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What is Your “Game”?

Winning the “game” may mean many different things for you depending on what is important for you. For some of you this is a “game” of losing weight and keeping it off, for others it is gaining muscle. Some of you are in the “game” of running longer or faster; jumping higher, or scoring for the winning points. Lastly, for some of you the “game” may mean going through 24/7 business stress with strong focus and still have energy for your workout and smile for your wife/husband and kids.

How does change occur?

Whatever is your “game”, it has to be important enough for you, to motivate you to change. Only when the switch in your mind occurred and you give priority to your “game”, will you be ready to make a decision and commit to chosen changed action. All what I m saying here, that if you are not ready to make your “game” important enough, you wont be able to make sustainable change. You will need to wait until you generate a strong “why”, before it will make sense to your mind to apply the “how”.

What is the right reason behind change?

Sticking to a change is an effort, which is only possible when the mental drivers are right.

So many people want to lose weight and ends up giving it up after 3 days, all because it was for the wrong reasons. If you want to lose weight, so you will look better, you will feel good enough and so others will like you more, it is lot likely you will fail.

If you make health your highest value and you know that without health you don't have anything, then you are ready with your right reason and that change will be sustainable. This means that whatever you do in life more likely it will correspond to the highest value of health. Your brain will lot likely help you saying no to friend and junk food.

If you want to win in sports to feel better and more valuable so others will look upto you, you are up for more frustration and anger. If you accept yourself and value yourself the way you are and want to have the best possible performance out of yourself because you love and enjoy the game, and you want to see how much can you improve for yourself, then you have the right reason.

How much is your activity level and how much you need to eat?

As a reader of Golf Life, you are likely an average person, who is fitness or an amateur athlete, who has to struggle to have enough physical activity and eat less to have a healthy body weight.

On the other hand, elite athletes struggle to get in enough energy and fluid for physical training. Research shows that athletes don't eat and drink enough during the day, they eat in the wrong times, rely too much on meal replacement supplements instead of getting their meals in order, which causes them to gain fat weight and decrease their performance.

If you are not an elite athlete you should not follow a diet specified for an athlete because you will gain weight. Excess fat weight is counterproductive in almost all performance except shumo wrestling.

If you are an athlete who needs to train hard you should not follow a diet design for a sedentary person. Furthermore, if you are an athlete who needs to train hard but also has to drop a few kilos of weight you need to take even bigger care about your diet.

If you are an athlete who has a normal body weight you should consider the level of your physical training needs and eat more compared to a sedentary inactive person.

Weight loss-- What kinds of diets are out there?

The Atkins the Zone and South Beach diets with are all other fashion diets are designed to lose weight and ultimately feel better in our skin. However losing weight for most people is the only goal and they don't think about what happens after. It has been shown that 2/3 of the dieters gain the lost weight back during the first year and gain back more weight than the initial weight after two years.

The reason is you gain back the lost weight, because diets don't work long term!!
A healthy eating plan and lifestyle targeting your health automatically results in weight loss as by product.

The word “diet” means there is some type of restriction, inhibition in the food intake. It has been the hardest to acknowledge that we need to change our lifestyle and eating habits for ever. It does not mean that we cannot eat “bad” foods ever, but if we do eat them, we do it with awareness.

A healthy “diet”:

- 1. is a way of eating**
- 2. not based on prohibition but moderation and balance**
3. results in weight loss from fat if the person is overweight
4. maintains healthy body weight - protect your lost weight for gaining it back
5. contributes to health and the weight loss occurs as a by-product
6. Balances blood sugar level

The „eating healthy” market today focuses on blood sugar regulation. This eating plan or way of eating is based on balancing out the different carbohydrate foods in your meals to reach stable blood sugar level. – This is called the Glycemicly Controlled diet.

This way of eating was the result of a scientific discovery by Dr Jenkins in Toronto Canada in 1981, who was the first to recognize that different carbohydrates elevates the blood sugar level to different heights. Dr. Jenkins in Sydney Australia suggested the first diet based on the Glycemic Index (GI) for type 2 diabetic patients and athletes as well. The GI diet has swept through the world and now arrived to Asia.

Why calorie restriction and starvation don't work?

I m sure all of you are familiar with going on cold turkey and stop eating out of frustration and anxiously watching the dropped kilos on the scale. Some people can drop 4-6 kg over 48 hrs period. So just what happens when you starve yourself and how long can you maintain weight loss.

Research comparing calorie restricted diets to the GI diet showed, that the GI diet is the only type diet, which does not reduce Basal Metabolic Rate (BMR),¹ and the weight is lost form fat and not muscle. This is a very important founding because dieting, which causes rapid weight loss is due to water and muscle loss, hence drops BMR.

Rapid weight loss from starvation comes from water and muscle loss and not fat!

Loosing muscle mass is critical for everyone as it slows down the BMR, which is crucial mistake of all diet. When the body does not get enough energy (<1200Kcal per day), the physiological process of starvation begins, therefore the body will go in a “power save” mode and decrease the amount of energy expended even in rest. During starvation the body needs to protect our highest organ system the brain, so it must supply it with enough energy. Since the body, so as the brain prefers sugar for energy, the body will brake down muscle protein and make sugar out of it to provide the brain with fuel. When we have less muscle we have less tissue to use energy and this is when the BMR slows down. Once the BMR set to a lower level and you return to your original diet and you start eating more -- the body will store all the excess energy as fat.

Remember this the next time you want to starve yourself because you will lose muscle and on the end you will gain back fat.

When you regulate your blood sugar level your body has enough energy available for to function optimally. Imagine having the best racing car with high tech gadgets, if there is no fuel in the car, the car will stop.

Similarly, the human body needs to have continuous fuel for your vital functions then for the muscles to keep you moving. We are also aiming to lose the so unwanted excess fat and maintain fit body. As strange as it may sound, but for all these functions in the body are regulated by our blood sugar level.²

¹ BMR: is the amount of energy the body need at rest, for our organs to work and keep us alive without any physical activity

² Dr Zsu specializes in blood sugar regulation via food and exercise, for treatment and prevention of obesity, and optimizing sport performance (you are welcome to check out www.pubmed.com for her publications, and others at www.mendoza.com)