

# FITNESSNRG<sup>PT</sup>

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## WELCOME TO TERM 4 AT FITNESSNRG

Term 4 is now upon us as we get near to the end of the year. Guys... “now is the time to really put in some hard work if you have those summer fitness and weight loss goals. I would like to welcome all the new participants to FitnessNRG training. I hope you have settled in and I am sure you have met some really motivational people who have put a smile to your face. I believe that exercise should be a fun experience but also to train “hard”. To get results you need to push hard and stick to your goals.

## FOOD TIP WHEN FLYING

Why is it the minute we arrive at the airport that all of our firmly established food rules and healthy habits disappear out the window? Going on holidays does not represent an excuse to eat what you like and blame weight gain on the trip – instead it is an opportunity to move more, eat less and drop a few of those stubborn kg.

If you are a regular traveller, especially internationally, here are the key ways you prevent holiday weight gain.

1. Take some food with you to the airport and on the plane. This way you will not be tempted by high calorie (and expensive) airport food if your plane is delayed.
2. You do not need carbs on the plane – no bread, rice, pasta, cereal.
3. Stick with your natural meal times; you do not need to eat simply because they are serving you a meal.
4. In transit look for light options such as coffee, fruit, juice, nuts or omelettes.
5. Add vegetables and salad to every meal.
6. Seek out nuts, vegetables and protein snack bars at each travel location.
7. Ditch the snacks and focus on 2-3 meals.
8. Do not give yourself permission to overeat foods you never usually would.
9. Avoid beer and wine when flying, swap to a 1-2 spirits to help you sleep if you must.
10. Share large meals and dessert treats on holidays.

## RECIPE

4 large fillets of fish  
1 tablespoon red or green curry paste  
1 cup light (reduced fat) coconut milk  
1 sliced mushrooms  
1 cup bok choy  
1 cup sliced red capsicum (red pepper)  
½ teaspoon brown sugar

Lime Juice

1 teaspoon light olive/canola oil

- 1) Simmer coconut milk, curry paste and brown sugar over a low heat, until it thickens then add juice of 1 lime.
- 2) Lightly cook bok choy in a little water, set aside. Lightly sear fish fillets on skillet or pan until cooked through.
- 3) Remove fish and lightly cook vegetables on skillet.
- 4) Serve fish on bed of vegetables and drizzled with curried sauce. Also works well with chicken breast or heaps of vegetables for the vegetarians.