



## CHI -eNews

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### Burst Cycle Training



The next time you're ready for some cardio AFTER hitting the weights, try some burst cycling on a stationary bike. Also known as interval training or near-maximum exertion exercise, this method of cardio is one of the safest and best for fat-loss and improving aerobic fitness. Begin with a brief warm-up at a light pace for two minutes. Next, increase the pedal resistance (training level) and "burst" into an intense sprint for 30 seconds. When your first burst is complete, immediately return to your original light pace for a two minute recovery. Bump up the training level again and cycle hard for another 30 seconds. Repeat this cycle several times. The evidence for success is waiting for you!

Click Website Audio Link > [Fat-Loss Interval Training](#)

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### To Fry...or Not to Fry?

Like trans-fats, Advanced Glycation End Products (AGEs) are formed when food is fried and then absorbed into the body after consumption. AGEs cause inflammation and increase the risk of heart disease. Like trans-fats, increased exposure to AGEs throughout life decreases life expectancy.

Acrylamide is a carcinogen formed from sugars and the amino acid asparagine during food frying. It is present in potato chips, French fries and fried chicken. Acrylamide causes cancer in animals exposed to high levels and nerve damage in people exposed to very high levels at work.

Fried food certainly tastes great, no doubt about it. When surveyed, the vast majority of teenagers and adults vote fried food as their number one favorite. But the damage to the arteries and brain are as real as the taste.



Detrimental changes result from rapid oxidation when food as well as the oil itself the food is fried in, are subjected to high temperature in the presence of light and oxygen. Antioxidants in the oil (if present) are depleted, then frying and deep-frying produce free radicals that start chain reactions in oil molecules.

*Frying is not recommended, because safe frying is a contradiction in terms. Frying temperatures are too high. When foods turn brown, they have been burned. The nutrients in the browned material have been destroyed. Proteins turn into carcinogenic acrolein. Starches and sugars are browned (caramelized) through molecular destruction. Fats and oils are turned to smoke by destruction of fatty acids and glycerol. [Udo Erasmus PhD](#)*



### Audio Excerpt SNU V7N3 (part 3)

Click Audio link > [Guy Perry](#)  
then click [Download Preview](#)



Click YouTube link > [Chi Sports Nutrition Principle No.6 - Nutrition](#)

Click Website link > [CHI Camp Hawaii April 15<sup>th</sup>-18<sup>th</sup>, 2010](#)

Click Article link > [Kids Need Exercise Too](#)

## CSNA Graduate Quote

*“A sedentary lifestyle is considered a health risk because it causes all of the benefits of exercise to be reversed.”*

~ Stephanie Christensen CSNA – St. George, Utah USA



As always...stay well and live free!

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Waimanalo Beach Oahu HI

Click YouTube link > [Music of Hawaii](#)

Click Audio link > [He-Said She-Said Mar 2010](#)

