

FITNESSNRG^{PT}

INFO 29th OCTOBER 2012

BOOTCAMP BANDANNA SESSION IN SUPPORT OF “CanTeen”

Thanks to all the troops turning up Sat 27th Oct wearing bandanna's to support CanTeen which is an organisation supporting young people aged 12-24 who are living with cancer.

A huge “THANKYOU” TO SUE SAAVEDRA (A&L WINDOWS) for donating \$500 to support our efforts for CanTeen

Sue is pictured kneeling on the far right.. Thanks heaps Sue !!!!!!!



A BIG “HAPPY 50TH BIRTHDAY” TO PAUL FOR THE 30TH OCTOBER.

Paul is pictured kneeling in the front row..Paul arrived at FitnessNRG in July 2010. Since then he has achieved amazing results with his fitness and weight loss. Including, winning the whinger's award last year. I would like to personally thank you Paul for all your support and being a great example of someone giving exercise a go and allowing me to put you through some challenging situations. You may have something to say at times when it gets a bit rough but you give it 100% and still come back for more. Have a fantastic 50th year !!!!!!

FOOD TIP

At times we all eat too much, and indulge a little more than we know we should, and over the next 6 weeks, chances are that if we are not unreasonably diligent, at least a kg or two will slip on, that is if you have not already honed on this skill in your own life – the ability to compensate with your calories.

It sounds simple, eat less after eating more, exercise more after skipping some sessions or refraining from treats when you have had a heavy week but the truth is that those individuals who compensate their calorie loads well, and who manage to keep their weight stable no matter what their social commitments, have fine-tuned this skill into an art form, and the good news is, you can too.

So, as we move towards the party end of the year, this is how you start to compensate for the extra calories you will be consuming, now.

- 1) Increase your exercise sessions now, so that you can drop a couple of kg before the end of year celebrations really begin.
- 2) Go alcohol free during the week.
- 3) For every heavy meal, go light with a soup or salad, or don't eat again until you are genuinely hungry.
- 4) Start each week with a vegetable soup in the fridge to enjoy as a light lunch, late dinner or snack if you are hungry.
- 5) Mentally commit to not gaining weight, rather than giving yourself excuses to.

RECIPE

4 x chicken breasts

½ butternut pumpkin, diced

400g tin cannellini beans

½ packet of baby rocket

Juice from 1 lemon

1/2 small bunch of flat parsley

1/2 small bunch of basil

1 clove of garlic

2 tsps dijon mustard

2 tbsp olive oil

- 1) Cook chicken breasts and diced pumpkin with a little olive oil in oven at 180°C for 30 mins.
- 2) While the chicken is cooking put the lemon juice, parsley, basil, garlic, mustard and olive oil in a food processor and blend together to make a smooth sauce.
- 3) Rinse the cannellini beans and gently heat in a small saucepan until warm. Add half of the sauce to the beans and then toss with the rocket and add roasted pumpkin. Use the rest of the sauce to pour over the chicken breasts.

SHOULD YOU EAT BEFORE YOU TRAIN ?

“Should you eat before you train in the morning?” For many, the belief is that if you do not eat, you will have no readily available fuel in the form of carbohydrate, and as a result you will burn a greater proportion of fat. Unfortunately, things are not so clear-cut when it comes to physiology and fat metabolism.

If no carbohydrate is available to the muscle when it is being trained, while you will burn a higher percentage of fat overall, but a smaller amount of total energy, as the body will reduce metabolism to adapt to the perceived fuel shortage. For this reason, if you complete a light training session of <30 minutes of moderate intensity activity, before 7:30-8am, you do not need to eat before you train. But, if you train for >45-60 minutes, have cut out carbs the night before and/or will not eat your breakfast until after 8am you are likely to train more efficiently and burn more fat if you do eat a small portion of carbohydrate before your session. Please note, small, just 10-20g, which will top up your blood glucose level and let you access your fat stores more efficiently. Good choices include 1 slice of toast with peanut butter or cheese, a couple of Vita Weat crackers and ½ glass of milk.

FOOD ENEMY FRIENDS

You know who this person is in your life when I say this – it could be your husband, best friend, work colleague or receptionist, the one person who you find constantly encouraging you and enticing you to eat when you know you should not, or would rather not be eating. Whether it is the cakes at work, the chocolate run at 3pm, the heavy dessert or the bread with dinner, the extra foods and ultimately calories which can mean the difference between losing weight or not that cross your path and often prove too tempting to say no to under pressure.

In an ideal world, we would and could politely ask these diet saboteurs to stop offering us the many tempting treats that continually ruin our diet but the harsh truth is that if we are to really take control of our food decisions, our food and ultimately our weight, it is up to us and us alone to manage these situations – to learn and practice saying no, to be able to have just one piece of bread or small slice of cake and stop eating, and to learn to not be influenced by others when it comes to our food decisions.

While this is not easy, an individual's ability to self-regulate their behaviour no matter how tempting an environment may be is one of the most powerful factors that determine who reaches their dietary and weight goals and those who do not, and the only tip I can give you is that practice makes perfect. So let's start saying; 'No, I am not eating that, or I don't eat that, or I don't want that' firmly, where appropriate from today, and indeed you will notice that it does get easier.

DATES TO REMEMBER

BOOTCAMP GROUP PHOTO

LAST OCTOBER BOOTCAMP SESSION

NO BOOTCAMP/BIGGEST LOSER

BOOTCAMP BIGGEST/ LOSER
RESUMES AGAIN

NORMAL BOOTCAMP RESUMES

LAST BOOTCAMP SESSION 2012

LAST DANCE CLASS 2012

“XMAS PARTY”

LAST TUESDAY GROUP SESSIONS 2012

LAST THURSDAY GROUP SESSIONS 2012

2013 GROUP CLASSES AND BOOTCAMP

PERSONAL TRAINING

WED 31ST OCTOBER

SAT 3RD NOVEMBER

MON 5TH & WED 7TH NOVEMBER

SAT 10TH NOVEMBER

SAT 10TH NOVEMBER

WED 5TH DECEMBER

WED 5TH DECEMBER

FRI 7TH DECEMBER

TUES 11TH DECEMBER

THURS 13TH DECEMBER

START WED 30TH JANUARY

“BY APPOINTMENT”