

Ask your trainer - Frequently Ask Questions

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1. Exercise

Q. I am doing the early morning sessions, should I eat breakfast before the session or should I wait until after?

A. Some people prefer to eat before & others can't stomach breakfast as soon as they wake up. I personally would have something small beforehand like half a banana & leave the other half in the car for afterwards. Or have a small handful of berries – blueberries & raspberries are great. When you get home or work after the session make sure you have protein in your breakfast

Q. What is the best exercise for the lower stomach muscles?

A. Plank climbers (bring your knee in towards your chest) The fat around your middle is caused by cortisol – a stress hormone – sleep really affects this area so make sure you are getting plenty. Sugar also affects abdominal fat too so reduce your sugar intake.

Q. Why do my muscles ache so much? I feel like I can hardly walk up the stairs! Is it because I am so unfit as I thought I was fairly active?

A. It is not necessarily because you are unfit; whether you are fit or unfit you will experience pain during & after a session. When we train at Bootcamp we're creating 'metabolic disturbance' – tiny micro-tears in the muscle fibres that when they repair cause the body to burn more fat and improves your muscle tone. We also create a lot of lactate during the sessions, the more lactate you produce the more fat you'll burn – that's the pain you're feeling during the exercise sessions. Check out the stretching video in the Home Workouts group to ease the pain.

Q. Does it matter how much cardio I do alongside Bootcamp?

A. Yes – traditional cardio is terrible for fat loss and will end up making your fatter as it'll eat into your muscle. Try intervals instead – it'll get you much fitter and will burn a load more fat without losing muscle: 30secs flat out sprinting, 90secs recovery – repeat 8-10 times.

Q. I'm still doing Body combat 3 times a week as well as a couple of other studio classes and have just started Bootcamp. Should I cut back on the gym classes?

A. I would cut back – you don't want to be training more than 5 times a week MAX. You get the results when you're resting, no rest = no results. It depends why you are doing Bootcamp and what sort of results you want?

2. Food

Q. Is there a 'cut-off time during the day/evening when you should not eat or is that just a myth?

A. No – definitely not. Just aim to eat low GI / high protein foods in the evenings after dinner

Q. Vinegar – can we have it? And can we have all types? Which is best?

A. In very small amounts as they are all acidic – balsamic is best.

Q. Can we eat Ryvitas?

A. Ryvitas are ok-ish BUT they definitely won't speed up fat loss so always go for other foods first (plus they don't exactly taste great do they?!

Q. Can we have honey?

A. No – it falls under the 'sugar' category so you can't have it. Try using Agave Nectar as a substitute, you can get it in most supermarkets & health food shops. It is a natural sweetener much lower on the GI scale

Q. Can we have Quorn?

A. Avoid Quorn. It is really processed and mould is its main ingredient

Q. Can you eat frozen berries and fruit if they are not in season?

A. Yes frozen berries are great – especially in a smoothie

Q. What about Marmite? Is that ok to have?

A. Marmite is made mainly from yeast which has gluten in it so I'd avoid it.

Q. How do you work out if a food is low carb? Do you go by the carbohydrates or the sugars?

A. They are both the same thing essentially (especially when it comes to fat loss) your body reacts the same way to both... sugar is the best guide though

Q. What yoghurt can we have? Is natural probiotic ok or does it have to be Greek yoghurt?

A. Natural bio live or probiotic yoghurt is fine and so is Greek (Greek yoghurt has a bit more protein in it compared to natural but both are fine)

Q. So is Greek yoghurt better then?

A. Bio live / probiotic has live cultures in it that kill the lactose – it's the lactose that makes our digestive system work overtime – releasing toxins and storing them in the fat stores. Greek is the same but with a little more protein so perhaps marginally better but nothing major. Plain is always best though

Q. Is it ok to have flavoured yoghurts or do they have to be plain?

A. Preferably you would stick to plain. It isn't just fruit they put in; it's also colourings & additives etc... Flavoured occasionally is fine but the best thing to do would be to stick to plain & flavour them yourself with fruit (if you warm berries up & then mix them in it's delicious) and nuts, cinnamon is good too. Want a sweeter treat – add a squirt of agave nectar! Don't go overboard though – think of that as a treat.

Q. Are the low fat / low calorie yoghurts best?

A. No – stick to the full fat versions – that way you know they haven't loaded the yoghurt with sugar. Low fat / low calorie will generally mean high sugar or high sweetener = no good for fat loss.

Q. Almost all the yoghurts in the supermarket are low fat? What ones do you recommend?

A. Onken do a natural yoghurt with probiotic, Yeo Valley also have a good natural yoghurt that's full fat too. Often the supermarkets will have their own brand 'natural' or 'Greek' yoghurt too. I know Tesco does.

Q. Do chillies really speed up your metabolism or is it just media speculation?

A. Chillies can help speed up the metabolism – it is very minimal but if you like them why not add them to your meal – every little helps!

Q. Are there any sauces which are ok on this plan? Soy sauce, Reggae Reggae, Chicken Tonight? I've looked at the labels but they all seem to have wheat or sugar in?

A. Sauces are mainly all hidden sugars. Try yoghurt mixed with tandoori powder or yoghurt mixed with garlic and chives. Tinned tomatoes are great with chillies too. Balsamic vinegar, olive oil and lemon juice make great dressings. Tamari sauce is a great soy sauce substitute (wheat & gluten free) and is available at most supermarkets

- Q. Can I have any burgers or does it have to be homemade ones like in the recipe books?**
- A. Must be the homemade ones, pre-made / shop bought are processed rubbish. So are sausages by the way.
- Q. Are all nuts ok to eat and how many can I have? I could easily eat the whole bag!**
- A. All PLAIN nuts are good – one handful a day (then hide the bag!)
- Q. I have never eaten nuts before but have taken your advice & have been having them as a healthy snack but when I looked on the back of the packet they were over 600 calories per 100g which seems massive? Is that right?**
- A. Nuts are a healthy snack but only one to two handfuls a day, don't worry too much about the amount of calories you are eating. It is more about the type of foods / calories you are consuming rather than quantity.
- Q. Are all beans ok – kidney beans, butter beans, baked beans?**
- A. All are fine EXCEPT baked beans – they are full of sugar!
- Q. You suggest scrambled eggs – does that mean you don't put any milk in?**
- A. Definitely no milk! You don't need it anyway
- Q. Why no strawberries & bananas in the first week?**
- A. Both have quite a high Glycaemic Index which means they cause an insulin spike and we want to avoid this to keep burning fat. Both are fine before or after training sessions but avoid them before bed.
- Q. Is hummus definitely ok? I really enjoy having it as a dip with veggies for a snack but am worried I'm eating too much of it!**
- A. Hummus is great – lots of protein in chick peas! The homemade version in the recipe book is better than shop bought but shop bought is ok too – always go for the full fat versions to avoid any hidden sugars.
- Q. I'm having a tub of blackberries and blueberries each day for snacks. Is this ok?**
- A. I would make sure you have a few nuts/seeds with them too – the protein in the nuts/seeds will slow down the insulin spike from the sugars in the fruit. A whole tub of each is probably a bit much, so add the nuts and seeds and aim to reduce this to one tub in total.
- Q. Can we use baking powder?**
- A. Yes – wheat free baking powder is fine

Q. I don't like nuts! What can I snack on? Is it just fruit?

A. Have yoghurt, boiled egg, sliced chicken with your fruit; berries are one of the best fruit based snacks. There's roasted chickpeas & veggie crudites too: check the recipe book for different ideas.

Q. Can we use stock cubes?

A. Some are ok, others are loaded with salt, preservatives & E numbers. Go for Kallo Organic Vegetable Stock Cubes – most supermarkets do them

Q. Are Snack-a-Jacks ok?

A. NO! Full of rubbish, will not help you drop body fat & will leave you wanting more. Rice cakes are ok-ish but always try to have something else instead.

Q. Is all meat ok? What about steak, bacon, ham, mince, chorizo, sausages?

A. Steak & Mince – yes
Bacon & Ham – processed & can be high in salt, if it's good quality with no added water they are ok occasionally
Chorizo & Sausages – no processed and high in bad fats. Sausages actually contain wheat

Q. I'm not a big eater in the morning and normally just have an apple or some yoghurt – is this ok?

A. That's fine, as long as it's not low fat yoghurt – it needs to be full fat & unflavoured. Have an apple AND a yoghurt and perhaps some nuts sprinkled in the yoghurt or a few berries to add some flavour. The more you eat in the morning, the less you'll eat later on.

Q. Am I allowed...?

A. **Balsamic vinegar** – YES in small quantities
Malt vinegar – YES in small quantities
Oxo gravy granules – NO contains wheat & even worse hydrogenated vegetable oil
Sweet chilli sauce – NO the word sweet = sugar loaded (most sauces are)
Chicken breast in a pack from the supermarket plain/Mexican/tikka etc – NO all that packaged stuff is processed rubbish & not 100% chicken at all. Buy plain chicken and add your own herbs & spices
Tinned tuna – YES
Tinned tomatoes – YES
Tinned fruit – NO preserved in sugar / sugar water
Sushi – YES generally ok, watch out for soy sauces on the fish which has wheat flour in
Popcorn – NO full of sugar = big insulin spike = overeat!

3. Drink

Q. Can I drink soda water?

A. Yes BUT in very small quantities as it can affect stomach acid level. Aim for 3 litres of still water each day and then you can have a glass of soda water. Soda water is a good alternative when on a night out: soda water with a wedge of lime can be a good 'Friday night treat'

Q. If we can't have caffeine can we have decaffeinated tea & coffee?

A. No – both are heavily processed

Q. What protein shakes can we have? There's too many to choose from & I don't want to get it wrong?

A. The best ones you can get are rice and pea protein powder – much better than whey protein. You can get these from health food stores.

Q. Am I allowed...?

A. **No added sugar squash drinks** – NO they are loaded with sweeteners
Fruit juice – NO full of sugar (as much as fizzy drinks)
Diet drinks – NO full of sweeteners which will stop you burning fat

4. Eating / drinking out

Q. I've got a big night out, I don't want to ruin the progress I've already made by drinking but what can I drink other than water as a bit of a treat?

A. It is tough when you're on a night out. I'd go with soda water with a dash of lime or blackcurrant. Have it in a half pint glass & people will probably think you've got some vodka in there so they won't keep hassling you to 'let your hair down & have a drink'

Q. I am going for a Chinese meal, what are the best things for me to eat?

A. Have egg foo yung with whatever meat / fish you want – no sauce. Two tablespoons of boiled rice MAX. I wouldn't really recommend anything else

Q. I going to an Indian restaurant on Saturday night with friends, I won't be drinking and I do want to stick to the plan but what is best to eat?

A. Tikka dishes, tandoori dishes aren't too bad. Chicken shahlic isn't too terrible either. Avoid sauces & avoid naan bread at all costs! Side salads are fine, any vegetables that are just cooked in mixed spices will be ok too. Two tablespoons of boiled rice MAX.

5. Supplements

- Q. What is the benefit of taking fish oils? How do they help with losing stomach fat?**
- A. It needs to be a good quality fish oil, they have numerous health benefits but as far as fat loss goes – they stabilise blood sugar, enabling the body to use fat as fuel rather than sugar / carbs. Also, they switch off fat storage enzymes and switch on fat burning enzymes!
- Q. If we can't have milk & cheese on this plan will we be getting enough calcium or do we need to take a calcium supplement?**
- A. You will definitely be getting enough calcium through your diet. There is calcium in milk and cheese but it is very hard for your body to break it down and actually absorb this calcium so your body will get much more calcium from other sources like nuts and seeds and green vegetables. Great sources of calcium are: broccoli, almonds, sesame seeds, tofu, flax seeds, curly kale, orka, bok choy, figs plus other fruit & veg. If you are still in doubt then ask yourself this question: Where do cows get their calcium from? (the answer isn't milk by the way... it's that green stuff that grows in our back gardens - grass = a green vegetable)
- Q. What were the supplements you recommended? And where can I get them from?**
- A. Click here to read the article I have written on supplements and where to get them from: <http://guaranteedresultsbootcampmembers.ning.com/profiles/blogs/top-5-recommended-supplements>

6. Others

- Q. How concerned should I be with the scales? Will I be gaining muscle? I got on the scales this morning and much to my disappointment the numbers haven't gone down much in the last few weeks? The thing is, I thought I had been doing really well because my clothes fit much better so I must have lost inches, I'm definitely fitter than I've ever been and my friends have commented at how good I'm looking so it was a bit of a shock. I know muscle weighs more than fat and I know I look so much better but I can't help but feel disappointed as the scales make it look like I've made hardly any progress at all?**
- A. First of all your "clothes fit much better" you've "lost inches" you're "fitter than you've ever been" but you're disappointed solely because the bathroom scales didn't go down much? Far too much emphasis is placed on 'weight loss' but it isn't a healthy way of dropping body fat and it isn't a good measure of it either. Think about this:
- If we had a magic fat loss machine that you stepped into, pushed a button and you came out looking EXACTLY how you've always dreamed of looking and feeling – the exact dress / trouser size, the muscle definition, the 'abs' you've always wanted, the perfect hourglass figure etc... Would you be interested...? Of course you would!!! But what if the side effect of this fat loss machine is that it increased bone density and muscle density by 100%? So while you looked & felt better than you've ever felt

before, the scales say you are 20lbs higher? So instead of weighing 140lbs you now weigh 160lbs... would that number (that only you can see when you're in the bathroom) stop you from having the body you've always dreamed of?

Now what if the machine did the reverse – you looked exactly the same as you've always done but you weighed 20lbs less? Would you be happier with that? Probably not right?

Try to understand that how you look & feel and how much you weigh are not necessarily related at all. If you add 10lbs of muscle and lose 10lbs of fat you are going to look like you've lost at least 20lbs but the scales won't move...

Q. I only started the Bootcamp program 2 days ago and I've got a headache – is this normal & can I take paracetamol?

A. I wouldn't take paracetamol if you can help it – it punches holes in your stomach wall over time... up your water intake and drink a tea that is high in anti-oxidants. When you get headaches it's a sign that what you were eating before doesn't agree with you – usually an 'I'm craving sugar or caffeine' headache. The headache will pass within 2-4 days and you'll feel SOOO much better for it. Paracetamol won't affect your fat loss but only take it if absolutely necessary.

If we haven't answered your question here please send us a message on the Members Site, email us, or have a chat to your trainer at your next Bootcamp training session.