick start your metabolism for the day. Try porridge, or muesli with yoghurt. My personal favourite is 2 pieces of Vogels toast with cottage cheese and tuna, and I cook up the best omelette in the world! Using 4 egg whites, spring onion, tomato and mushrooms, sometimes adding salmon. And I just can't get enough peanut and banana on toast! Just choose wholegrain breads like Vogel's.

If you're not much of a breakfast person and can't stand the thought of eating early in the morning, at least have a piece of fruit, or glass of juice to get you going. The last thing you want is to be starving till lunchtime, resulting in a binge!

Lunch.

This is where some people get stuck. Relying on your school tuck shop or café is not the way to go. Be sensible and pack your lunch before school/uni.

Great lunchbox ideas are: raw almonds, low fat yoghurt, tuna and crackers, salad sandwiches, fresh fruit, muesli bars...the list goes on. The basic idea is to be prepared for the day. That way you won't be forced to buy that mince and cheese pie.

Dinnertime!

How exiting. Whoever said no carbs at night is totally wrong. You can eat potatoes, pasta and rice. Just choose the right stuff! Brown rice, baked potatoes and wholemeal pastas are

fine! Just limit your portion size. Obviously if you stuff your face it's going to go straight to your thighs. Learn to eat till your full. You don't have to eat everything on your plate just to be polite!

Great dinner ideas are homemade pizza, stir fry veges, or burritos and salad. See! Eating healthy doesn't mean eating boring!

Treats!

My fave part of the day. It's alright to treat your self now and then. My favourite indulgences are dark chocolate, cheesecake, popcorn and hot chocolate. They can all be enjoyed without the guilty feeling afterwards!

Drinks

the evil thing that could secretly be making you put on weight. Most people don't realise this but drinking healthy is just as important as eating healthy. Did you know one can of coke



has around 200 calories? But don't stress! You can still enjoy all your favourite drinks, simply by choosing the diet/sugar-free versions! And now that star bucks have low-fat options, you can easily enjoy a morning coffee too! Something I am very happy about ☺

SO now with these tools and ideas, you're all set to live you new and improved healthy lifestyle... with a few chocolates along the way.

Remember, everything in moderation!

My typical weights routine. Do this twice a week and you should be toned as!

EXERCISE	NUMBER OF REPS	BODY PART	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Cardio warm-up	20 minutes	Your heart and all over	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Leg press	2 x 12-15 reps	Thighs	kg	kg	kg	kg	kg	kg	kg	kg	kg
Leg Extension	1 x 12	Quads	kg	kg	kg	kg	kg	kg	kg	kg	kg
Leg curl	1 x 12	Hams	kg	kg	kg	kg	kg	kg	kg	kg	kg
Butt burner	1 x 12	Butt!	kg	kg	kg	kg	kg	kg	kg	kg	kg
Seated bench Press	1 x12	Chest	kg	kg	kg	kg	kg	kg	kg	kg	kg
Seated row	1 x 12	back	kg	kg	kg	kg	kg	kg	kg	kg	kg
Dumbbell side raises	1 x 12	shoulders	kg	kg	kg	kg	kg	kg	kg	kg	kg
Barbell Curls	1 x 12	biceps	kg	kg	kg	kg	kg	kg	kg	kg	kg
Tricep pushdown	1 x 12	triceps	kg	kg	kg	kg	kg	kg	kg	kg	kg
Crunches	2 x 20	Abs									
Stretching											

- The weight you use should be heavy enough to get results. You shouldn't be able to do any more repetitions. If you can, use the next one down.
- When you start, stay light for the first week, otherwise you'll have sore muscles.
- Do this for a month and book in with a trainer to show you a few variations. This will keep you motivated.
- Ultimately you can learn great technique and have a lot more FUN if you join in with the FLEX classes. Check out the class times on www.clubphysical.co.nz.

EATING PLAN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							