

NEW JERSEY  
NEW YORK

**COPS**

New Jersey and New York's  
Law Enforcement Journal  
September 2005

# Legacy 9/11

PRESRT STD 4  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 6438  
PHILA., PA 191

[www.njcops.com](http://www.njcops.com)  
Vol. 8 No. 12



The Morris County 9/11 Memorial  
Parsippany, New Jersey

# Trainer: Manage that weight

BY MATT BRZYCKI

Weight management refers to gaining, losing or maintaining your bodyweight. Managing your weight boils down to the mathematical interplay of two variables: caloric consumption (eating) and caloric expenditure (exercising). If you consume more calories than you expend, you'll gain weight. If you expend more calories than you consume, you'll lose weight. And if you consume the same number of calories as you expend, you'll maintain the same weight.



Matt Brzycki

### A Closer Look

While the end result of caloric consumption and caloric expenditure is simple mathematics, there's a right way and a wrong way to manage your weight. Let's take a closer look at the proper approach to weight management, especially as it pertains to gaining and losing weight.

### Gaining Weight

Some police officers will look, feel and perform better if they gained weight. The main goal of gaining weight is to increase muscle mass. One mistake that's often made is that the weight gain is done too quickly. There's a limit as to how much muscle a person can gain in a given amount of time. If the weight gain is more than about 1 percent of your bodyweight per week, then some of the increase was in the form of fat mass rather than muscle mass. In practical terms, this means that the weight gain shouldn't exceed about 1 - 2 pounds per week. If the weight gain isn't greater than this amount and is the result of a demanding exercise program in conjunction with a moderate increase in caloric consumption, then it will probably be in the form of increased muscle mass.

### Tactics for Weight Gain

There are many tactics that you can

employ to gain weight. One of the most important is to set short-term goals that are realistic. Long-term goals can be overwhelming and when they aren't met, can quickly lead to frustration. Suppose that your goal is to gain 24 pounds of muscle in six months. Well, this goal isn't very realistic. You'd have a difficult time gaining muscle mass at a rate of four pounds per month. Plus, this goal could be overwhelming. Not only would you have to gain muscle at an unrealistic pace but you'd have to do so for six consecutive months. On the other hand, suppose that you set a series of short-term goals—say, to gain two pounds of muscle per month for the next two months. This goal is much more realistic and not nearly as overwhelming.

Another important and effective tactic is to keep a log/diary of your food intake. This doesn't have to be an elaborate or obsessive act of calorie counting. Simply record the specific foods that you eat as

SEE **WEIGHT** PAGE 29

**COMING SOON**  
**2005-06 EDITION**

*The award winning publication dedicated to special needs children and their families*

2005 Bronze Award Winner  
GENERAL EXCELLENCE

Advertising and Sponsorship opportunities available  
**Call: 973-569-7720**  
AND BE A PART OF 2005-06  
**The Special Parent**

2004-05  2005-06  Both

Please send me \_\_\_\_\_ copies of The Special Parent  
Enclosed is \$2 for shipping and handling per copy requested

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Daytime Phone \_\_\_\_\_

*North Jersey Media Group*

SEND TO: The Parent Paper, North Jersey Media Group  
1 Garret Mountain Plaza, PO Box 471, West Paterson, NJ 07424-0471

**THINK GIS**

**GIS WITH A PURPOSE!**  
**A BETTER, FASTER AND SMARTER SOLUTION**

Think GIS™, a WTH Technology solution, is the GIS system built completely with *Public Safety needs in mind.*

From Dispatch to Patrol, Think GIS™ provides you with the power of digital mapping and up-to-date data at your fingertips.

- User-friendly GIS solution
- Up-to-date digital mapping
- In-Car mapping w/ GPS interface
- CAD/911 interfaces
- 911 Pin-point Addressing
- Phase II Compliant Pop-up Mapping
- Continuous data updates via SYNC™

Call our WTH NY/NJ Technology Center at (864)314-6866 to schedule a demo for your department today!

**WTH**  
WHERE TECHNOLOGY HAPPENS

Or visit [www.wthengineering.com](http://www.wthengineering.com)

**WEIGHT** FROM PAGE 28

well as a rough idea of the quantity. By documenting this information, you may find out that you eat less food than you thought. Since engaging in an exercise program is also an important aspect of gaining weight, it's a good idea to keep a log/diary of your activities as well.

To increase your weight, you must consume more calories. If you're a person who frequently skips meals, then it will be all the more difficult for you to get the calories that you need to gain weight. Skip breakfast, for example, and you'll spend most of the day trying to make up the missing calories. In order to obtain enough calories, you'll need to eat more frequently—at least three meals per day as well as at least three snacks per day. Because police officers have such erratic schedules, you'll probably find this difficult to accomplish without proper planning (such as pre-packing nutritious meals/snacks that you can eat at work).

Finally, one of the most effective ways to get more calories is to increase the size of portions. Naturally, this assumes that you're already eating a balanced array of foods and not merely jamming calories down your digestive tract just for the sake of getting more calories. Increasing portion sizes is fairly easy to do: You can simply use a larger plate for your food and a larger glass/cup for your beverage.

**Losing Weight**

Some police officers will look, feel and perform better if they lose weight. The main goal of losing weight is to decrease fat mass. One mistake that's often made is that the weight loss is done too quickly. There's a limit as to how much fat a person can lose in a given amount of time. If the weight loss is more than about 1 percent of your bodyweight per week, then some of the decrease was in the form of water and/or muscle mass rather than fat mass. In practical terms, this means that the weight loss shouldn't exceed about 1 - 2 pounds per week. If the weight loss isn't greater than this amount and is the result of a demanding exercise program in conjunction with a moderate decrease in caloric consumption, then it will probably be in the form of decreased fat mass.

What might happen if you lose weight too quickly? Consider this illustration: A 200-pound male officer with 16 percent fat has 32 pounds of fat. Suppose that he lost 10 pounds of weight but it was done too rapidly. He'd weigh 190 pounds but if only one pound of the weight loss was from fat, he'd have 31 pounds of fat. And he's now 16.32 percent fat. So he lost weight but his percentage of body fat actually increased.

While on the subject, understand that the numbers on height/weight charts and bathroom scales are poor indicators of whether or not someone should lose weight. The need for weight loss should be determined by body composition rather than bodyweight, especially in the case of active individuals. Think about it: Two people could be same height and weight but have different body compositions. For example, one might have 15 percent body fat and the other 30 percent body fat. If this was the case, then only one person might need to lose weight: the one with the higher percentage of body fat.

There are three main ways that you can lose weight. You can (1) decrease the number of calories that you consume (eat less) and maintain the same amount of activity that you do; (2) consume the same number of calories and increase the amount of activity that you do (exercise more); or (3) decrease the number of calories that you consume and

SEE **WEIGHT** PAGE 35

Last Chance!

# 2006 COVER KIDS

See your child featured on cover of THE PARENT PAPER or COUNTRY KIDS! **CONTEST**

Send us your child's photo – candid only – and tell us why your child should be on the cover.

Four winners for The Parent Paper four for Country Kids will be chosen – one from each of the following age groups: 0-2, 3-7, 8-12\* and 13-17\* – will be selected. Each winner will appear on one of our 2006 covers after a professional photo shoot. Win a special prize, just for entering... good luck!

Children ages 0-17 (not under contract with a modeling or talent agency) will be considered. Photographs cannot be returned, become the property of Specialty Publications and may be reproduced in a future issue.

DEADLINE FOR ENTRY IS SEPTEMBER 30, 2005

\*Barbizon of Paramus Modeling, Acting & Personal Development will be a special prize awarded to winners of two older age categories in The Parent Paper.

**ENTRY FORM** Mail your photo entry, a completed entry form and fee of \$15 (per entry/child) to: **Cover Kids Contest**  
1 Garret Mountain Plaza, PO Box 471, W. Paterson, NJ 07424-0471

Child's Name / D.O.B.: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Tel: \_\_\_\_\_ Parent/Guardian signature: \_\_\_\_\_

My child should be on the cover because... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PAYMENT METHOD**

Check/Money Order (Make checks payable to **Specialty Publications**)

Mastercard  Visa  Amex  Discover

Credit Card No.: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Condensed Rules:** Contest is open to persons 17 years of age and younger, except officers, directors, and employees of North Jersey Media Group Inc., its parent, subsidiaries, affiliates, and agencies, their immediate families and/or persons living in the same household of any of the foregoing individuals. To be eligible, mail your photograph entry, completed registration form, and the fee of \$15 (paid by check or credit card) for each child entered to: Country Kids Cover Kids Contest, 1 Garret Mountain Plaza, P.O. Box 471, West Paterson, NJ 07424-0471. One entry per child. All entries must be received by 5:00 p.m. E.T. on September 30, 2005. Four winners – 1 in each of the following age categories: 0-2; 3-7; 8-12; and 13-17 (age at time of entry determines category) – will be selected based on answer to the question "why your child should be on the cover." Decision of the judges is final. Contest subject to all federal, state and local laws and regulations.

Void where prohibited. All photos submitted become property of North Jersey Media Group and will not be returned. Winners will be required to sign an Affidavit of Eligibility/Liability and Publicity Release. For a copy of the complete Official Contest Rules, send a self-addressed, stamped envelope to Cover Kids Contest, 1 Garret Mountain Plaza, P.O. Box 471, West Paterson, NJ 07424-0471 (except residents of Vermont and Washington need not affix postage to return envelope).

**WEIGHT** FROM PAGE 29

increase the amount of activity that you do. The third way – eating less and exercising more – is the preferred way. Why? Well, suppose that your goal is to lose one pound of fat per week. There are 3,500 calories in a pound of fat. This means that to lose one pound in a week, you'd have to come up with a shortfall of 500 calories per day. Ever eat 500 less calories per day? That's a lot less food. Ever use 500 more calories per day? That's a lot more exercise. Therefore, the best tactic is to do both: In this example, you could eat 250 less calories per day and use 250 more calories per day. Same result but less overwhelming.

**Tips for Weight Loss**

Similar to gaining weight, it's important for you to set short-term goals that are realistic. Suppose that your goal is to lose 50 pounds of fat in six months. This goal is unrealistic and could be overwhelming. A better tactic is to set a series of short-term goals – say, to lose four pounds of fat per month for the next two months.

Again similar to gaining weight, it's important for you to keep a log/diary of your food intake. There's no need to obsess about counting calories: You can simply record the specific foods that you eat as well as a rough idea of the quantity. By documenting this information, you may find out that you eat more food than you thought. Since engaging in an exercise program is also an important aspect of losing weight, it's a good idea to keep a log/diary of your activities as well.

To lose weight, you must consume less calories. You should be mindful of the foods that you eat. For instance, you should eat

foods that are low in fat. In particular, you should reduce your intake of saturated fats (those that are solid at room temperature such as butter, lard and margarine). This dramatically decreases the number of calories that you consume and makes your food intake healthier. In addition, you should reduce the amount of sugars that you consume. Sugars contribute to tooth decay and offer very little nutritional value. It's also a good idea to drink plenty of water before, during and after your meals. This creates a feeling of fullness without providing any calories.

Assuming that you're already eating a balanced array of foods, you can decrease the size of your portions. Decreasing portion sizes is fairly easy to do: You can simply use a smaller plate for your food and a smaller glass for your beverage.

**THE BOTTOM LINE**

Whether you're interested in gaining, losing or maintaining your weight, your best bet is to stick to the basics. If you want to gain weight (muscle), you must consume more calories than you expend. If you want to lose weight (fat), you must expend more calories than you consume. And if you want to maintain your weight, you must consume the same number of calories that you expend.

*Matt Brzycki is the Coordinator of Recreational Fitness and Wellness at Princeton University in Princeton, New Jersey. A former Marine Drill Instructor, he has authored, co-authored or edited 13 books on strength and fitness, including SWAT Fitness (available at [www.operationaltactics.org](http://www.operationaltactics.org)).*

# Mortgage Discounts for Police

We are specialists in home financing. We provide expert services that make your mortgage needs simple.

**COPS TAKING CARE OF COPS!**

**Receive a complimentary 7-day Caribbean cruise with any purchase or refinance.**

**Co-ops • Condos • Townhouses • Single Family • Multi-Family • Mixed Use  
All Credit Situations • No Income Verification • Low Down Payments**

## One Source Mortgage Corporation

3 University Plaza, Suite 502, Hackensack, NJ 07601

# 1-201-300-1150

James Hosie  
Police Officer  
Hudson County, N.J.



Licensed Correspondent Mortgage Banker,  
NJ Department of Banking  
Registered Mitge. Broker, NY Department of Banking  
Correspondent Mortgage Lender • Florida Connecticut  
Loans arranged thru 3rd Parties

N50149-01

