

## DATES AND COSTS OF TRAINING

**MON 16<sup>TH</sup> JULY – FRI 21<sup>ST</sup> SEPT**      **TERM 3 UNLIMITED NRG MEMBERSHIP STARTS.**  
**10 WEEKS \$400**

**MON 16<sup>TH</sup> JULY – FRI 21<sup>ST</sup> SEPT**      **START OF 10 WEEK TERM 3 INDIVIDUAL**  
**PT CLASSES. (NOT INCLUDING BOOTCAMP)**  
**COST \$150 EACH FOR 10 WEEKS**

**MON 16<sup>TH</sup> JULY – SAT 11<sup>TH</sup> AUG**      **BOOTCAMP JULY/AUG**  
**BOOTCAMP RUNS FOR 4 WEEKS.**  
**COSTS ARE:**  
**3 SESSIONS / WEEK    \$150**  
**2 SESSIONS / WEEK    \$120**  
**1 SESSION / WEEK      \$80 (\$20 EACH SESSION)**  
**2 SESSIONS / WEEK PLUS 1 PT GROUP \$180**

Please note that the Bootcamp sessions are unredeemable. If you would like the flexibility to switch classes between the PT Group classes and Bootcamp each week, the UnlimitedNRG membership would be a better option. Otherwise if you are a Bootcamp member you can jump into a PT Group class as a casual for \$15.00.

\*Please be aware we don't offer catch up classes for Bootcamp.

Look below for further details about UnlimitedNRG.

### UNLIMITED NRG CLASSES

Unlimited NRG is a membership which came about from requests by you. This exclusive membership gives you the flexibility and full access to choose your classes when you want them - week by week. Unlimited NRG Membership means you can jump into any Bootcamp session or any PT group class on the timetable. It is paid upfront for each term throughout the year and the terms run consecutively with the Victorian school holiday dates. If you are new to FitnessNRG, you can take an Unlimited NRG Membership anytime throughout the term.

Existing FitnessNRG members can upgrade with a simple adjustment to their fee. This is a great affordable alternative to one on one Personal Training giving you as many classes as you like each week. . Contact Cheryle 0419 535 720 if you have any questions.

# CLASSES AVAILABLE

**OPTION 1.** ALL THE CLASSES PLUS BOOTCAMP IN TIMETABLE ARE INCLUDED IN THE UNLIMITED NRG MEMBERSHIP

TOTAL COST FOR UNLIMITED NRG IS \$400 FOR 10 WEEKS (WEIGH AND MEASURE IS INCLUDED AT THE START AND END OF TERM)

**OPTION 2.** SELECT INDIVIDUAL PT CLASSES. COST IS \$150 EACH FOR 10 WEEKS

**OPTION 3.** JUMP INTO BOOTCAMP SESSIONS. BOOTCAMP RUNS IN 4 WEEK BLOCKS.

BOOTCAMP COSTS ARE:                    3 SESSIONS / WEEK FOR 4 WEEKS    \$150

2 SESSIONS / WEEK FOR 4 WEEKS    \$120

1 SESSION / WEEK FOR 4 WEEKS      \$80

(\$20 EACH SESSION)

OR

2 SESSIONS OF BOOTCAMP / WEEK PLUS 1 PT

GROUP / WEEK FOR 4 WEEKS \$180

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/CORE /BUTT 10 WEEKS \$150			9.30AM  BOOTCAMP
11.30AM  YOGA FOR BEGINNERS 10 WEEKS \$150					
	5.30PM  POWERBAR 10 WEEKS \$150				
	6.30PM CORE AND YOGA 10 WEEKS \$150		6.30PM  POWERBAR 10 WEEKS \$150		
7PM  BOOTCAMP "NRG FIT"		7PM  BOOTCAMP	7.30PM  YOGA 10 WEEKS \$150		

## PERSONAL TRAINING

FitnessNRG provides affordable Personal Training for all ages. We have kept our fees low and they have remained the same since 2008. These sessions are a great way to receive full attention in each training session. It's designed for those who need and want the one on one training for a number of reasons. Some of those reasons are to strengthen and correct bad posture, rehabilitation due to injury, weight loss, tone up, general fitness etc.. You can train with a friend or a partner as well.

### Costs are:

One person	1hr	\$50
One person	½ hr	\$40
Two people	1hr	\$60
Three people	1hr	\$60
Four people	1hr	\$80

\* Please note that there are only a number of hours per day available for Personal Training. We know how important your training is to you and it is also important to us.

**24 hrs notice** is required if you cannot make your Personal training session.

Because of unlimited hours we require 50% payment if you cancel your session at short notice. This is paid when you have your next training session.

e.g. If you do one on training and cancel less than 24hours, your next session will cost \$75.

Sorry guys but some people miss out when they need to change their times and at times we don't have one available because a permanent time is taken. Most people want to train in the morning and evening which leaves very little availability sometimes. ☹

We try very hard to keep you guys happy 😊😊

## PROBIOTICS

There has been a lot of talk about probiotics in the medical world recently. Probiotics are micro-organisms that are a good form of bacteria. The digestive system normally includes both 'good' as well as 'bad' bacteria and in order to maintain optimum health, it is essential to maintain a correct balance between the two.

Thus, they **improve the intestinal function** and are effective in treating a number of ailments. **Lactobacilli** and **bifidobacteria** are two probiotics that are most widely studied.

The World Health Organization defines probiotics as, "live microorganisms, which, when administered in adequate amounts, confer a health benefit on the host."

Given below are healing benefits of probiotics. Probiotics, however, may not be suitable for individuals who are immune-compromised.



Probiotics promote a strong immune system and **regulate healthy immune response** as certain probiotic bacteria improve some components of the immune response.

They reinforce the immunity of the intestinal mucus membrane, potentially change and improve immune cells, and strengthen the bacteria already present in your gut.

By restoring the balance of 'good' bacteria, they **starve off infections**, especially the ones that are caused as the side effect of antibiotics.

Probiotics are highly beneficial when dealing with a gastrointestinal problem called antibiotic-associated diarrhoea. Lactobacillus rhamnosus or LGG, in particular, is known to relieve viral or antibiotic induced diarrhoea.

Consuming probiotics while taking a course of antibiotics restores **the good bacteria that are killed by the antibiotic**.

Besides, individuals who are prone to stomach or bowel infections and travellers' diarrhoea should take probiotics.

Moreover, probiotics are useful in **preventing childhood diarrhoea** in 6-36 month old babies. It can also help with colic.

Newborns and infants tend to suffer from eczema due to **cow's milk protein allergy**. This can be managed with probiotics (Lactobacillus GG).

Before administering this treatment on your baby, though, make sure you consult with your doctor about it. Probiotics **minimize lactose intolerance**, too, because they contain lactic acid bacteria, which convert the lactose into lactic acid.

Regular intake of probiotics helps avoid cold and flu. In addition, it is useful for reducing **the severity of respiratory tract infections** like sinus infection, cold, pharyngitis, etc., particularly during the cold season.

It relieves symptoms such as stuffy nose and sore throat that are caused due to immune system's reaction to the virus that causes common cold.

Probiotics, especially strains like Bifidobacterium infantis and Lactobacillus plantarum improve the symptoms of Irritable Bowel Syndrome (IBS) in women.

Plus, they are popularly used to prevent and cure **Candidiasis yeast infection** and **vaginal bacterial infections**, which are quite common in women.

Furthermore, they help prevent urinary tract infections in women. In addition, researchers have found that probiotics may also help **fight abdominal obesity** and prevent obesity-related disorders (like type-2 diabetes).

They tend to influence the way in which bile acids are metabolized, thereby altering the amount of fats the body absorbs.

Foods that are rich in unpasteurized probiotics include **plain unflavoured yogurt, kefir, tempeh, miso** (tofu and vegetable broth soup), **sauerkraut** (made from fermented cabbage), **kimchi, kombucha tea, and pickles**. You can take probiotic supplements containing Lactobacillus acidophilus, Lactobacillus casei, Streptococcus thermophilus, and Bifidobacteria bifidum.

We are a distributor of Life Space products and we can offer you the products at a discounted rate. These are a superior quality probiotic with ALL the necessary bacteria required in one capsule.

All products must be paid for upon ordering.

# 25% OFF LIFE SPACE PRODUCTS



Life Space Probiotic 60 Caps  
Pregnancy Breastfeeding  
~~\$41.99~~

FitnessNRG Price \$31.50



Life Space Broad Spectrum Probiotic  
60 Capsules  
~~\$39.99~~

FitnessNRG Price \$29.99



Life Space 100 Billion  
Powder Probiotic 30 Gram  
~~\$47.99~~

FitnessNRG Price \$35.99



Life Space 60+ Years Probiotic  
60 Caps  
~~\$39.99~~

FitnessNRG Price \$29.99



Life Space Baby Probiotic 60g  
~~\$41.99~~

FitnessNRG Price \$31.50



Life Space Baby Probiotic Powder 60g  
~~\$41.99~~

FitnessNRG Price \$31.50



Life-Space Urogen™ Probiotic For Women with Cranberry helps support urinary tract health as well as maintaining healthy vaginal flora. Containing five premium probiotic strains, this probiotic helps to support women's general health and wellbeing.

### Health benefits may include:

- Supporting urinary tract health
- Maintaining healthy vaginal flora
- Helping to reduce the adhesion of bacteria to the urinary tract
- Helping to reduce the frequency of recurrent cystitis
- Supporting a healthy immune system ~~\$39.99~~

FitnessNRG Price \$29.99

## RECIPE: A GREAT RICE SUBSTITUTE

### What you will need:

Food processor 1 large head of cauliflower

### Directions:

1. Chop cauliflower until it resembles rice.
2. Put in a pot on low heat.
3. Mix occasionally until hot.
4. Turn off heat and let sit ...Easy

## HOW DO I MANAGE CALF CRAMPS?

**Q** *In almost every run I get severe calf cramps; one or both of my calves just lock up. What's the cause of the cramping and how do I prevent it?*

**A** There are a couple of schools of thought on cramping; one suggesting it is hydration and electrolyte based and another suggesting there is a neuromuscular cause involving fatigue. I tend toward the latter in the running setting. Bruce Jones did a lot of work on marathon medical problems with the Boston Marathon through the '80s and '90s. In a comparison of medical problems in a hot and cold marathon, he found most problems increased with hot conditions; however, muscle cramping stayed at the same high level in both groups. So, heat is probably not the culprit. If you've hydrated and supplemented well, with various combinations of electrolytes, vitamins and minerals in your training and on race day, fluid balance and electrolyte deficiencies are likely not the primary villain either.

My guess is that you are dealing with **"muscle fatigue"** resulting in severe and painful cramping, generally termed exercise-associated muscle cramping. The onsite treatment is to stretch the cramping muscle.

**KNEE HEALTH** - One of the best things you can do for knee health is simply maintaining an active lifestyle. "Your joints thrive on movement," "Always try to remember that some activity is better than no activity." Low-impact activities, like swimming, brisk walking, or cycling, and considering taking health supplements that provide glucosamine and chondroitin can strengthen and lubricate knees. On the flip side, too much movement can be hard on your joints. So if you're one of those people who just can't quit their HIIT habit or long-distance runs, there are some simple moves and stretches you can try that will help alleviate pain.

Since multiple muscles overlap the knee joint—including your calf, thigh, hamstrings, quadriceps, gastrocnemius, and soleus—and work together to flex, extend, and stabilize the knee, the exact source of pain isn't always obvious. "This means you want to think about stretching all the tissues around the knees," says Lauren Williams, a certified personal trainer and head coach at New York City's athletic-based training studio Tone House. Try to do these stretches after every workout to keep your knees healthy now and in the future.

### 1. Wall Calf Stretch



Calf muscles often get neglected during our stretching efforts. However, for those who run, do high-impact workouts, or spend a lot of time on their feet, calf stretches are very necessary. Calves can get extremely tight from impact and need to be stretched to relieve any pain that might travel up the knee. Find a wall you can lean against. Facing the wall, flex your right foot and position your heel right where the floor meets the vertical surface. Your toes should be elevated, while your heel remains on the floor. Keeping your heel on the ground and your leg as straight as possible, lean toward your front leg, holding the stretch at its deepest point. Lean in for five seconds at a time before releasing, working to deepen the stretch. Repeat the same stretch with your left leg. Aim for 10 to 15 reps on each leg—or more, if you're still experiencing tightness.



## 2. Calf Smash With Lacrosse Ball



This move allows you to work out tension in both your calf and your hamstring. Sit on the ground and pull your right foot close to your butt so your knee is bent. Wedge a lacrosse ball (or yoga/massage ball) below your right knee, sandwiching it between your calf and hamstring. Create a “compression force” by pulling your shin toward you, then rotate your foot in alternating circular movements to help create space in your knee joint. Continue until you feel tightness in these areas being relieved, then switch legs.

## 3. Half-Kneel Hip and Quad Stretch



This stretch not only feels amazing, but it also works double-duty for your hip and quad muscles. Kneel on one knee (feel free to put down a towel or mat) with your other foot planted flat on the ground in front of you. Make close to a 90-degree angle with both of your legs. Lean forward toward your front leg, stretching the front of your hip downward. Next, grab the ankle of your leg planted on the ground, and pull it toward your rear for a deep hamstring and hip stretch down the front leg, all the way to your knee. Move in and out of this stretch for 10 to 15 reps or more, depending on your level of tightness.

## 4. Quad Foam Roller Stretch



Stretching your quads is vital, as they get adaptively short from all the sitting most of us do every day and are often under constant tension. To get this large muscle group back to functioning at its best, use a foam roller. Lie face down and with a foam roller under your right leg, right under your quad. Put the majority of your bodyweight on your leg, and roll slowly. Instead of simply rolling up and down, roll your leg from side to side too, focusing pressure on the tighter spots of your muscles. Switch legs. Continue rolling until this feeling is no longer painful. If that’s impossible (as it might be for some runners!), do it for at least five minutes.

## 5. Wall Hamstring Stretch



Our hamstring muscles affect the knee more than we think and can be the source of discomfort or pain. Lie face up with your left leg flat on the ground, foot flexed. Take your right leg and prop it up on a wall or table, or use a resistance band. This stretch should radiate down the back of your leg, beginning in your knee. Once you find the deepest point of the stretch, alternate in five-second sequences between contracting and relaxing the foot of your right leg. If you have greater flexibility, hold the ankle of your right leg and pull it toward you. Aim for 10 to 15 rounds of five-second holds, and continue if you still feel tight. Repeat with your left leg.

## 6. Straight-Leg Raise



Easy strengthening exercises, like leg raises, put little to no strain on your knee but also activate and strengthen quadriceps. Lie face up with one knee bent and the other leg the ground in front of you. Lift your straight leg up approximately one foot, rotating your leg outward (the entire leg rotates outward, so toes point on a diagonal instead of straight up to the ceiling). Do 3 sets of 10 to 15 reps, alternating legs. As you get stronger, add ankle weights up to 10 pounds.

# 35 HELPTFUL TIPS TO MANAGE BODY WEIGHT AND PERSONAL GOALS

We all know the saying “Don’t sweat the small stuff,” but sometimes small actions can majorly influence how things play out—especially when it comes to weight loss. Even if it’s not always obvious, your tiny habits can make or break your progress. An extra bite here, a mild freak out there...these are the things that can mess with your body and hold you back from your goals. Thankfully, though, little things are easy to fix. (Yay!)

Between late nights at work and juggling a family, living your best life isn’t always easy—we totally get it. Don’t worry about overhauling the big stuff on your quest for a smaller gut, instead, hone in on fixing the fixable. Here, we outline the biggest weight loss saboteurs that may be sneaking into your daily life—and simple ways to fight back.

**1. REDUCE STRESS** If you’re the kind of person that’s always running behind schedule, that means you’re constantly feeling stressed. You know that tight feeling in your chest when you’re stuck in a traffic jam—and already running behind? That’s the result of the stress hormone cortisol which has been shown to cause headaches, stomach distress, high blood pressure, chest pain and, you guessed it, a slower metabolism, according to a *Biological Psychiatry* research. To add insult to injury, the types of food we crave when we’re stressed out tend to be fatty and sugar-laden. That means it will be far harder for you to say no to the break room pastry platter than it would have been had you left on time. The fix here is a simple one: Start getting ready to leave 10 to 15 minutes earlier than you think you need to. Your stress levels—and belly—will thank you.

**2. HEALTHY SNACKS** In our day-to-day lives, food temptations are everywhere—the office, the petrol station, and every street corner. To make it easier to eat smart and avoid stuffing your face when you’re starving, always keep your desk, car, and purse stashed with healthy snacks. “The good-for-you fat, protein, and fibre make almonds one of my favourite snacks. Raw almonds, apples, and low-sugar KIND bars are a few of our go-to snacks... And whatever you do, do not hit up any vending machines or drive-thrus!

**3. DRINK PLENTY OF WATER** Are you really hungry, or are you actually just thirsty? A study in the journal *Physiology & Behaviour* suggests people inappropriately respond to thirst over 60 percent of the time by eating instead of drinking. Even if you’re not hankering for a thirst-quencher, preloading meals with plain ol’ calorie-free water can shave hundreds of calories from your daily intake. And if plain water sounds boring, you can add some practically calorie-free fresh citrus to create a health-boosting (and flavourful!) detox water. A study published in the journal *Obesity* found that people who drank two cups of water before eating consumed 75 to 90 fewer calories over the course of a meal than they would otherwise. This may simply be because water is filling, but researchers note the added H<sub>2</sub>O may well be displacing calories otherwise spent on calorie-laden beverages. “If all else fails, have a cup of tea, which has almost no calories,” “Tea can help hydrate you and calm down cravings!”

**4. GET ENOUGH SLEEP** You eat right and exercise but, sadly, nearly all of your efforts are negated if you’re staying up all night catching up on ‘*Empire*.’ In study after study, shorter amounts of sleep are associated with higher BMI levels and larger waistlines. The primary reason? “Lack of sleep can lead to increased levels of the hunger hormone ghrelin, and decreased levels of leptin, the satiety hormone,” explains Alissa Rumsey, Registered Dietitian and Spokesperson for the Academy of Nutrition and Dietetics. “Research also shows that when we’re sleep-deprived, our brains respond more strongly to junk food and have less of an ability to practice portion control.” To stay on track toward your goals, aim for no less than 7 hours of sleep per evening..

**5. NO FOOD REWARDS** Just because you got a promotion at work, or finally closed on that new house doesn’t mean a giant feast is in order. It’s totally possible to celebrate your accomplishments and joyous occasions without food. Think about it: If you went on a celebratory day trip to the beach three times a year instead of indulging in a dinner out, you could keep nearly 4,000 calories out of your mouth.



**6. DON'T SKIP MEALS** If you're crazy busy life sometimes means skipping meals to fit everything in you may be doing your waistline a disservice. The reason: If you take in too few calories, it can cause your body to lose muscle mass, which will decrease the rate of your metabolism. Plus, when you skimp on grub, your body slows the rate at which it burns calories to conserve the fuel it's got. "Under-fueling is just as risky as over-fueling," Keep, grab and go bites like nuts and fruit on hand so you can at least eat *something* when your tummy starts to grumble.

**7. STAND MORE** Get this: We sit an average of 67 hours a week and spend just seven hours out of every 24 moving. How sad is that? And thanks to a new wave of ultra-sedentary jobs, we now burn 100 fewer calories a day than we did 50 years ago. That alone translates to an extra 10 pounds of weight a year! But thankfully you don't have to quit your day job to stay slim. Taking a two-minute walk every hour can offset the effects of too much sitting, according to a *Clinical Journal of the American Society of Nephrology* study. While a British study which found that standing at work burned 50 more calories per hour than sitting. If that doesn't sound like a lot, consider this: If you stand for just three hours of your day, in one year you'd expend more than 30,000 extra calories. Invest in a portable standing desk to reap the benefits.

**8. CHECK SCALE WEIGHT** Avoiding the scale? Ignorance could be the very reason behind your ever-tightening waistband. "When you avoid the scale because you don't want to know the number, that's when you get into trouble. This is especially true in the winter months when we're more apt to indulge in comfort food and cover ourselves with bulky sweaters," says registered dietitian Christine M. Palumbo, who suggests hopping on a scale at least once a week—if not two or three, to monitor your progress. "I recommend weighing in on Monday, Wednesday, and Friday," says Palumbo. "If Monday is a bit higher than usual, all the better for getting back on track for the upcoming week. And Friday is good because if you're a bit on the high side then, well, it's all the more incentive to stay-the-course for the weekend and not go too crazy."

**9. AVOID FOOD CHECKOUTS WITH CONFECTIONARY** Is your obsession with Mars Bars and Kit Kats derailing your weight loss efforts? It might be if you're not using the self-checkout kiosks at the grocery store. Let us explain: According to a study by IHL Consulting Group, impulse purchases dipped 32.1 percent for women—and 16.7 percent for men—when they were the ones to scan their items and swipe their credit card. Although not all impulse buys are bad for your belly, a whopping 80 percent of candy and 61 percent of salty snack purchases are unplanned. Next time you're at the grocery store, head to the self-checkout line.

**10. SWITCH OFF COMPUTERS AND MOBILE PHONES AT NIGHT** Along with some wildly unhealthy viral videos of recipes, social media is a reason it's harder than ever to lose weight because of the lifestyle involved. "We're more addicted to social media than ever, which often translates to snacking late at night while at the computer," explain The Nutrition Twins, Lyssie Lakatos, RDN, CDN, CFT and Tammy Lakatos Shames, RDN, CDN, CFT, and authors of *The Nutrition Twins' Veggie Cure*. Research published in *Obesity* points out that eating at night (even if you don't eat any extra calories) changes the body's circadian rhythm and leads to weight gain. The Nutrition Twins build on that by noting: "Night time exposure to light from computers, phones, and tablets is linked to interrupted sleep and negatively impacts your body's stress hormones, your metabolism, and how much fat you store around your midsection."

**11. WEAR COMFORTABLE SHOES** Those heels and dresses may make you feel like more of a professional, but wearing jeans to the office is far better for your belly. University of Wisconsin researchers found that people who wore denim to work took almost 500 more steps throughout the day than they did on days when they wore more formal attire. Over time, those additional steps can help you maintain your lean physique..

**12. THINK BEFORE YOU BUY** You may only need to pick up a few things, but that doesn't mean you should grab the little basket instead of the shopping trolley. In fact, lugging a heavy load of groceries around the store may make you less likely to pick out the best items for a flat belly, according to a study published in the *Journal of Marketing Research*. The researchers explain that the strain of carrying a basket makes shoppers more likely to reach for quick-grab impulse items—like cookies, crackers, and chips. But the solution is a simple one. Keeping the additional pounds away is as easy as grabbing a shopping cart.

**13. SURROUND YOURSELF WITH HEALTH CONSCIOUS PEOPLE** According to the National Institutes of Health, more than two-thirds of adults are considered to be overweight or obese—and as of mid-2015, the number of obese people is actually a larger group than that of the overweight-but-not-yet-obese. Study after study explains why Americans are getting rounder: We're subconsciously influenced by social norms and by those around us. Studies have even shown that when we eat with larger people, we may consume more food than what we usually do or what we would if dining with non-overweight people. Ditching your overweight bestie isn't mandatory, but expanding your social circle to include some health-minded people can help you keep your perspective.

**14. TAKE THE STAIRS** You have a file you need to deliver to the 15th floor. You take the elevator. Big mistake! Using the stairs burns twice as many calories! Still not convinced you should change your ways: A 150-pound person could lose about 6 pounds per year just by climbing up two flights of stairs every day, according to the University of New Mexico Health Sciences Centre. Bump that up to six, and you could drop 18 pounds without ever hitting the gym.

**15. TAKE TIME TO EAT** Eating lunch with your headphones in may seem like a harmless way to unwind during your midday break, but according to new findings, jamming out to the Biebs and watching cute cat videos while you eat are bad news for your waistline. In fact, Brigham Young University researchers found that research participants who listened to loud noises through headphones consumed 31% more food than the "quiet" group. "Sound is typically labelled as the forgotten food sense," says study researcher Ryan Elder. "But if people are more focused on the sound the food makes [as they eat it], it could reduce consumption."

**16. SNACK IN THE AFTERNOON** About two-thirds of adults snack at least twice a day, according to a study by the U.S Department of Agriculture—a habit researchers associate with the accumulation of belly fat. But you don't have to go snackless to snack less. Just watch the clock. A study published in the *Journal of the American Dietetic Association* found that mid-morning snackers tended to consume more throughout the day than afternoon snackers. Afternoon snackers, on the other hand, tend to choose good snacks. Afternoon munching was associated with a slightly higher intake of filling fibre, fruits and vegetables..

**17. BALANCE YOUR FOOD CHOICES** Sometimes you just need to indulge in a juicy fast food burger or a salty order of nuggets—we totally get it! But maintaining a healthy weight is all about checks and balances. Meaning, if you order something indulgent like a burger, you should offset it with something lower in calories and higher in nutrients like a piece of fruit or a side salad. If you don't think your choice of side dish is a big deal, consider this: A medium order of fries off the McDonald's menu packs 340 calories.

**18. STOP ADDING CHEESE TO EVERYTHING** Getting cheese on your breakfast sandwich, salad or wrap may not seem like a habit that can make you gain weight, but with an average of 113 calories per slice, it most certainly plays a part. Removing cheese from just one meal a day can save you over 41,000 calories a year! In other words, you could lose up to 12 pounds in just 12 months by saying "hold the cheese, please!" How amazing is that?

**19. CHOOSE PHYSICAL ACTIVITY TO CATCH UP WITH FRIENDS** It's great to be social and have a lot of friends, but if grabbing food is your hangout of choice you could be setting yourself up for weight gain. According to research published in the journal *Nutrition*, a meal consumed with one other person is typically 33 percent larger than a meal savoured alone. It gets scarier from there. Third-wheeling with two friends? You're looking at a 47 percent bigger meal. Dining with four, six, or 8+ friends was associated with meal increases of 69, 70 and 96 percent, respectively. Though part of this has to do with the amount of time we spend at the table when dining with company, another study from the journal *Appetite* found people who spent longer eating because they were simultaneously reading didn't eat significantly more, meaning time isn't the only factor at play here. You can still hang out with your friends. Just mix things up once and awhile. Check out a museum, see a movie, try a new workout class, go for a walk You'll save money and calories.

**20. PREPARE FOOD EVERYDAY** If you typically buy your lunch odds are that you're taking in more calories, salt, and sugar than you would if brought something you made at home. Why? Restaurant chefs are heavy-handed with sauces and seasoning. While you would normally skip an appetizer with weeknight dinners, those scallion pancakes and shrimp dumplings are just a click away. To keep away those extra calories, spend part of your weekend getting your grub together for the week ahead.

**21. STOP EATING SPUR OF THE MOMENT SWEETS** That handful of chocolate you snagged from your co-worker's candy bowl or those nibbles you stole from your kid's plate may seem insignificant, but they can really add up! Our advice? Keep a glass of water at your desk so your hands—and your mouth—are occupied. It will make it easier to save those nibbles for the special foods you can't live without.

**22. GO EASY ON THE SALT** If packaged snacks and restaurant fare are cornerstones of your diet, it's likely to blame for your widening belly. And it's not all water weight, either. According to a new study, salt actually messes with the biological processes that tell you when to stop eating. "Our body has biological mechanisms to tell us when to stop eating, and fat activates those mechanisms in people who are sensitive to the taste of fat," lead author Russell Keast said in a statement. "However, when salt is added to the food, those mechanisms are blunted and people end up eating more food. This can cause you to eat more fatty foods, and over time, your body adapts or becomes less sensitive to fat, leading you to eat more to get the same feelings of fullness." When cooking at home, use fresh herbs instead of salt. Dining out? Scan nutrition info at home before you head out and pick a low-cal dish with about 1,000 milligrams of sodium or less.

**23. EAT PROTEIN** New to the vegan world? Recently decided you hate the taste of meat? Actively trying to cut your carbon footprint? Then you may not be consuming enough protein. Don't get us wrong, it's 100% possible to lead a meat-free lifestyle and still take in enough of the muscle-building nutrient, however, it's often an art that takes time to perfect. Consuming enough protein is important for two reasons: Since it digests more slowly than refined carbohydrates, it's satiating and staves off overeating. It also helps maintain lean muscle mass. "If you aren't consuming enough protein to keep your muscles and cells healthy, the body ends up breaking down muscle to access the nutrients it needs—and this spells trouble. Less muscle mass means a slower metabolism, which over time, can cause weight gain,"

**24. AVOID THE SWEETENERS** If you add a packet of zero-cal sweetener like Splenda to your daily cup of java or tea you might want to consider changing your ways. Why? "These sneaky devils can wreak havoc on your whole digestive system, which can cause weight gain and bloat," says Shay Kostabi, Master Trainer and Creative Director for ReXist360 Resistance Training Systems. Keep an eye out for sweeteners in less obvious places, too. They can be hiding in everything from protein bars to gum under aliases like saccharin, aspartame, sucralose, sorbitol, mannitol, and xylitol.

**25. EAT FRESH FOOD** Sad, but true: "More, please!" is music to the ears of many food scientists looking for feedback on their products. "The food industry brilliantly designs their products to be hyper-palatable, ensuring their customers come back for more," says Julieanna Hever, MS, RD, CPT, a plant-based dietitian and author of *The Vegiterranean Diet*. "With chemists in the lab concocting recipes with just the right level of sweet, saltiness, and fattiness, the human palate is easily convinced. This is why you literally 'can't eat just one.'" That said, keeping processed foods to a minimum can help you take in fewer calories and consume a more wholesome, nutritious diet—two things that can help you maintain a healthy weight.

**26. INCLUDE FRUITS AND VEGETABLES EVERY DAY** And in that same vein, if you're typically reaching for granola bars and chips over baby carrots and apple slices you may not be hitting your recommended intake of fruits and veggies. And consuming less produce means you're more likely to fill out your pants. Research published in the journal *PLOS Medicine* linked the greater consumption of vegetables like cauliflower, brussels sprouts, and broccoli to greater weight loss results when compared with diets high in low fibre foods. Filling up half your plate with vegetables is a great place to start

**27. KEPT TREATS OUT OF SIGHT** If you have a sweet tooth it's time to kick your glass cookie jar to the curb and hide your candy stash in the cabinet! In a study by Google, placing chocolate candies in opaque containers as opposed to glass ones, and giving healthier snacks more prominent shelf space, curbed M&M consumption by 3.1 million calories in just seven weeks. A similar study published in the *Journal of Marketing* found that people are more likely to overeat small treats from transparent packages than from opaque ones.!

**28. BETTER STILL KEEP TREATS OUT OF THE HOUSE** And speaking of junk food, if you know your willpower is weak, then you shouldn't even be keeping it in the house. If you change up your purchasing habits, chances are you won't eat as many diet-derailing sweet treats. If you can't imagine kicking your favourite cookies out of the house for good, individually portion the foods you tend to overeat. If you know each Ziploc bag of chips is 150 calories, you'll be less likely to go back for a second serving.!

**29. EAT FIBRE** Ask any diet expert what they think about fibre, and they're bound to tell you it's an imperative part of any weight maintenance plan. So if you tend to skimp on the nutrient it could explain why you've been packing on the pounds. "According to research from Wake Forest Baptist Medical Centre, eating foods rich in soluble fibre, like oatmeal (one of the 25 Best Carbs for Weight Loss), apples and beans, can reduce belly fat, says registered dietitian nutritionist Jennifer McDaniel. Weight management specialist Sarah Koszyk, who's also a big proponent of eating fibre for weight maintenance, suggests eating berries to hit your daily mark. "Blueberries and raspberries are packed with fibre, low in sugar and calories, and chock-full of vitamins." Add them to your morning oats and eat them along with some nuts as an afternoon snack.

**30. BE CAREFUL WITH PORTION SIZES** When staying slim for life is the goal, portion size is just as important as eating healthy. The reason: Many nutritious foods—like avocados, oatmeal, quinoa, dark chocolate, nuts and nut butters—can lead to weight gain when eaten in excess. To ward off weight gain, don't make the assumption that the healthy food you're eating is low calorie—unless it's a fruit or a vegetable, of course. And next time you're whipping up a meal, remember these three portion control cues:

- a.) A helping of nut butter or shredded cheese should be no larger than a ping-pong ball;
- b.) A true serving of rice and pasta is about the size of your fist; and
- c.) lean meats should be about the size of your palm. Sticking to the recommended serving size can help zap away excess pounds.

**31. MAKE SURE HALF YOUR PLATE IS FULL OF VEGETABLES OR SALAD** When you put together your meals, do you always ensure half of your plate is filled with fruits and veggies? If you're shaking your head no, extra pounds may spring up on your frame later down the road. "[Produce is] nutrient dense, high in satiating fibre, and low in calories. By eating the veggie half of your plate before anything else, you will take the edge off your hunger, eat less overall calories, and still feel full and satisfied," explains registered dietitian Danielle Omar. "Keep eating this way and the pounds will painlessly melt away."

**32. CHOOSE WISELY WHEN DINING OUT**

**33. SHARE A DESSERT** Cutting out dessert or indulges all together falls under the category of "extreme" which could set you up for diet failure, but never splitting dessert with someone else could be just as dangerous for your waistline. Another fork in the mix means fewer calories being shovelled into your own mouth, so only order dessert if you can find someone who is willing to split.

**34. ORDER SAUCES ON THE SIDE** Restaurants tend to drown their dishes in deep, treacherous pools of oil, cream, butter and sugar—all of which are calorically dense and offer little to no nutritional benefits. Ordering it on the side can save you up to 1,000 calories per dish. Yes, you read that correctly, 1,000 calories! Over a course of a year, that could equal major weight loss! If you're not already making this request when you dine out and order in it's time to start.

When a chef dresses your take-out salad for you, you're apt to get four to five fat and calorie-laden tablespoons of the stuff suffocating your once-nutritious vegetables. If you order a creamy dressing like Caesar, that would run you about 400 calories. Those who ask for their dressing on the side, however, could slash their calorie intake in half. For that Caesar salad, that translates to 200 fewer calories on your plate .

**35. TIPS WHEN EATING OUT** If you want to eat healthy when dining out with a group of friends, keep healthy company ... or order first! A University of Illinois study found that groups of people tend to order similarly, especially when forced to give their order out loud. The researchers attribute the results to the fact that people are happier making similar choices as their peers. In other words, if you tend to be indecisive, check out the menu at home, decide on a dish, and ask the waiter if you can order first.

Next time you're at a Mexican-inspired eatery get either the cheese, sour cream, or guacamole as your topping—but not all three. According to registered dietitian lyse Schapiro this tweak to your meal will keep at least 250 calories from winding up on your plate.

We know, we know, the dinner rolls are the best part of the meal. They're so fluffy. So salty. So warm and delicious. But they're also void of any major nutritional benefits—and just two slices of the French variety has 376 calories (not including the butter)! Yikes! Next time you go out to eat, ask for a veggie appetizer in lieu of the bread basket. Being a weekend wine-o is better than sipping the stuff daily, but it's still not a great habit if staying trim is a top priority. According to a *Journal of the Academy of Nutrition* report, drinking alcohol causes people to eat an extra 384 calories daily, most likely because it makes us more sensitive to food aromas and less likely to resist indulgent fare. If you indulge in the alcohol avoid the eating urge when you don't need it.

*Thanks for reading. We hope you enjoyed the information.*

*For those taking off over the school holidays. We hope you have a safe and happy time with your family.*

*Don't forget we are still running Personal Training sessions during the school holidays.*

*We have a night walk this Friday 29<sup>th</sup> June at 6.30pm. If you would like to join us please contact Cheryle 0419 535 720. It will be approximately 10km and should take about 2 hrs.*

*We are taking off from the entrance of Churchill National Park on Churchill Park Drive. Opposite the police paddocks. Lysterfield South. Bring torch, water, back pack, mobile phone and wear warm clothes.*

*See you all in training*

*The FitnessNRG Team 😊*