



FitnessNRG Info

April 30th 2012

fitnessNRG.com.au

WELCOME BACK TO TRAINING

The 2nd term of classes have started with tonnes of enthusiasm and goal setting from you guys. . I welcome all new participants and hope you enjoy the journey, exercise will take you. I am sure you have already met some amazing and inspirational people in your group. I admire the encouragement each and every one of you give to one another. I believe in training hard and having fun doing so !!!!

SPEND TIME WITH HEALTHY PEOPLE

We become like the people we spend our time with. Without This means that if your friends tend to eat and drink too much, do not prioritize activity and carry weight, the more time you spend with them, the more likely you are to also pick up these habits and end up a whole lot overweight over time as a result.

One of the biggest reasons for this is that so many of our social occasions centre around food and eating coffee (and cake) with the girls, desserts after dinner out, way too much wine and beer and the high calorie snacks we tend to binge on when we drink alcohol just a few of the reasons it is so easy to stack on weight via our social commitments.

What we all need to do to take control over this tendency is to simply put the focus of social occasions on healthier options. Go for a walk and then have coffee, do an exercise activity together rather than go shopping, choose healthier restaurants which serve lighter food rather than going out to the pub or to Yum Cha where you know you will eat too much.

At times we all eat and drink more than we need, whether it is at parties or special social occasions but it is when this habit becomes an almost daily one that we all need to pull back a little or risk the constant weight gain that more than 60% of adults are currently dealing with.

WHICH SOUPS FOR WINTER ?

Fresh is always best and here is a run-down on the nutritional profile of the pre made/tinned soups available so you can see that for yourself. Remember a meal should contain 20-30g total carbs, 20g protein and ideally <600-800mg sodium.

Soup (Per serve)	Cal	Carbs (g)	Protein (g)	Sodium (mg)
La Zuppa Pumpkin	206	39.5	7.6	1075
Country Ladle Pumpkin	108	15.6	3.9	810
Woolworths Chicken/Corn	168	19.5	6.9	765
Campbells Chunky Chick/Vege	150	20.4	8.4	885
Coles Chicken/Corn	249	37.4	11.6	1161
La Zuppa Chicken/Vege	164	25.6	8.0	1037
Heinz Winter Vegetable	193	33.2	5.4	1578
Continental Vege Cup/Soup	56	13.2	0.3	710