



ADVANTAGE SPORTS UAE

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WHAT WE'VE LEARNED FROM LOCKDOWN



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Hello!



Welcome to my monthly educational book. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, **"When the student is ready, the teacher will appear."**

And you are ready! That's why you are reading this!

Testimonials



I can highly recommend Maria Inglis team, I'm training with one of her PTs and I have lost 2 stone since November! I can honestly say that the professional approach, injected with humour, allows the sessions to be tough but fun. I have not reached my goal yet, but I will reach it months earlier than I had expected! Happy to answer questions if you have them. Thanks Maria! #endorsedwithpleasure

Cathy

I absolutely recommend coaches mentioned by Maria. They worked with me for over two years. He really knows his stuff and is both friendly and very patient! He is also knowledgeable in working with postpartum issues such as diastasis recti (separation of the abdominal muscles) and nutrition issues.

Deirdre

Advantage Sports TRX Class makes a change from the boring gym!! I need to be pushed to limits and found the group great, different people with different levels of fitness but not competitive or intimidating! Loved it!

Chantelle

I really like all my workouts Fantastic!! Thank you Maria

Roxana



I am so lucky that I have found Advantage sports website! Leila is an incredible and patient teacher; she make me comfortable and motivated in every class! Her kind-hearted personality makes each session fun and allows me to feel comfortable in her practices, she gives me the chance to take my yoga to another level, she's fantastic!

Ayesha

If you don't try you will never know. Best training trainers I ever met. They are amazing and tailor your workout according to your body requirements.

Susan

Great company, fantastic trainers, can't recommend them highly enough.

Nicola

I would like to thank Maria for organizing a Trainer to come to my home to continue my rehabilitation physiotherapy started by the hospital. So far the exercises using the TRX have been varied and not overly taxing at the time, I do know all about them later and take it really easy for the rest of the day - but my range of movement is improving slowly, and pain levels are slightly down - both of which are a wonderful bonus. If anyone looking for a personal trainer give these guys a chance to prove themselves to you.

Jacqueline



I'd like to thank all the team at Advantage Sports. I use Advantage Sports a lot! I have a personal trainer, and he is fantastic. I had a hip injury which other supposed trainers made worse. My hip is great, I am stronger and much fitter. It is obvious that he really knows what he is talking about and makes workouts enjoyable, but tough enough to keep pushing you to new levels. Thanks to Maria and the whole Advantage Sports team!

Sandi

Advantage Sport has been coaching me in the Masdar classes for over 6 months and I thoroughly enjoyed every single session as they are always fun, tiring and very rewarding physically. My PT is a very nice, respectful and professional trainer. He knows how to push you the limit and always try to make every class different and never boring. I have improved significantly the last months thanks to his hard working classes and I am looking forward to becoming even stronger in the future.

Genevieve

Just wanted to let you know I have completed my 12 sessions with my trainer. She is an amazing trainer; she knows when to push you and when to let go. Thank you so much for sending her. I was on 111kg and now I am 95kg ... just following her guidance.

Urooj

Get in touch



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What We've Learned From Lockdown



Having a bit of humour in the face of adversity isn't a trait to be taken for granted. Being able to laugh or even poke fun at ourselves when something is rubbish is a great way to cope. While none of us enjoyed the first lockdown, there was plenty of jokes and memes about it on the internet that lightened the mood at least for a brief moment. The most popular of these were jokes about weight gain.

The so-called "quarantine 15", which refers to how much weight people gained on average during the first restrictions, is the most popular lockdown meme. Searching the term on Instagram alone brings up more than 30,000 posts (pearl). But while it's okay to laugh at our situation during lockdown, many of us had our nutrition and exercise habits changed for good. While takeaways became more popular than ever and gyms closed, many of us exercised less than usual. Is there anything we can do to handle the situation better, should the restrictions arise again? The answer is yes.

Here's what we learned from lockdown.

Most of us gained weight during lockdown, that is clear. What's less clear is how it happened. While the internet nutrition blogs like to make out that keeping carbs low or detoxing your fat cells is the best way to stay lean, the reality is that it's all about energy. Energy has to go somewhere, and if you consume more calories than you burn, regardless of what kind of food you eat, it has to be stored, and your fat tissue is the easiest place for the excess to go.





We might not have felt like we were being inactive or overeating, but a quick look at the stats show how easily certain behaviours during lockdown may have contributed to weight gain.

A study by Robinson (1), showed that out of 2002 adults living in the UK:

- 56% of them reported snacking more frequently
- 40% of them said they exercised less frequently during lockdown
- 82% reported an increase in the amount of unhealthy food they kept at home

In another study by the same author (2), out of 907 people:

- 28% drank more alcohol than usual during lockdown
- 23% of them slept less
- 79% said they had reduced at least one good behaviour out of sleeping enough, exercising regularly, or eating healthily.



It might be easy to write off these behaviours as simply a result of being bored or fed up, but science points to physical reasons for these changes beyond our own choices.

People's energy needs naturally increase as they perform more activity in their jobs. The more active your lifestyle, the more your natural hunger signals will drive you to consume more food. This natural increase or decrease in hunger, is based on how much energy active people are burning regulates perfectly, and people maintain their weight while eating vastly different amounts of food based on how much they move around (3). However, as we become more sedentary, these hunger signals become less regulated and things start to go haywire.



Humans may be “coded” for higher activity levels. When we move around more, our hunger signals work just fine. Becoming sedentary doesn’t always equal us naturally eating less, it seems to make us more hungry (3). Add to that the fact that we consume more fast food during lockdown and the portions have gone way up, and you can see why this, coupled with less exercise can lead to weight gain (4).

However, unlike what the Instagram memes portray, weight gain isn’t a given if you follow some simple steps. When restrictions cause your normal routine to get thrown out of whack, it doesn’t mean you’re doomed to lose your fitness levels or gain weight. We can learn from the last lockdown and build a set of behaviours that will mean we can easily stay leaner and fitter, despite being cooped up. Here’s where to start...

Keep Moving

Exercise isn’t just about hitting the gym. Where staying leaner is concerned, simply burning some calories by staying active is a great start. Exercise in the gym can be about building muscle or improving cardio, but it’s not the be-all and end-all for staying lean.

If you track steps, don’t allow yourself to drop below a baseline amount, and try to improve on it over time. Staying at home often means you will have more time to walk, not less. If you usually get up to commute to work at 6:30am, try to maintain the same hours and walk for an hour in the morning instead of getting the train. The steps will soon add up and you will be far from sedentary.





Sleep More

Many people reported poorer sleep during lockdown (Robinson Weight-related lifestyle), and it can be easy to slip into a pattern of staying up much later if you are working from home. However, poorer sleep is associated with poorer food choices in several ways:

1. Lack of sleep affects hunger. In fact, in one study, fewer hours of sleep than normal can lead to consuming, on average, 385 more calories than normal (5).
2. Tiredness increases sweet food cravings (6).

As boring as it might sound, going to bed at the same time as normal is a great way to maintain, or even improve a sleep routine.

Don't Eat Randomly

Routine isn't just for moving and sleeping, being consistent with your meals has a huge benefit too. Without the same dedicated start time or lunch break, it's easy to start eating at random times. But random eating can backfire.

If you've ever noticed that you normally get hungry around the same times each day, this is because of a hormone called ghrelin. Ghrelin acts as a signal reminding us to eat at our usual times, but if we only eat randomly, this signal gets confused (7). This can result in us feeling more hungry than usual, which can lead to overeating.

Eating at regular times also seems to be better for your health. Eating two meals one day, then three the next, etc. contributes to worse cholesterol profiles, blood pressure, and irregular blood sugar (8).



Monitor Your Nutrition

Monitoring your nutrition doesn't have to mean counting calories or doing something that you wouldn't normally do. All you need is a starting place, and that can be as easy as simply observing or being mindful of what you're eating (9).

Start by sticking with a similar eating pattern, and try to notice when you might want to snack. Random snacking is often down to boredom or a need to break up the working day.

Keep control of your food environment. If you find yourself seeking out your favourite treat(s) more often than usual, consider not having that food in the house at all.



Try to plan what you'll eat the day before and do your best to stick to it.

If you have more time to cook, use the time to make healthy recipes.

Gaining weight and losing all of your fitness doesn't have to be inevitable when you're stuck at home. By staying active, maximising sleep, and using some method of monitoring what you eat, you can learn from the lockdown to stay leaner in any situation.



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