

# FITNESSNRG<sup>®</sup>

16<sup>th</sup> December 2014



**THANKYOU FOR SUPPORTING  
FITNESSNRG IN 2014.**

**WE WISH YOU A VERY MERRY  
CHRISTMAS  
AND HAPPY NEW YEAR.**

**WE LOOK FORWARD TO SEEING YOU IN TRAINING 2015.**

## **DATES TO REMEMBER**

Thurs 18 <sup>th</sup> December	Last term 4 group class
Mon 22 <sup>nd</sup> Dec – Mon 5 <sup>th</sup> Jan	Personal Training and PT Group sessions available. Bookings are essential
Mon 5 <sup>th</sup> Jan- Wed 28 <sup>th</sup> Jan	“SUMMER BOOTCAMP”
Tues 3 <sup>rd</sup> Feb	2015 Term 1 Group Classes commence. Timetable coming soon.
Wed 4 <sup>th</sup> Feb	Feb Bootcamp starts

## **\*SUMMER BOOTCAMP SPECIAL\***

<b>WHEN</b>	MON 5 <sup>TH</sup> JAN – WED 28 <sup>TH</sup> JAN
<b>SESSIONS</b>	MON 7PM WED 7PM
<b>COST</b>	\$100



**FITNESS NRG GIFT VOUCHERS ARE  
AVAILABLE NOW !!**

**GREAT IDEA AS A XMAS GIFT**

## SOME INTERESTING FACTS ON ALCOHOL

Mixing, mingling and making merry this holiday wouldn't be the same without alcohol. But for those of us with an agenda to neutralize weight gain, adding alcohol to the equation makes this a tough one to balance. Here's why:

**Alcohol is the second most potent source of calories** Partying with alcohol is fun because we like feeling intoxicated, but this intoxication comes with a caloric price tag. One gram of alcohol is 7 calories, which is more than one gram of carbohydrate (4 calories) and protein (4 calories) but less than one gram of fat (9 calories).

**We don't burn extra calories to metabolize alcohol** Not like we do from digesting carbs, fat and protein. This phenomenon, called the "thermic effect of food", refers to the energy we use to digest food into small, absorbable components. Because alcohol is so easy to absorb, it enters our bloodstream without burning any extra calories.

**Your liver does the dirty work** Because alcohol is seen as a toxin, the liver prioritizes metabolizing alcohol first (get in line, fat...it's not your turn!) which means you won't be burning calories from other sources while that happens. The liver is only able to clear alcohol at a rate of around one ounce liquor per hour, which is why consuming more than this will leave you feeling tipsy.

**Alcohol makes your blood sugar drop, making you want to reach for carbs** The liver helps keep our blood sugar steady, but a liver busy at work metabolizing alcohol can't do this effectively, causing your blood sugar drops and stays low until the alcohol is metabolized. This explains why you crave carbs and wake up the next day with a headache.

**Alcohol calories that aren't burned will be stored as fat** This is true for all extra calories eaten no matter the source, but what makes alcohol calories worse is that they are stored in your liver first. It takes time for the liver to ship out the alcohol-induced fat for proper storage in your fat cells. If the liver doesn't do this fast enough (or if you drink too much, too often) the fat stays stuck in your liver and around your abdomen giving you what we refer to jovially as a "beer belly."

This of course doesn't mean you need to completely dodge all social sips this season. Here are some tips to help prevent you from gaining too much of your holiday cheer:

- 1. Pour yourself half as much.** This will help you limit yourself to one or two drinks per party.
- 2. Avoid higher calorie mixed drinks** like eggnog, margaritas, mudslides, or other sugary mixed drinks—or have one and consider it dessert.
- 3. Alternate between having alcohol and water to stay well hydrated.**
- 4. Sip slowly and take the time to enjoy your alcoholic beverage.**
- 5. Keep your alcohol budget at or below 200 calories.** Pick these lower calorie alcohol alternatives:

- Red or white wine: 5 ounces | Calories: 125, Carbohydrate: 4g
- Light beer: 12 ounces | Calories: 100; Carbohydrate: 5g
- Champagne: 5 ounces | Calories: 100; Carbohydrate: 1g
- Vodka, whiskey, rum or gin: 1.5 ounces | Calories: 96; Carbohydrate: 0g ( No coke is added to this calorie amount )