



PlayFunFitness™

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Exercise for Fat Loss:

Interval Training & Strength Training

Talk Topics

1. Cardiovascular exercise for fat loss
 - a. Steady-state training
 - b. Interval training
2. Weight/Strength Training for fat loss
3. Benefits of exercise



1. Cardiovascular Exercise for Fat loss

a) Steady State Training:

- Aerobic exercise done for an extended period of time
- Usually 30-60 minutes at a constant intensity
- E.g: jogging for 30 min on a constant level

b) Interval Training:

- Aerobic exercise broken down into a period of high-intensity exercise followed by low intensity exercise ('rest')
- These periods are then repeated for 20-30 minutes

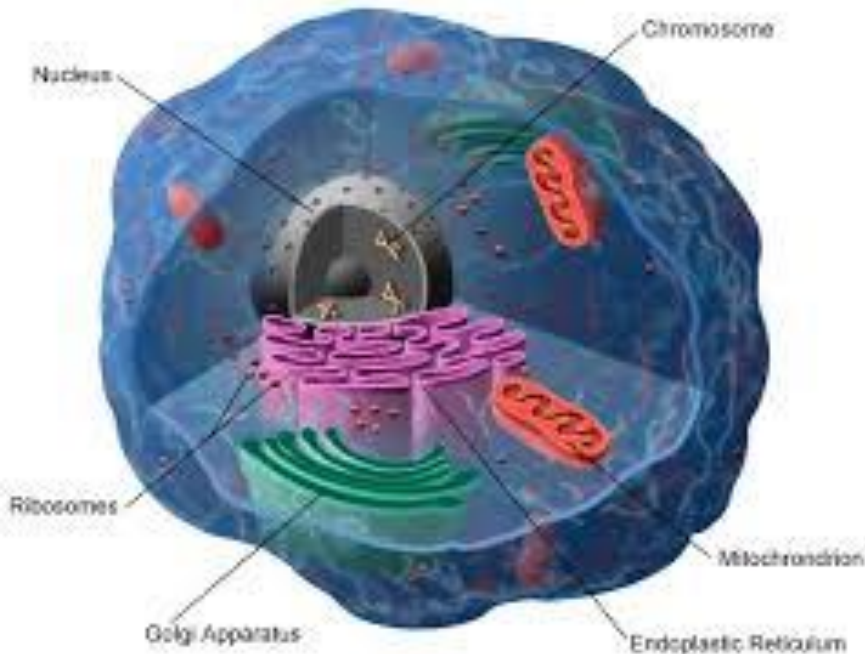
Fat Loss and Metabolism

- General increase in metabolism = enhanced fat loss
- How do you increase your metabolism?
 - Increase your muscle's capacity to burn oxygen
 - Increase muscle mass

The Cell and Mitochondria

- Muscle cell = many mitochondria
 - Produce energy and this is where fats are burned
 - More mitochondria = fat loss

Anatomy of a Cell



Research

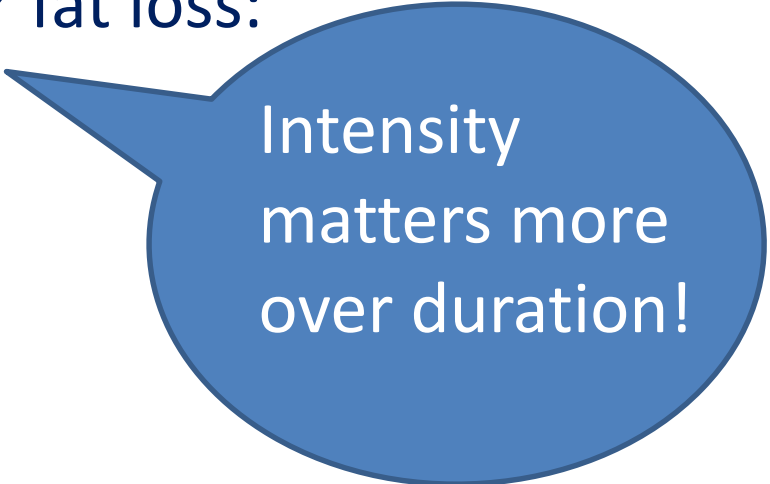
- Interval Training
 - Increase in **mitochondria**
 - Increases the mitochondrial capacity to **burn fat**
 - Burn **calories** at the moment
 - Change the muscles metabolism (**boost metabolism**)
 - Burn more calories in the long run
- Steady State Training:
 - Burn calories at the moment of exercise
 - No 24 hour energy expenditure (no boost in metabolism)
 - Body adjusts to it, thus you end up needing more to lose fat
 - Short term effects only

Muscle Tissue

- Burns more calories in a rested state.
- * Gain in muscle mass = burn more fat on a daily basis
- Research shows:
 - Steady State Training:
 - Burn 25% muscle and 75% fat, therefore = muscle loss
 - Interval Training
 - Improves muscle strength and muscle mass
 - Burn 100% fat = fat loss only

Conclusion

- Interval training is the way to go for fat loss!
 - Less time is required for an interval training workout
 - Improves the muscles' ability to use fat for fuel
 - Burns more calories post-exercise
 - Leading to significant fat loss
 - Boosts the metabolic rate – long term effects
 - Proves to be more effective for fat loss:
 - Creates metabolic changes
 - Burns more calories
 - Helps with muscle retention



Intensity
matters more
over duration!

2. **W**eight / **S**trength **T**raining

- Loose weights or your own body weight
- Increases muscle mass
- Increase muscle strength
- Increase power



Interval - & Strength Training

- Both are used in our PlayFunFitness™ classes
 - Optimise fat loss by burning more calories
 - Increase muscle mass
 - Muscle strength

3. **B**enefits of **E**xercise

1. Increased **muscle mass** as well as **bone strength**
2. Great for **fat loss** and maintaining proper weight
3. Exercise is a form of **stress management** and decreases depression and anxiety
4. Increased **energy and concentration**
5. **Fewer physical complaints** e.g. aches and pains
6. Improved **digestion**
7. **Delayed ageing**
8. Improved, more restful **sleep**

PlayFunFitness™ Classes

All classes consist of:

- Warm-up
 - Workout
 - Cool down
- **Group classes**
 - **Individual classes**
 - **Programs**



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PlayFunFitness™ Group Classes

