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Interview With Shawna Kaminski

Bill: Hello everybody. Welcome to another edition of Face Fitness Center's Interview Series. This is Bill, and today I am very excited to be speaking with fitness and weight loss expert Shawna Kaminski. Shawna has degrees in education and kinesiology and also has over 20 years of teaching experience. Shawna brings with her a lifetime of fitness and health experience and is author of "Female Fat Loss Over Forty".

Hi, Shawna. How are you today?

Shawna Kaminski: Hey Bill. I'm great. Thanks for having me.

Bill: Good to hear. Thank you for joining us. OK Shawna, I'm just going to get right into the questions for our listeners. The first question is what are three things women can do right now in regards to their lifestyle that will have an impact on their weight?

Shawna: That's easy! It's easy to tell, harder to implement. The top three things women need to do are watch their nutrition _ 80 percent of how you look is based on what you're eating, so we need to cut out the junk and really up the nutritional value of anything hits their mouth. The second thing is to do some resistance training, no matter what age you are. You need to do some resistance training, and by that I don't mean you need to join a gym and lift weights. You can do body resistance training.

The third thing is high intensity interval training. Women are notorious for long, slow, boring cardio, where you just plod along with a moderate heart rate. You are burning calories but you are burning up the clock. So nutrition, resistance training, and HIIT work, which I call high intensity interval training, are the three keys to lifestyle changes that are going to impact weight and energy levels.

Bill: OK, and high intensity interval training, that means, let's say, that you do 30 seconds of a walk or jog, then 30 seconds of a sprint, and you just that over and over again, right?

Shawna: Yeah. Most people, when they do cardio, they just kind of get to a steady state where their heart rate is maybe at 120, but with high intensity interval training, you jack up your heart rate to, say, 140 or 150, depending on who you are, your age, and your fitness level, and then you lower it down. So those intervals where you're working hard for maybe 20 seconds, then you back off for 10 seconds. That's called tabata training. That is your best weapon for fat burning and raising that metabolism.



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Bill: OK. So why is it more difficult for women to lose weight after the age of 40?

Shawna: Women are trading muscle for fat, starting at about their 30s, because lifestyles are such that women become a bit more sedentary. You know, kids get older, you just sit down a little bit more. So we start to lose muscle, and muscle is metabolically active tissue, so even though your weight might not change, your composition is changing. It all seems to catch up with women once they get to their 40s. It's not the magic number of 40. For the 10 years prior to that, that's when the body composition is changing, and then over time it kind of just smacks women in the head right around their 40s, and so with less muscle, it is more difficult to intake the same amount of calories and be losing weight. Does that make sense?

Bill: That makes a lot of sense, actually. So, it's not that 40 is the magic number. It builds up from mid to late twenties based on lifestyle and culture.

Shawna: Exactly. So those women that are more active are not seeing the same "muffin top" and growth around the middle as those women who are active and have some muscle on their bones still. My program is "Female Fat Loss Over Forty" but if I can get a hold of any woman in their 20s and 30s, they're not going to have the same issues as women that have waited until their 40s to get into exercise and resistance training.

Bill: OK. So, you've mentioned the nutrition in my first question. Now everybody _ women and men _ they're always concerned about what to eat. It's very confusing. There's a lot of information out there. What kind of advice can you give to women about their diet to kind of simplify it for them, not make it so much information overload?

Shawna: You know, grandma was right in a lot of the things she probably would have told us in terms of diet. There's no magic bullet. There's no magic food, but we want to eat food that is as close to the earth, as organic as possible. We want to eat often _ five to six times a day, so we never get too hungry. When I say eating close to the earth, I'm talking about reducing the processed foods, and we want to maintain...in the '90s, we had that no_fat era, where everything was no_fat, low_fat, and diabetes rates skyrocketed because all we ate was carbs and heavily processed foods, and our blood sugar was all over the map.

So when we try and eat close to the earth, we want to try and reduce our carb intake, but have a good balance between proteins, fats, and carbs. Fat is not the enemy. Carbs are not the enemy, and protein is not the enemy. We need to have a balance of all three, and when we are eating five to six meals a day, we want to have a little bit of every macronutrient in every snack and meal.

So you don't want to just have raisins for a snack. You want to have maybe an



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apple and almonds. Try and mix up your food groups. Maybe I am complicating things, but let me clarify. We need to eat often and eat close to the earth, with less processed foods; drinking tons of water. Those are probably my top three things.

Bill: OK. Now that makes a lot of sense. So I guess that kind of leads into my next question about five dos and five don'ts in regards to diets. You gave already a couple of dos _ natural foods, keep it close to the earth, keep away from the processed foods, eat five or six times a day, drink as much water as you want; anything else you can think of?

Shawna: The one thing that I would highly recommend is a little bit of protein at every snack or meal, because that moderates blood sugar. Those are my dos for eating. My don'ts for eating: The first one is cutting out liquid calories. They are not filling and you can eat a ton of calories _ you can ingest a ton of calories without even knowing it, and without being satiated. You can eat up to 1,000 calories if you're on an evening out and have a couple drinks. That's just in the liquid calories alone. So we want to cut out the liquid calories...as a "don't". We also want to not starve ourselves. Your body needs to know that there's food aplenty. So our body is so super efficient that if we starve ourselves, our body is like, OK, I am just going to hold on to these calories, hold on to this extra fat because no food is coming down. But if we fuel our body more regularly, our body is going to be more willing to burn off the calories that we're ingesting and to feel more energized.

Another don't for, liquid calories, eating tons, just eating straight carbs and especially white carbs. We want to really reduce like the white bread, white rice. We want to reduce that intake and increase our fibrous intake. So reduce starchy carbs, increase fibrous carbohydrate intake because it fills us up a little bit more.

Bill: I guess that goes along with more like complex carbohydrates, that kind of thing.

Shawna: Yeah, exactly. And so those simple carbs and sugars, without getting too complicated, there's something called a glycemic index, which really is a measure of how fast carbohydrate is converted and into your blood sugar and the insulin rise you're going to get based on the food ingested. So the more complex, or close to the earth, the carbohydrate is generally the slower it takes for your body to process it and get it in to your system. So we don't want to be having a rise in insulin because insulin just shuttles that blood sugar...you know, junk in your trunk. If you're not running a marathon or burning off that blood sugar it's going to be saved for a rainy day and then you're never going to be burning off those extra fat stores.

Bill: OK. We talked about the carbs now and you mentioned...We talked about the complex carbs and staying away from the simple ones. So I know that there's a lot of good carbs that you get from vegetables. Besides vegetables, what are



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other good placed to get your carbs from? A lot of people say, brown rice, whole wheat bread is OK.

Shawna: Yeah.

Bill: Is that what you kind of follow as well, the brown rice, whole wheat bread, vegetables.

Shawna: Yeah. And other than whole wheat bread, you're looking for whole grains or sprouted bread. Yeah, legumes, beans. Fruit is also an awesome source of carbohydrate. But some fruits will have more sugar content or they're easily digested than others so if you have access to a glycemic index... The fruit is really confusing because like a peach it has a really low glycemic index and the nectarine, which is almost the same, has a higher glycemic index so it's converted to blood sugar a lot faster. So you can eat fibrous vegetables until the cows come home. You will never gain weight eating fibrous vegetables. But you can tend to overeat on some fruits because they are converted more easily to sugar. So you do want to keep your complex carbohydrates to fibrous vegetables and beans, legumes, that sort of thing, whole grains and add some fruits but not...

Bill: Don't over do it.

Shawna: Yes, exactly. In moderation with the fruits.

Bill: OK. So let's keep with the diet here. Let's talk about eating out. The bad thing about keeping with a good nutritional plan, I know I find myself having this problem, is when you do go out to eat sometimes you find yourself, oh maybe I don't want to go out tonight because there's so many nice things that I could eat and it'll hurt my nutritional plan.

Shawna: Yeah.

Bill: What's a good policy to follow when you're eating out to stay healthy?

Shawna: A little trick that I use is not to go to a restaurant starving. So, first of all, have a snack with something like 10 grams of protein about 15 minutes before you hit the restaurant. That will help you stay out of the bread basket or any other...you know sometimes they put things on your table that might not be...like corn chips of that sort of thing. So having something with about 10 grams of protein, and fiber, and some water 15, 20 minutes before you go, before you hit the restaurant. Like, a half an apple and ten almonds, a half a protein bar. Although I am not really thrilled with most protein bars... They're not ideal. But half a protein bar, like a low carb protein bar is going to be better than eating the bread basket. So, first of all, don't go famished.

Secondly, order things without sauces and broiled as much as possible. So salads are a great choice but they can be worse than a hamburger if you have it loaded



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with nuts and cheese and croutons and dressing. So, don't eliminate but have those things on the side and use sparingly.

And just as a rule of thumb, whether you are eating out or eating at home, the size of the protein portion should be about the size of your palm, starchy carbohydrate like potato, rice, breads, about the size of your fist, and not two fists, and fibrous vegetables as much as you would like as long as there's no sauces or butter or sautéed in butter, that sort of thing. So those are the kind of rules of thumb that I use.

Bill: OK, that sounds great. Very simple and very nice. I like that idea of eating a little bit before you go out.

Shawna: Yeah.

Bill: Because I normally don't do that. I'll go to a restaurant and be pretty hungry when I get there that I'm ready to eat whatever's in front of me. I like that idea. I'm going to try that myself.

Shawna: Yeah. And you can still enjoy, like you're not going to ruin your meal but your not going to sabotage your nutrition by overeating. Because your brain doesn't really kick in to the fact that your satiated until the 20 minutes. And you can do a lot of damage in 20 minutes of overeating, right? So, yeah, that's a good rule of thumb for me.

Bill: OK, so now you mentioned earlier about resistance training. And a lot of women are confused as to whether they should lift weights, if their body weight is enough. What's your recommendation as far as lifting weights or body resistance? What's the best way to go about it? And what kind of workouts can people do at home if they don't have access to weights.

Shawna: Well, I think the biggest thing to remember is that you don't need to be joining a gym or having a ton of equipment or machines to be doing resistance training. Your body weight is sufficient, especially for women, to be adding a little muscle to their frame, which is really what we're looking for. And I want to mention too that even though I lift a ton of weight compared to my own body weight I do not look big and bulky. So most women are like, oh I don't want to lift weights I'm going to get big and bulky. If it was only so easy to add some muscle. So first of all...

Bill: It's difficult to do that. A lot of people have that idea that if they lift weights they'll put on muscle but it's actually quite... Even for people who are trying to do it, it's difficult to do.

Shawna: Oh, yes, it's not as easy as you'd think. So don't be shying away from some weights. But you don't actually need a ton of weight. There's a ton of body weight exercises. For example, when I have women come to my boot camp or



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when I start to work with women, even doing just a simple push up, even from the knees, a lot of women are challenged with that. So once you increase intensity just by going to your toes, that's quite a bit of body weight that your pushing. So there's a lot of just bodyweight exercises that you can be doing that will help to increase strength and some mean muscle mass.

Bill: How much time do you need to do like a quick resistance program at home, just for body weight?

Shawna: Well, whenever I do workouts at home I include resistance training and high intensity interval training all at once. So you can be getting a really effective workout in between 30 and 40 minutes. Even between 20 and 40 minutes. What I find is that when women train, or anyone trains, alone, especially at home, it's hard to maintain any level of intensity. So if I were to say you had to train for an hour, 20 minutes or 15 minutes of that might just be walking around getting a drink, changing exercises. So rather than have the workout last that long, shorten it up, increase the intensity.

Between 30, or even 20, to 40 minutes max is all you need for resistance training with your high intensity interval training. You're getting that heart rate elevated, your increasing your cardiovascular capacity, all at once. So you don't need a ton of time. You just need consistency over time.

Bill: OK. So what is the most important factor to consider when following a weight loss program? Number one.

Shawna: Oh, number one. Well, I think what I just said, consistency over time, whether it be with your workout, whether it be with your nutrition plan. If you've missed your workout one day, get back on the wagon the next day. If you've blown lunch, don't blow supper just get back on your program right away. So, you know what? Everybody falls off of the wagon. It's those people that get back on that get more consistent results, not those people that are like, oh I will just wait and start it on Monday or I'll start my program again at the beginning of the month. Those people will not get the same results as those people that are like, you know I blew breakfast, OK lunch is going to be better.

So I think consistency over time with both nutrition and your exercise program is probably the biggest success factor for those people that are getting success.

Bill: Would you tell people to actually expect to screw up?

Shawna: Oh, for sure. Absolutely.

Bill: And then just not to worry about it, right?

Shawna: Yeah.



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Bill: And just, like your saying, be consistent. Expect yourself to screw up. But, you know what?

Shawna: Yeah.

Bill: It's going to happen no matter what. No one is going to stay perfect.

Shawna: Yeah.

Bill: So just pick yourself back up. Yeah, right I screwed up, and just stay consistent, move on.

Shawna: Yeah, it's all a work in progress. And so, yeah sure, we're going to forgive ourselves when we fall off the wagon. But expect for that to happen because things come up. Company comes. Birthday comes. But when you're always using that as an excuse and then you're never getting back onto your program just allow yourself to have a meltdown every now and then and then just, you know, today is a new day, and start afresh. So, for sure, yeah.

Bill: OK, Shawna, now your program theme of fat loss over forty, what makes it different from the rest of the programs that people see?

Shawna: I think the biggest thing is that I am along in my 40's and the workouts in the program I do myself and I've used with hundreds of women in my boot camp. So they're tried and true. They are proven fat loss and fitness strategies. And they are really good for women with perhaps a cranky metabolism. If anyone in their 20's or 30's gets a hold of the program they're not going to have the same issues as the women in their 40's are going to have. They're going to get the results a little bit faster.

But the fact that they're tried and true programs that you can do at home with a minimum amount of equipment. You know a gym is an intimidating place to go and so if you can get started at home with some basics. There's an exercise library. I'm just getting together a video library so that women feel fully supported so that they know what they are doing. It's easy to follow, not easy to do. Do you know what I mean? Like, you can follow it, you're going to have an intense workout, but it's going to be easy to follow.

Bill: OK. And you talked about some benefits. What are specifically some benefits women can expect from your program?

Shawna: The comments that I am getting from women right away is that they feel more energized. They're sleeping better. Even if they haven't lost weight initially, they're waist and abdomen measurements are coming down. What happens, especially in my boot camps and with women that do this program, is that we're building a bit of lean muscle mass and at the same time losing a little bit of fat. So your weight on the scale might not be significant at first because



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even though with a gain of muscle loss of fat, but loss of inches. And really in the end who cares what the number on the scale is if we're looking better in our jeans. So the fact that women in their...

Bill: That's the important thing, right? What you see in the mirror as opposed to what you see on the scale.

Shawna: On the scale. And we need to get our heads off the scale and on to how are our clothes fitting, how are we looking, and how are we feeling. Women in their 40's tend to feel a little bit sluggish and no energy, and sleep starts to be an issue. So if we're sleeping better, we're going to have more energy, we're going to have a better outlook on life. So it kind of snowballs into that whole positive attitude and self worth. It's really empowering for me to hear people talk about some of the results they're getting from the program. For my program to have that solid of an impact is really great for me to hear.

Bill: That's amazing. OK. Well thanks, Shawna. That's all I have for you today. That was really amazing. That was a lot of great information. I think everybody is going to enjoy it.

Shawna: Well thank you so much, Bill. And I really appreciate the opportunity to share.

Bill: Sure. And what's the URL of your website?

Shawna: www.femalefatlossoverforty.com.

Bill: OK. Thanks, Shawna. I'll talk to you soon.

Shawna: OK. Thanks, Bill. Bye_bye.