



# FitnessNRG Info

5<sup>th</sup> Nov 2011

fitnessNRG.com.au



## DATES TO REMEMBER

SAT 12 <sup>TH</sup> NOVEMBER	BOOTCAMP BEGINS
WED 7 <sup>TH</sup> DECEMBER	BOOTCAMP ENDS
THURS 15 <sup>TH</sup> DECEMBER	LAST DAY FOR TERM 4 THUR GROUP SESSIONS
SAT 17 <sup>TH</sup> DECEMBER	<b><i>“XMAS BREAK UP PARTY”</i></b>
TUES 20 <sup>TH</sup> DECEMBER	LAST DAY FOR TERM 4 TUES GROUP SESSIONS

## CHECK YOUR LUNCHTIME PROTEIN

Late afternoon eating is one of the biggest issues when it comes to weight loss. Not only does consuming a significant number of calories in the afternoon shift your calorie load to the 2nd half of the day, but it also tends to start a feeding frenzy that continues until dinner. To try and gain control of this behavioural pattern, it may be time to check how much protein you are eating at lunchtime. Adults ideally need 100-150g of cooked meat, 2 eggs or even a larger tin of fish and if you are regularly consuming sandwiches, sushi or salad, you are unlikely to be getting these amounts. So, if you find that the 4pm munchies constantly hit, try bumping up your protein and see if this helps you to get through the afternoon. It may help keep you more in control of your appetite. Another option that works for some people is to split a lunch sandwich across two eating occasions, eating half at 12 and then the other ½ at 3 or 4pm. This way you may eliminate the need for extra snacks at 3 or 4pm and eat fewer calories in total as a result.

***"I THOUGHT THIS WAS INTERESTING AND I HAVE PASSED IT ON TO YOU. IT WAS WRITTEN BY A PERSONAL TRAINER IN AMERICA".... Cheryle***

They TOLD you it's what you're supposed to be drinking.

"No no...put that Kool-Aid down little Jonny...drink this insteadddd."

"Have some of *this* Billy...it gives you so many of the vitamins and minerals!"

Orange juice...apple juice...cranberry juice...juice juice!!!

**It's all sugary crap.**

ALL OF IT.

Parents, get a clue. Adults, you too. If you've got OJ sitting in your fridge thinking your doing *anyone* a favor, think again. It's needless calories. It's pointless sugar. LOTS of sugar.

"But it has so much Vitamin C!"

Wow, an overweight person who doesn't have a cold. That's who / want to be.

25 grams of sugar in an 8 oz. glass. That's right...TWENTY FIVE.

And you know you don't just drink 8 ounces...

DOUBLE IT.

How bout fiber?

**Zero fiber.**

Oh wait...double it for a regular-sized glass that people actually drink from...

ZERO again.

You know what has a full day's worth of Vitamin C? That's right...an orange! It also has 4 grams of fiber and a quarter of the sugar.

Eat fruit. Don't drink juice.

"But what about 'All-Natural' juice?"

I said don't drink juice.

In fact, don't drink *anything* that has calories (with the possible exception of a protein shake). Instead, get your calories from filling, wholesome, nutrient rich food...not empty beverages.

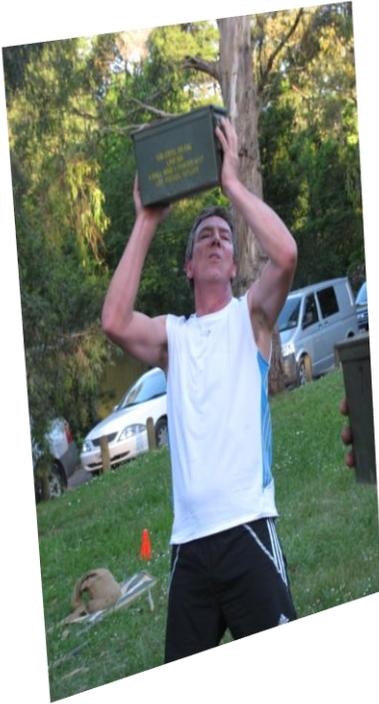
You'll be less hungry. You'll consume fewer calories.

Embrace water. . Get all crazy and float a lime.

Just try it...don't *drink* a single calorie at all this week. You'll probably drop a couple pounds. Repeat next week..

End rant.

CONGRATULATIONS !!!!! JASON HOPE  
THE HIGHEST ACHIEVER IN THE OCTOBER BOOTCAMP



2<sup>nd</sup> Highest Achiever

Kerry Mullan

3<sup>rd</sup> Highest Achiever

Juliet Murray

POINTS ACHIEVED FROM THE FITNESS TEST

Craig	90	Emily	34
Sarah	95	Jason	164
Narelle	46	Paul. M	42
Allanna	129	Michelle	56
Steve	96	Carol	27
Mandy	108	Kerry	147
Juliet	141	Craig Mullan	60
Jo	1 ?		

# THE OCTOBER BOOTCAMP GIRLS !!!!!

