

SPRING IS HERE ..TIME TO SET GOALS FOR SUMMER

Now that the warmer weather is approaching have you considered how you can reach those goals you have been thinking about during the cold months. Well, now is the time to do some changes. The simplest yet most powerful change you can make is to eat less, far less at night. Too often we eat lightly during the day and then snack before dinner, enjoy a large meal and then follow the nightly meal with sweet treats. Such a behavioural pattern equates to more than 600calories consumed at night and often prevents weight loss. To shift this pattern, commit to consuming a well-balanced, filling meal at lunchtime and swap to light salads or soups when you are enjoying your meal at home. This simple shift is a powerful way to kick start weight loss.

Next, it is time to identify the biggest dietary issue you have and target it directly to really take control over your food intake. It may be drinking too much wine, or snacking on sweet treats after dinner. It might be snacking after dinner or binge eating all weekend but whatever your dietary weak spot, it is time to commit to changing it. You will be surprised, just a week or two without your biggest dietary vice and not only are you likely to have dropped a few kg, but feel like you have much more control over your food intake. Don't delay it. Start now

8 WEEK WEIGHT LOSS CHALLENGE IS COMING SOON

Last year FitnessNRG ran an 8 week challenge to see who can lose the most percentage of weight. We had amazing results ..The winner Rachel Smith received \$500 cash. Rachel lost 9.9kg of weight. 9.4% Body Fat, 7.5 cm from her waist and 8.6cm from her hips.

It's on again this year. It starts the 1st week in October. More details coming soon !!

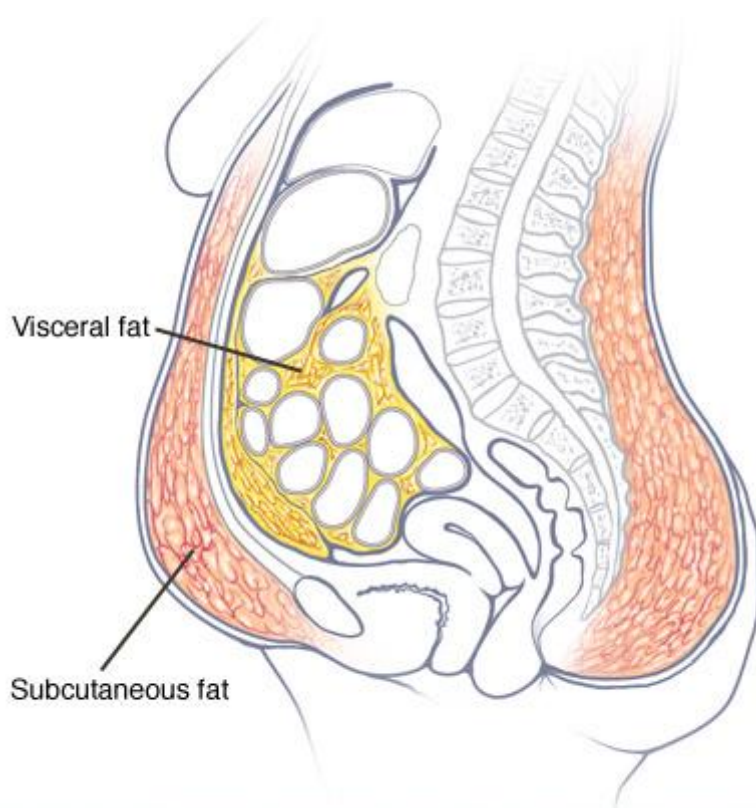
BALI BOOTCAMP JUNE 29TH – 4TH JULY 2014

Next year we are taking off again to this wonderful destination in the hills of Bali. If you are interested, reserve your spot now, as there are definitely limited numbers. If you would like to see more about the place we stay at go to website www.fitnessnrg.com.au and watch the You Tube clip we put together or visit www.sharingbali.com . We had an amazing time this year . It is very reasonably priced with all your meals, transfers , activities, massage and training included. The activities include a volcano trek, a bike ride through the hills, training, yoga, a jungle trek and a celebration night with a local band performing. . We visit villages and a coffee farm.. The only thing you would pay extra for are canned drinks and laundry if you choose . Which is so cheap !!! You can take your own drinks if you like including alcohol which can be purchased duty free at the airport before arrival.. We hope you can come .

FRIDAY THE 13TH NIGHT WALK

The Bootcamp troops are off on a night walk Friday the 13th. We will be walking approximately 10-12km through the beautiful Lysterfield Lake Park..We are certainly looking forward to seeing you all there troops. We will be leaving at 7pm Sharp !!!! It usually takes approximately 2 hrs to complete..

WHAT IS VISCERAL FAT ?



Subcutaneous fat is the belly fat you can feel if you pinch excess skin and tissue around your middle. Visceral fat, which is more dangerous, is belly fat that accumulates in your abdomen in the spaces between your organs. Too much visceral fat increases the risk of serious health

Your weight is largely determined by how you balance the calories you eat with the energy you burn. If you eat too much and exercise too little, you're likely to pack on excess kilos — including belly fat.

However, aging also plays a role. Muscle mass typically diminishes with age, while fat increases. Loss of muscle mass also decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight.

Many women also notice an increase in belly fat as they get older — even if they aren't gaining weight. This is likely due to a decreasing level of estrogen, which appears to influence where fat is distributed in the body.

The tendency to gain or carry weight around the waist — have an "apple" rather than a "pear" shape — might have a genetic component as well.

What to do ??? Eat a healthy diet .Watch those calories Exercise more. Its quite simple.