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# Foreword

There are two things you must consider when you are working for a fitter and healthier body and they are diet and exercise. This is the focus of this health and fitness course, but there are several things that makes it vastly different from other courses. It makes use of Plyometrics fitness adrenaline for optimizing results. Get all the info you need here.



## ***Plyometrics Fitness Adrenaline***

Jump Your Way to a Slimmer and Fitter Body

# Chapter 1:

## *Introduction*

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### **Synopsis**

Surely, you know what adrenaline is. It's a hormone that provides you a boost in energy when you are confronted with a situation that needs vigorous physical action like when you brace yourself for a fight or flight.

The energy produced in situations such as these are often greater than normal times.

Plyometrics on other hand is known as jump training, which means that the whole fitness program is based on jumping exercises that induce your body to secrete just the right amount of adrenaline.

Another important use of adrenaline is it jumpstarts the fat burning process because, of course, energy is produced from this process.

## **The Basics**

Some of jump exercises that help increase adrenaline production are the box jump, explosive squats and double leg butt kicks.

You do not actually need a box for the box jump, stairs will do just fine. The exercise involves jumping from the lower to the next rung. You jump to the higher rung from a squatting position and immediately after landing; you get off it and repeat the movements 8 times.

The explosive squat is not difficult. You start from a regular squatting position with your feet a foot (hip width) apart. With your knees slightly bent, back straight, and butt pushed out, jump the highest you are capable of while straightening your arms upwards, repeat immediately when you land.

To do the double leg butt kicks you contract your muscles then jump high and while you are up in the air touch your butts with your heels. This is done in two sets with 8 reps.

### **Other Things the Course Offers**

Chapter 2 of this course-- Adrenaline and its impact on health - concentrates on providing you with relevant knowledge on what generally adrenaline is and how it affects your health. It would be

good to have a solid knowledge on these things so you will easily understand the content of the succeeding chapters.

Chapter 3 --explains the over-all principles behind slimming and having a fitter body. Here you will learn the importance of a balanced diet and exercise or a healthy lifestyle to getting fitter and or slimmer.

Chapter 4 -- enlightens you how specifically does adrenaline boost weight loss

Chapter 5 --discusses the hormones, other than adrenaline, in your body known to have the ability to boost slimming activities.

Chapter 6 --discusses how fitness programs or the state of being affects your adrenaline levels.

Chapter 7 --explores on the impact nutrition and fitness has on slimming. In this chapter, you will learn that being slim is not synonymous to being fit.

Chapter 8 --provides important recent developments in slimming programs

Chapter 9 --provides patent reasons why working for a fitter body is a worthy cause.

Chapter 10 --discusses the various aspects of being healthy. Looks can be deceiving and this chapter will help you identify approaches that promote and sustain general good health.

# Chapter 2:

## *Adrenaline and Its Impact on Health*

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### Synopsis

Adrenaline, also known as “epinephrine” is a hormonal stress from adrenal glands on the kidneys. It performs a vital function in helping the body to have a reaction caused by the hostile environment. Adrenalin rush is an abrupt increase of the adrenaline secretion from adrenal glands. It occurs if the brain connects to the glands telling that a fight-or-flight reaction is needed. Adrenaline rush is not necessarily a physical risk but also a possible imaginary threat, failure of the heart, anxiety, brain disorder, or vigorous exercise.





## **Adrenaline Rush**

When a person observes something exciting or intimidating, the brain communicates to the adrenal glands that adrenaline should be produced together with other hormones related to stress. Adrenal glands are responsible for creating adrenaline by transforming amino acid into dopamine. Giving oxygen to dopamine yields noradrenaline and later on becomes adrenaline. This adrenaline joins the receptors of the arteries, heart, liver, fatty tissue, and pancreas. Afterwards, adrenaline will increase the respiration and heartbeats. By connecting to the receptors of the liver, pancreas, fatty tissue, and muscles, it prevents the formation of insulin. It promotes the synthesis of fats and sugar by which the body uses it to kindle the fight-or-flight circumstances.

### **Health Effects**

Adrenaline rush can produce bad effects to the health. Those people suffering from heart disease can cause their hearts to become weak. Heart muscle is made weak and there is heart attack, or heart failure to happen next. The brain can also be affected in unhealthy manner. On-going high levels of stress will lead the brains central memory to shrink. Stress hormones promote the formation of signaling molecules responsible for the swelling of hippocampus. The stressful condition also stops the development of the new neurons.

### **Memory and Stress Hormones**

Although adrenaline glands create a big area for the adrenaline synthesis, neurons of the brain will also form adrenaline. Very stressful situations speed up the activity of the neurons. The result can be a negative effect on the brain's memory. Stress can affect the memory storage by stimulating the main part of the brain which has the influence in storing negative feelings. Usually, people learn faster if things are played again and again in their memory. However, a single event can be enough for neurons to produce continuing networks.

### **Treatment**

Irregular occurrences of adrenaline rush in a natural way does not need any medication. If recurring stress, panic, anxiety, or disorder triggers the extreme adrenaline, special medication will alleviate the signs. Beta-blockers that will bind to the heart's receptors will prevent the occurrence of heart failure caused by too much secretion of the stress hormones.

### **Conclusion**

Adrenaline rushes occur when you are confronted with an abrupt threat. The potential danger can perhaps range from a barking dog, family or job stress, or from a person trying to fight against you. As a result, the blood pressure and heart rate become elevated which is not good when not properly controlled. Manage your own adrenaline by rightly handling your moments of stress and your response to nerve-racking circumstances. Control your thoughts and your words to put limitations to your emerging adrenaline.

# Chapter 3:

## *Adrenaline and Weight Loss*

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### Synopsis

It's that time of the year again when you say goodbye to sweaters and say hello to summer dresses! Welcoming summer heat for a lot of people means hitting the gym and getting ready for a beach body. A record number of people lose a lot of weight this season because lounging around by the pool is much fun to do when you're not ashamed to strip down to a bikini.



## **What Happens**

To lose weight, one must understand how the body works. In order for a person to lose weight, they need to have a certain healthy diet and do a lot of physical activity. A very popular way of shedding pounds is by doing high or low intensity cardio. But did you know that you can lose weight fast if you have a better understanding of Adrenaline?

How is adrenaline related to fat loss, you may ask. Adrenaline is actually a hormone that regulates your heart rate. It helps in the process in the fat breakdown. How? I'll explain by giving an example.

A study was done with two groups of women, all obese. One group was asked to a 20 minute interval training using a bike. They were asked to do 8 second high intensity cycling followed by 12 seconds recovery.

The second group was asked to perform 40 minutes of slow and light intensity cardio. Both groups were asked to do this three times a week for fifteen weeks. The results were stunning. The group who did a 20 minute training showed impressive weight loss results. And the second group who did cardio double the time that the first had no weight loss.

Doing interval training helps you release adrenaline, and as already mentioned above; adrenaline breaks down fat stores and burns them.

It can help you lose weight much faster than doing steady cardio. It doesn't mean that you won't lose weight at all if you do only cardio exercises, you will. It just won't be as fast and evident as doing interval training.

Here is another fact about adrenaline, once it gets you going and released in your body, it can be in your blood for hours. That being said, you are burning fat really fast that no amount of intense cardio or heavy weight lifting can do.

Another way that adrenaline helps you lose weight is that it actually decreases your appetite. That means if on a regular day of workout wherein you will want to eat more after the tiring activity, adrenaline does the opposite.

Knowing all these facts can help you choose the right kind of workout. But whenever you are trying to lose weight, it is still important to consider the kind of diet you have. More than anything, being healthy inside and out is more important than looking good in a bikini. So load up on those yummy veggies, skip that highly tempting cheeseburger and fries meal and drink at least 8 glasses of water each day for a better looking, healthier you!

# Chapter 4:

## *Association of Slimming with Other Hormones Other Than Adrenaline*

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### Synopsis

Aside from adrenaline, there are other hormones that are used slimming. Some of the most popular of these hormones are the thyroid hormone and the appetite suppressing hormones Leptin and Ghrelin.



## **Thyroid Hormones for Losing Weight**

Thyroid hormones have potential benefits for weight loss because it has the ability to increase the metabolism. This happens when the thyroid gland produces an excessive amount of the thyroid hormone. This state is referred to as hypothyroidism which can also mean under-production of the hormone. It is has been that while your under the state hypothyroidism, you can lose as much as 10 to 15 pounds.

The Application of thyroid hormones for dropping excess weight has been extensively studied and results provided strong indications that the hormone is effective. In fact, it was found out that the more severe the hyperthyroidism, the more it is effective for reducing weight.

### **Thyroid Hormones Safety Issues**

Thyroid hormones may have been found helpful for weight loss but it has dangers that should be considered. One of these is the moment the excessive thyroid hormone production ceases, the lost weight is likely to be gained back. Another safety issue is the possible protein loss that accompanies fat loss. Also, hyperthyroidism increases the need for increased calorie intake and it is possible that dieters will it difficult to reduce calorie consumption when they stop using the hormone.

It is recommended that the use of the Thyroid hormone for weight loss should be under the supervision of a doctor. First of all a doctor can give valuable advice on whether the dieter is healthy enough to engage in exercises, or diet or supplements are appropriate.

### **Leptin and Ghrelin Hormones**

Leptin and ghrelin are appetite controlling hormones that send signals to the brain which decides whether the fats and calories consumed are stored as triglycerides or used as energy.

### **Weight loss benefits**

The effect of the two hormones on weight loss has been studied and it was the amount of leptin and ghrelin before a weight loss diet is started can determine a dieter's capability for sustaining weight loss. It seems that when there are more leptin and less ghrelin in the body, weight loss is difficult to sustain.

### **How to Make the Hormones Work**

There are a lot of things still unknown about these hormones although researchers agree that they are powerful fat metabolizers and appetite hormones. Scientists, however, know that a pill containing these hormones has no apparent effect on weight loss and that the only way it could be of benefit for weight loss is to change dietary habits and lifestyles.



Four dietary changes are recommended: no eating after 7 PM, five small meals a day, protein loaded breakfast, and no refined carbs or sugar.

It will be difficult for dieters to implement the changes without encountering problems. However, the human body works at peak levels on low sugar and carb eaten over a period of time and while some modifications are allowed, permanent weight reduction targets can be met only by controlling leptin and ghrelin, the two appetite hormones.



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