

FITNESSNRG[®]

8TH OCTOBER 2014

TERM 4 TRAINING HAS BEGUN !

Welcome back to training for term 4. It's the last term of the year and this year has flown by. The gym has been buzzing with enthusiasm and it's great to see some past FitnessNRG participants back in training. Welcome to all new participants. I hope you are enjoying your training and also that you feel like its "your" place to come and train.

THE 8 WEEK CHALLENGE HAS FINALLY STARTED

It's finally here. The 8 Week Weight Loss Challenge is on again ! We have kicked it off with a 5 day detox. This will strip the body of fluid and cleanse the liver, creating a drop of 2-4 kilos in 5 days. It will be challenging the first couple of days but the remaining 3 days of the detox are easier. It will all be worth your efforts. Everyone will be given another food plan to follow the remaining 7 weeks. Good luck to you all ☺

IT'S 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

SQUATS

Squats are often hailed as the king of exercise moves. That's because they involve a lot of muscles, which in turn means they burn a lot of calories. You learned to walk by squatting, but as natural this movement is, you might have forgotten how to do it. Here's what you need to get started:

1. Stand with your feet shoulder-width apart.
- 2 Keeping your heels planted, lower your body as far as you can by pushing your hips back and bending your knees until your thighs are parallel to the floor.
- 3, Pause, and quickly stand back up again.

RECIPE Smoked Salmon Omelet

Ingredients

- 5 Egg Whites
- 2 teaspoons chopped fresh Parsley
- 1/8 teaspoon Herbes de Provence, crushed
- 1 cup Baby Spinach
- 30g Smoked Salmon, thinly sliced
- 2 tablespoons crumbled Goat Cheese
- 1 slice Whole Wheat Bread, toasted
- 1 Orange, sectioned

Directions

Whisk together the egg whites, parsley, and herbes de Provence in a medium bowl until blended. Set aside.

Heat a small nonstick skillet coated with cooking spray over medium heat. Cook the spinach in 1 tablespoon of water for 2 minutes or until wilted. Place in a bowl and set aside. Wipe the skillet clean.

Recoat the skillet with cooking spray and heat over medium heat. Add the egg mixture and cook, without stirring, for 15 seconds. When the edges begin to set, push them into the center with a rubber spatula, allowing the uncooked portion to cook. Cook for 2 to 3 minutes, continuing to push edges into the center as they set, or until the eggs are no longer runny.

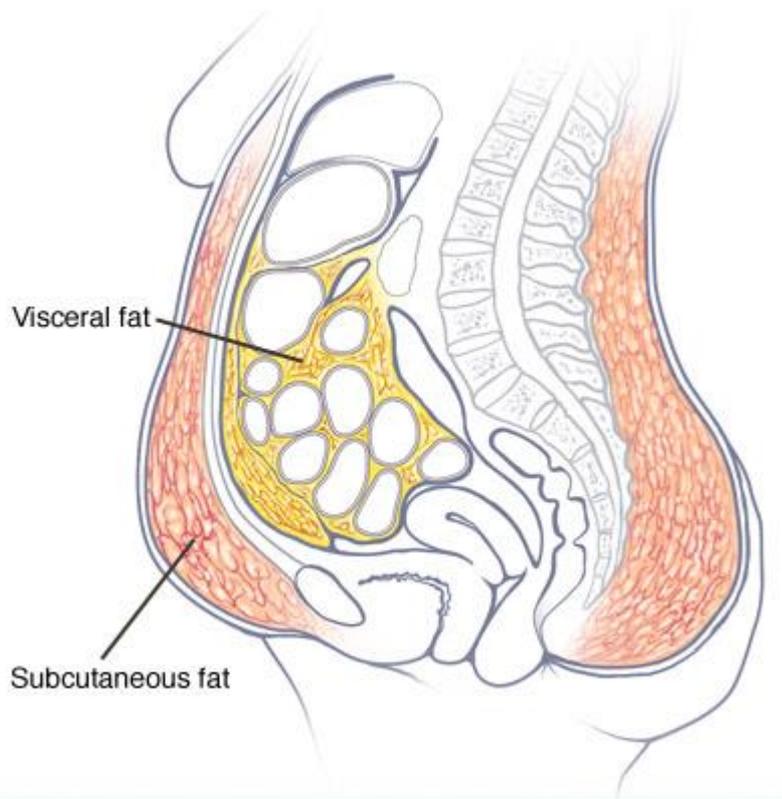
Scatter the spinach, salmon, and goat cheese on half of the omelet. Gently fold the other half over and cook for 1 minute to melt the cheese. Slide the omelet onto a plate. Serve with the toast and orange.

Nutrition Information

Serves: 1 | **Serving Size:** 1 omelete

Per serving: Calories: 330; Total Fat: 8g; Saturated Fat: 5g; Monounsaturated Fat: 2g; Cholesterol: 20mg; Sodium: 773mg; Total Carbohydrates: 31g; Dietary Fiber: 6g; Sugars: 15g; Protein: 34g

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 oestrogen, 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. It's quite simple.