

## Squash

### Padang Cup

**The American Club vs. Singapore Cricket Club**

**Saturday, September 12**

9:00 a.m. – 5:00 p.m.

Minimum of 12 participants; Maximum of 16 participants

Please scan the QR code to register



### Ryder Cup

**The American Club vs. The British Club**

**Saturday, October 3**

9:00 a.m. – 5:00 p.m.

Minimum of 12 participants; Maximum of 16 participants

Please scan the QR code to register



For more information on our squash activities, please call the Sports Counter at 6739-4312 or email [sportscounter@amclub.org.sg](mailto:sportscounter@amclub.org.sg).



Michael offers his clients over 20 years of personal training experience and a certification as a Health & Fitness Specialist from the American College of Sports Medicine.

If you want to reduce body fat, improve strength and flexibility, or just move pain free, Michael will use functional training methods to help you achieve your goals. Michael can also work in consultation with your other medical professionals for rehabilitation, post-injury or surgery, and is an experienced pre and post natal trainer.



## Why is Your Basal Metabolic Rate Important?

By Michael Cheah

Basal Metabolic Rate (BMR) is the amount of calories you expend at rest just to keep your body going. It varies hugely depending on the individual.

The thyroid gland is a key BMR regulator that speeds up the body's metabolic activity. We all know someone who can eat as much as he / she wants, do little or no exercise and yet remain slimmer than we will ever be. That person has more muscle than fat which in turn translates into a higher BMR. An increased BMR will enable you to lose more fat than a person with the same activity level, diet and weight.

After age 20, BMR is estimated to drop about 2% to 3% each decade partly because of decreased muscle mass. People who are sleep deprived tend to have lower BMR and higher levels of cortisol (stress hormone), the hormone that can cause fat storage.

Build muscles through regular exercise such as weight lifting. The more muscle tissue you have, the higher your BMR will be. Muscle tissue utilizes energy even at rest, whereas adipose (fat) tissue does not. Muscle burns more calories than fat does (73 more calories per kilogram per day, to be exact). This means that all other things being equal, your body will burn more calories even when you are doing nothing. The greater the exercise intensity, the longer it takes your body to recover, which results in a longer and higher Excess Post-exercise Oxygen Consumption (EPOC). EPOC, or the "afterburn", can be elevated for 24 to 36 hours after exercise, leading to more calories burnt.

The following macronutrients raise BMR differently:

Fat – 0% to 5%

Carbohydrates – 5% to 10%

Protein – 20% to 30%

Don't resort to dietary supplements to aid in burning calories or weight loss. Products that claim to speed up your metabolism are often more hype than help, and some may even cause detrimental side effects!