



February 6th 2012

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WELCOME BACK TO TRAINING 2012

2012 is now upon us and we are in the 2nd month already. I hope you all had a fantastic Christmas and New Year. I welcome all new training clients whether it is Personal Training, Groups or Bootcamp. I look forward to helping you reach your goals in the coming weeks.. Please feel free to ask any questions or raise any concerns. We are a friendly team and you will be supported not only by me but your exercise “buddies” as well. ☺

“It doesn’t matter what fitness level you are , It is always a challenge to improve and push yourself to get results”

FEB FAST

How many of you have already committed to a whole month without alcohol? Feb Fast is really a good idea for several reasons. First and foremost many of us have consumed far too much food and alcohol over the past 3 months and need to work pretty hard to undo the damage. Secondly, alcohol does tend to become a habit, a habit that can be difficult to break. And of course, Feb Fast is a great way to develop some community spirit and raise some funds for charity.

If Australians consumed their alcohol as they do in Europe, with a small glass or two of wine or a spirit each night, there would be no issue with regular drinking. Unfortunately, Australians are known for their binge drinking tendencies, tendencies that ultimately leave us fatter and far less healthy than we should be. So, this Feb Fast, rather than count down the days until you can drink again instead use the time to consider the role you want alcohol to play in your life long term. Sometimes a break in any relationship is all we need to see things clearly and make some powerful changes if we need to.

CHALLENGE YOUR FOOD BELIEFS

I have to eat something sweet after dinner, I cannot leave food on my plate, I always need 2 sugars in my cup of tea, I always have 2 slices of toast not 1, I cannot go without dinner, I have to have a glass of wine after work, I always eat a pie at the football, We always eat an entire block of chocolate or packet of biscuits if we open them- just a few of the common food beliefs that many of us have held since childhood. You can imagine how challenging it can be after holding these beliefs for 20 or 30 years to change them. In saying that, in most of these cases the beliefs hold no truth, and when it comes to altering weight or improving eating habits, they do in fact need to be questioned and ultimately altered.

A simple strategy to try to challenge some of your own food beliefs is to instead ask the question, Do I really need and/or feel like this?. You will be surprised how rarely you actually do feel like the food, or are hungry enough to eat it. Once you start to become aware of how your own food beliefs are impacting your own eating behaviour, you will be in a much better position to challenge them and ultimately change them



TERM 1 CLASSES AVAILABLE

6th FEB – 22nd MARCH

DAY	TIME	CLASS	INSTRUCTOR	COST FOR SESSIONS
MON	5.00PM	BOXING	GUY	
TUES	9.30AM	BOX/CARDIO/BAR	CHERYLE	
TUES	5.00PM	POWERBAR	CHERYLE	
TUES	7.00PM	POWERBAR	CHERYLE	
WED	4.00PM	DANCE CLASSES	NARELLE	
THURS	9.30AM	STEP/ABS/BUTTS	CHERYLE	

FOOD TIP

THE WORST FOODS YOU CAN BUY

Here are the worst food offenders for young families and foods that you are much better to leave on the shelves-

1. Shapes – high in palm oil and offer nothing nutritionally
2. Jatz – high in palm oil
3. Rice Crackers – high GI and offer nothing nutritionally
4. Le Snak – buy real cheese and crackers
5. Nutra Grain / Fruit Loops / Coco Pops – you know chocolate is not good for breakfast
6. Nutella – chocolate in a jar
7. Cordial – sugar in water
8. 2 minute noodles – 1 packet = 3 breads + 1000mg of sodium
9. LCM Bars – high GI rice and sugar
10. White bread – one of the worst food habits we can have long term