

# FITNESSNRG<sup>PT</sup>

INFO 19<sup>th</sup> November 2012

## MONDAY MAINTENANCE

While there is much debate about the role of different diets in weight loss or even weight maintenance long term, – a day of calorie controlled eating after the weekend will help to drop the kg or two of fluid many of us experience after a weekend that often features many extra calories courtesy of alcohol, sugar and high fat meals out.

For example after a high calorie 2 days of eating Have an entire day of low calorie eating using fresh fruits, vegetables, white fish and herbal tea to give the body plenty of nutrition for far fewer calories. This strategy helps us to find focus again with our eating, get rid of the fluid that can cause bloating and heaviness and reminds of how much better we feel when we control our calorie intake and eat clean, nutrient dense foods.

## ALCOHOL CALORIES

From a weight control perspective this can pose an issue as alcohol calories are quickly processed in the liver, whilst the calories we eat via foods such as high fat canapés, chips, fried pub food and other snacks is more likely to be stored. So in an attempt to keep on top of your calorie intake this holiday season, here is a guide to the calories found in the most popular alcoholic drinks so you can adjust your food intake or exercise to prevent weight gain accordingly

Drink Choice	Calories
Small glass of wine:	95
Small glass champagne:	85
Glass low alcohol wine:	80
Large (typical glass of wine):	160
2 regular beers	300
Low carbohydrate beer:	110
Pre-mix spirit	180
Bourbon & Cola:	125
Bourbon & Diet Cola:	70

## XMAS PARTY FRIDAY 7<sup>TH</sup> DEC 8PM

Come along and let your hair down. Awards will be given out and the winner of The Biggest Loser will be announced receiving \$500 cash !!!!!!!!

Its all happening at “The Barracks” (87Colby Drv) The theme is “Cocktail Party”. Dress in your best outfits. “Boys” let’s see some men in suits ! To make this event a success there will be bar staff available to mix cocktails from 8pm -12pm .Live entertainment , a performance by the talented dance girls and a DJ.

If everyone brings a small plate of cocktail nibbles it would be a “HUGE” help. You will be asked to bring your own special cocktail glass and a bottle of liquor which is decided when you grab your ticket out of a hat. Please RSVP as soon as possible by writing your name on the board in the gym or text me. Pls note Partners welcome. Unfortunately the event won’t be suitable for children. The dance class and young PT clients are welcome but if parents could please supervise that would be appreciated. Thanks

# RECIPE THAI FISH & MANGO SALAD

- 2 small mangoes
- 2 Lebanese Cucumbers
- 1 red capsicum, roasted, peeled and cut into thin strips
- 2 tablespoons fresh mint sprigs
- 2 tablespoons fresh coriander sprigs
- 80ml lime juice
- 1 teaspoon fresh ginger, grated
- 2 tablespoons fish sauce
- 2 tablespoons sweet chilli sauce
- 1 tablespoon grated light palm sugar or brown sugar
- 4 fillets (about 200g) blue eyed cod
- 1 tablespoon peanut oil
- 2 tablespoon unsalted peanuts, roughly chopped

1) Peel the mangoes and slice flesh into thin strips. Run a vegetable peeler down the length of the cucumber to form long ribbons and put into a bowl with the capsicum, mint and coriander. Toss, cover and refrigerate while preparing the rest of the salad.

2) Put the lime juice, ginger, fish sauce, sweet chilli sauce and palm sugar in a jug and whisk to combine

3) Preheat a char grill, lightly brush the fish fillets with the peanut oil and cook over a high heat for 3-4 minutes on each side or until cooked. Place some of the salad on each of the plates and top with fish fillets.

4) Drizzle the dressing over the fish and salad. Serve sprinkled with peanuts.

## **Your Life – Who are your energy people?**

Have you ever noticed that when you spend time with certain people, that you leave the interaction feeling energised, inspired and happy, while with others you leave feeling tired, left with less energy and often in a lower mood state than before you interacted. This is not a chance occurrence; the energy we emit is a function of the vibrational energy of our cells. As such, like attracts like; and the energy individuals emit does affect the way we feel, especially if we are someone who is more sensitive to others.

The question is; how do you manage these lower energy people, especially if you have no choice than to interact with them? The first thing is to identify the reason as to why you are left with this feeling and understanding that you do not cause this energy interaction but rather become a part of it. The next step is to manage how you personally deal with this – ideally we are able to not let the lower energy bring us down and keep with our own natural energy vibration. Finally, we can sometimes make the decision about how much time we commit to people who often bring us down. Often the answer is to actively spend less time with individuals who do not help you to feel good, because life is too short to waste time on those who do not help you to thrive and flourish in this already challenging life.

**'Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become your character. Watch your character, it becomes your destiny'**

