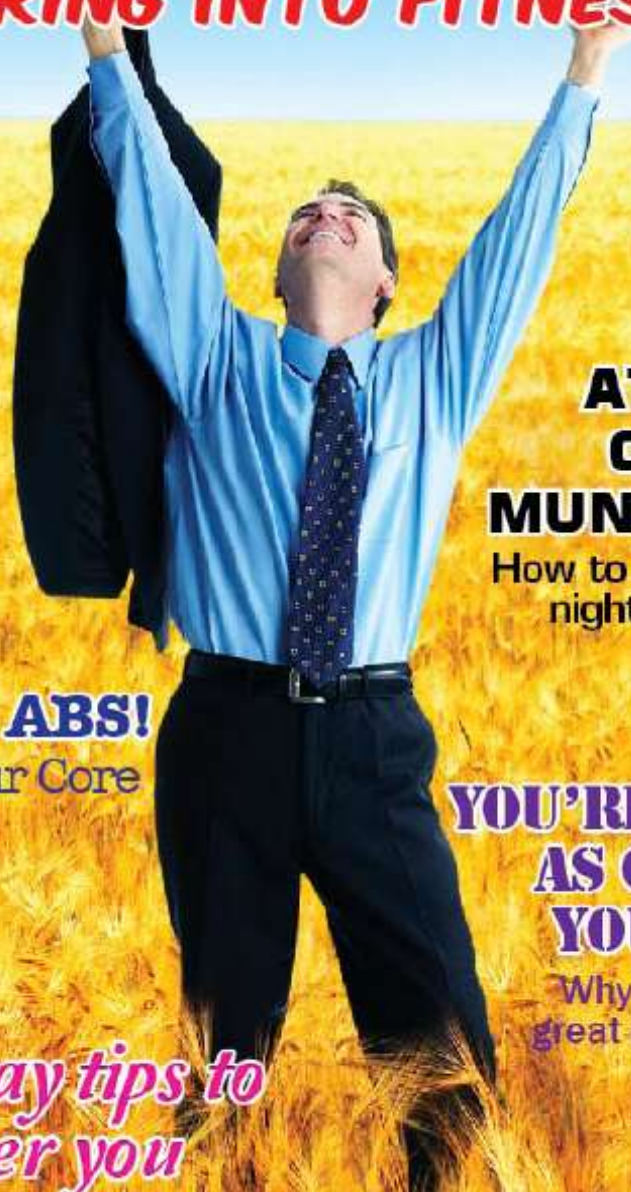


September 2011

in touch

SPRING INTO FITNESS



FAST TRACK TO FAB ABS!

Crush Your Core

ATTACK OF THE MUNCHIES

How to avoid late
night snacking

YOU'RE ONLY AS OLD AS YOU FEEL

Why exercise is
great at any age!

*Holiday tips to
a lighter you*

Do Diet Drinks Lead to Weight Gain?

Of course, everyone knows that 'full sugar' versions of soft drinks are loaded with sugar and they will promote an insulin spike in the blood stream, which will promote fat storage and stop fat burning. However, you may not be aware of why diet soda and weight loss do not occur together. Furthermore, other 'diet foods' also promote fat storage and stop fat burning in your body. Simply put, diet soft drinks contain artificial sweeteners and despite the clever marketing of them that promotes them as being healthy,

How Diet Drinks Stop Fat Burning?

Most artificial sweeteners are at least several hundred times sweeter than sugar. In fact, aspartame, which is the most commonly used artificial sweetener in diet sodas, is approximately 1500 times sweeter than sugar.

As a result, when a diet soft drink is consumed, as soon as the artificial sweetener hits the taste receptors in the mouth, these receptors immediately send a signal to the pancreas to start producing insulin with the expectation of a huge sugar hit!

Shortly after, the expected surge of sugar into the blood stream fails to arrive but the insulin has already been secreted from the pancreas. This insulin secretion then has the effect of storing the sugar that is in the blood stream.

This results in a lower blood sugar and a low blood sugar may increase appetite. If the stores of glycogen in the liver and muscles are full, the blood glucose that is getting stored by the insulin will be converted into fat and stored in the fat cells around the body.

Therefore, if you want to maximise your fat loss, it is imperative that you avoid or at the very least, minimise your intake of diet soft drinks.

The Artificial Danger

Not only do diet soft drinks containing artificial sweeteners (mainly aspartame) affect fat burning but there appears to be many health dangers of artificial sweeteners as well.

Here are just some of the potential health problems associated with artificial sweetener use:

- **Gastrointestinal problems**
- **Headaches**
- **Organ problems, particularly the liver and kidneys**
- **Developmental problems in children and fetuses**
- **Increased cancer risk**

The Best Diet Drink

As most people know, the best diet drink to have is pure, clean, filtered water! Of course, many people say they don't like the taste (or lack of taste) of plain water.

Therefore, it may be necessary to have a squeeze of lemon in the water to give it a more palatable taste. Considering the aspartame danger and the problems of consuming diet drinks regularly, it is definitely worthwhile making an effort to drink more water on a regular basis.



AGE IS ONLY A NUMBER



Why exercise is
important
at any age.

I have always held a firm belief in the benefits of exercise, regardless of a person's age or physical capabilities. Some older adults are hesitant to exercise, especially if they have not engaged in physical activity for a while, if ever. Growing old doesn't mean that you need to be sedentary. In fact research has shown that an inactive lifestyle can cause older people to lose the four most important aspects of staying fit and healthy: flexibility, strength, balance and endurance.

It has been proven that participation in regular exercise can help with the following issues that can impact on the health and wellbeing of older adults:

- Prevent the onset of Alzheimer disease and dementia as regular exercise improves brain functionality and helps combat disease
- Fight forms of depression through the release of natural endorphins;
- Reduces excess weight, especially in conjunction with a calorie- controlled diet;
- Build and strengthen the muscles around joints, minimising the impact of joint- related injuries and ailments;
- Light weight exercise can reduce the onset of osteoporosis through strengthening the bones;
- Help to fight and reduce the recovery time from sickness such as the flu;
- Being part of a group fitness class or partaking in group activities such as tennis, aqua aerobics, or walking groups can also have many social and emotional benefits, as well as physical.

Did you know that only 57% of Australian's participate in enough exercise to gain any health benefits?

How Does Protein Burn Fat?

Here's how you can use protein for fat loss!

Protein stimulates glucagon release from the pancreas and glucagon is insulin's antagonist hormone. By keeping insulin production low, the body can access and utilise fat as a fuel source more effectively. Glucagon stimulates liver breakdown of glycogen to glucose and also stimulates the gluconeogenic (production of glucose from amino acids) process in the liver by increasing the uptake of amino acids into the liver. As exercise continues, blood glucose levels fall and more glucagon is released into the blood stream. This promotes even greater fat and carbohydrate mobilisation from their storage sites in the body.

Protein also motivates growth hormone release from the anterior (front) pituitary. It is one of the body's most powerful lipolytic (fat-burning) and anabolic (tissue-building) hormones. By promoting gains in lean muscle, growth hormone may indirectly promote fat loss. It also acts directly on the fat cells (lipocytes) and stimulates the release of fatty acids and glycerol into the blood stream. A particular amino acid (amino acids make up protein), glutamine, has been shown in research studies to dramatically boost growth hormone release in the body, which then may promote greater fat burning. Growth hormone has been shown to peak in the evening during sleep. As a result, it makes sense to have slightly more protein in the evening meal before going to bed.

Protein supplies the building blocks of body tissues and regular consumption of it, i.e. as a component of your 5 or 6 small meals a day, will ensure your body stays in a positive nitrogen balance (an anabolic state). By doing so, your metabolism stays elevated, which promotes greater energy expenditure and therefore greater fat burning.

Not only does protein promote greater energy expenditure by maintaining an elevated metabolic rate but it also boosts your metabolism because it requires more energy to be digested compared to the other macronutrients, carbohydrate and fat. As a result, the Thermic Effect of Food (TEE), which means the amount of energy expended through the process of digestion increases, which increases the overall amount of calories your body burns during the day.

Protein has powerful appetite suppressing effects, especially compared to the other macronutrients. Its appetite-suppressing qualities come from the fact that protein stimulates the release of cholecystokinin (located in the small intestine, and detects the presence of fat) from the stomach cells. This hormone then travels through the blood stream to the hypothalamus in the brain where it tells the brain that the stomach is full!

From these 5 mechanisms it is easy to see why protein can help promote greater fat burning in your body. By simply making an effort to add a small portion of protein, from a variety of protein sources, to each of your meals, you can make a massive difference in helping your body burn fat much faster.



Stop Late Night Snacking

If late night eating is a problem for you, try these easy-to-use strategies!

Is late night snacking a problem for you? Do you still feel hungry after dinner some evenings? Have you ever woken up in the middle of the night with food cravings? If so, you're not alone. Late night eating is quite common and can be easily overcome. Here are 3 ways to stop your late night snacking fast!

Eat more during the day

The first step is to eat more during the day. One of the reasons why you may be feeling hungry at night is simply because your body needs more food. If so, feed it! You are far better off feeding your body during the day when you have an opportunity to burn off the calories rather than eating late at night when your metabolism slows down preparing your body for sleep.

In order to lose weight you need to create an energy deficit. This means you should burn up more energy each day than you take in from food. However, if the deficit is too severe, extreme hunger results and is likely to lead to late night snacking.

If you find that this is happening to you, an easy way to overcome it is to simply eat half a punnet of strawberries after dinner. This can help to curb your appetite without eating excess calories because strawberries are a low-density carbohydrate.

Consciously change your evening habits

Humans are easily conditioned creatures. If we repeatedly perform an action in the same way, our brain remembers this and encourages us to repeat the action again in the future. For example, remember back to when you were at school. Each day after school when you arrived home and walked through the front door, where was the first place you went? If you said the fridge or the pantry you are like most people!

Now, think about this: did you go there because you were hungry or simply because you had done that same action many times before? It is highly likely that you were conditioned to go to the fridge or the pantry because your brain had linked the two activities together.

In the same way, if you repeatedly sit on the couch after dinner to watch TV and eat snacks, you will likely create a 'conditioned response'.

Then, in the future, whenever you sit on the couch in the evening to watch TV you will start to crave snacks! You must be consciously aware of this late night eating habit and then change it. Perhaps choose to drink a glass of water instead or grab half punnet of juicy strawberries and munch on those instead.



Take GI Factor in the evening

The Glycaemic Index (**GI factor**) is a ranking of foods from 0 to 100 that tells us how quickly the carbohydrate in food is converted to glucose for the body. If your largest meal of the day is your dinner then it is quite common to find that you feel hungry before bed. The reason for this is because a large meal causes a greater insulin response in the body. Since insulin's primary function is to store nutrients in the body, a few hours after eating the meal your blood glucose is likely to drop significantly resulting in cravings for food or sugar.

By taking **GI Factor** with or after dinner your body doesn't need to secrete as much insulin because the ingredients in **GI Factor** assist in disposing of glucose from the blood stream as well as assisting insulin in its function. This means it is easier for your blood glucose to stay stable and for you to avoid cravings.

Holiday Weight Loss Tips

Tips for surviving a holiday without sacrificing your weight-loss goals



No one wants to be a killjoy on a holiday. But when it comes to dealing with the temptations of the great high-calorie foods available, you don't have to be a spoiler.

Realize the Challenge

At any time of the year, losing weight and keeping it off is very difficult. Set achievable goals. Sure, you may be able to exercise four days a week and eat only 1,400 calories a day, but is it really feasible during a holiday? You're much more likely to stick to your plan and succeed if you set your expectations more realistically, aiming to maintain your weight or to minimize weight gain.

Write It Down

When you've figured out your goals, write them down and keep a diary of what you eat. It's that willingness to stay in touch with what you're eating that's important. Even more critical is keeping track of your weight. Often, people avoid the scales because they don't want to come face-to-face with the news. But if you detect a one to two kilo gain, there's still time to get back on track before things escalate.

Buddy Up

It's easy to underestimate the toll that holidays takes — physically, psychologically, and emotionally. To avoid gaining weight, you need commitment and awareness. It's best to do this with a group of people — even one or two friends or a close buddy whom you can call upon to talk about eating concerns.

Be Honest

We all tell ourselves stories that are the same, time after time, like 'if I overeat on Friday or Saturday, I'll be extra good on Sunday and Monday. Other familiar half-truths are: 'I've eaten an extra thousand calories so I'll do an extra session at the gym,' or 'I'll eat what I want tonight and worry about it tomorrow' Recognize what's going on, stop it and get back on track quickly and put things into perspective and remind yourself that overeating on one occasion is not what causes weight gain; it's consistently eating too much. It's easy to underestimate how difficult it will be to avoid overeating on your holiday, either as a reward or because you've been stimulated and you're biologically hungry. And psychologically you're tired, so you may not be as good at recognizing the danger signs.

Exercise, Exercise, Exercise

Every week, try to have as many "normal" days — when you eat healthy foods and exercise — as possible. While a workout can't compensate for overeating, it does help stabilize weight and gives you a psychological boost too. Of course, it's frequently the first thing to be eliminated from a busy schedule. Write your exercise time in your weekly planner and consider it as absolute.

Some Tips

The following are ways to keep your caloric count in check while in holiday mode.

1. Pass up peanuts, pretzels, chips, and other everyday snacks. Spend your calories on the main meals you really want like steak and steamed vegetables or a salad.
2. Try and minimize your alcohol consumption, swap wine for cranberry juice or mineral water.
3. Keep your portions in check to keep calories under control.
4. Walk to the beach or a sightseeing spot. If you're in a hot destination and you are walking around you will lose weight.
5. Dine in an a la carte restaurant or café. Steer clear of any buffet options.
6. Practice saying "no, thank you." It's okay to turn down another drink or the dessert menu.



Stress and Weight Loss

Is stress stopping you from losing weight?

STRESS AND WEIGHT LOSS

It seems that many people are trying too hard to lose weight. By this, it means that they do heaps of exercise, restrict their food intake and take the right supplements but still don't get results or if they do, the results they achieve are certainly not in proportion to the effort they put in. Why is this?

While there may be numerous reasons why they don't get results, the major factor that stands out is simply the stress they place on their body when they want to lose weight; stress and weight loss are mutually exclusive concepts. There's no need to exercise excessively or severely restrict food intake. If most people are simply willing to do the right things consistently over a period of time, they will get results.

Food Restriction

Stress in the body may also result from severe restriction of food and this means a loss of muscle as well. This of course means that the body's metabolism will slow down.

Mental Stress

Mental stress and weight gain is also a possibility whereby if a person experiences some form of mental stress in their life, the same physical responses occur in the body, one of which is Cortisol release.

Furthermore, an increase in Cortisol also means there is a corresponding increase in insulin resistance, which also means fat burning and weight loss becomes more difficult. There is also a strong correlation between stress and weight gain.

Unfortunately though, when someone wants to lose fat they generally want to lose it fast. In fact, they want to lose it faster than is physically possible! Whilst it is possible to lose weight fast, it is impossible to lose fat at the same rate because the body views fat as a very important fuel for the body, especially during times of famine.

If people understand this, they then realise that if they want to lose fat (and not just weight), then they must not put the body under any stress because Cortisol and stress makes it very hard to lose weight. Let's face it, stress and weight loss almost never occur together!

If you do place the body under some degree of stress, weight loss is not likely to occur simply because the body is going to do everything possible to grip tightly on to its fat stores. Then, when the body feels 'relaxed' and the environment is right, the body will be willing give up its fat stores because it feels 'comfortable'.

Overall, here are some suggestions for what you should do in order to be able to lose weight without stressing the body:

- **Never go hungry**
- **Don't exercise for more than about an hour a day**
- **Eat an adequate amount of protein**
- **Try to find some time during the day to relax or meditate**
- **A Pilates or Yoga class will help in reducing stress and calm your muscles and body**



Your Fast-Track to a Flat Tummy & Tight Abs



The following 7 Tight Abs Tips are your Fast-Track ticket to getting a flat, attractive midsection this year.

Tight Abs Tip #1: Perform challenging strength training abdominal exercises at least three times each week. Your abs are like any other muscle in your body—they need to be consistently challenged in order to become stronger and tighter.

Tight Abs Tip #2: Stop eating junk. Processed foods, refined sugar and high fructose corn syrup do NOT belong in your diet if, especially if you want tight abs. Cutting these items from your diet will allow your body to maintain stable blood sugar levels, alleviating your body's need to store excess sugar away in fat cells. The fat stores created by excess sugar intake most often accumulate around your waist, covering up your abdominal muscles. Cut these items from your diet and replace them with real whole foods such as lean meats, vegetables, whole grains, nuts and fruits.

Tight Abs Tip #3: Stop doing long and slow cardio workouts. Instead, use HIIT (High Intensity Interval Training) for your cardio workouts. HIIT training uses intense bursts of cardio or metabolic conditioning activities peppered throughout your workout. This is a sure-fire way to rev up your metabolism and to get your fat stores to shrink.

Tight Abs Tip #4: Use resistance with your abdominal exercises. Crunches are great, but your body quickly becomes accustomed to the motion, rendering it less effective. Hold a medicine ball or dumbbell at your chest as you perform your crunches—this will force your abs to work harder, and will achieve better results.

Tight Abs Tip #5: Don't be fooled. The market is flooded with 'lose weight' products and products that claim to flatten your stomach. Never waste your time or money on:

1. Packaged health foods that come with weight loss claims. If it's processed in a package with a bunch of chemical additives then it will not help you achieve flat abs.
2. Abdominal exercise gimmicks as sold on late night infomercials – all you really need is your own body weight, an exercise ball and dumbbells or a medicine ball.
3. So-called weight loss supplements. The magic pill for flat abs doesn't exist, so you'd be wasting your health and money on a bogus product.

Tight Abs Tip #6: Target your lower abs. It's easy to neglect the lower abs, but they are an important part of the equation. Incorporate the V-Up into your exercise routine:

Starting Position: Sit on the edge of an exercise bench; lean back to a 45 degree angle. Extend your legs out until they are level with the floor.

Movement: Exhale and bring your knees and upper body close together, while contracting your abdominals. Inhale as you slowly release your legs, returning them to the starting position. Even try adding a twist to the exercise by bringing your knees across your body in the direction of your shoulders (rather than chest).

Tight Abs Tips #7: Challenge your core often. Don't limit your abdominal exercise to the gym, incorporate core strengthening during daily life and throughout each workout. A strong core is the foundation for flat, tight abs.

There you have it! Seven tips that, when diligently applied, will help you shed the fat and tighten your abs.

But, keep in mind that your results will be seriously hindered if you do the same exercise routine over and over. Your abs needs a progressive challenge in order to transform. This means new exercises, different resistance and increased challenge.



SKIP

Your way through fitness

Everyone's looking for ways to make losing weight fun, and skipping is one of those ways. You're never too old to act like a kid, and skipping rope is a great way to do just that and work towards a toned body at the same time.

There are many great benefits of skipping to lose weight. Jumping rope is a high-impact form of aerobic exercise, and that means it burns a lot of calories in a short amount of time. Jumping rope for 15 or 20 minutes can burn off the calories in a whole Mars bar!

If you already have a workout program, adding skipping is an excellent way to spice things up. Beginners don't have to miss out either; they just have to start out slow.

Another amazing benefit of skipping to lose weight is that it's so cheap! Skipping ropes cost between \$2.50 - \$20.00 depending on brand and complexity. You can take a skipping rope anywhere, take it to the gym and use skipping as a cardio workout between weight sets.

Skipping is excellent for shaping up your hips, stomach, thighs and buttocks, and swinging the rope even gives your arms a workout. Skipping will also help improve cardio-respiratory (heart and lungs) fitness, flexibility and co-ordination.

Jumping rope really is a total body workout, and you don't have to do it for hours to reap the results.



To help prevent injury, you should aim to skip in trainers, ideally on a sprung studio floor and skipping to music, combining different foot combinations and also adding circuit exercises will prevent you becoming bored.

When skipping aim to keep your elbows tucked into your sides, with the rope turning around smoothly in your wrists. A common mistake is to lean forward, or skip too slowly. Both of these result in the rope being caught by your feet.

Keep your back straight, and for beginners jump two footed only a few inches from the floor.

Alternating feet when jumping is easy to learn, aim to jump a few times on one foot, then try the other foot. Soon you will be able to go from one to the other without catching the rope.

Whilst skipping, the rope should ideally be tight, and if jumping at speed, aim to have small jumps, with the rope close to your head.

SHORT SUMMER

Short season is just around the corner which means it's time to get your legs toned and ready! Toned legs represents dedication and hard work, unless of course you're just genetically programmed to have HOT legs.

Since many of us are not programmed that way we have to spend our time in the gym making sure our legs are ready for the summer short season. **Adam Sheedy PT from Erskineville** shows you how to get your legs ready for summer!

Barbell Static Lunge



1. With the barbell on your upper back, stand with your feet split forward and backward, about 18-24 inches apart
2. Bend your legs and descend onto the front leg, allowing the back knee to come close to the ground
3. Keep the weight on the front heel and maintain a straight torso
4. Extend your legs and return to the standing split position.

Barbell Squat

1. Stand with feet hip- or shoulder-width apart.
2. Place the barbell just above the shoulders on the trapezius muscles (i.e. the 'meaty' part of the shoulders). If you feel uncomfortable, you can use a bar pad to protect your back.
3. Bend the knees and lower into a squat. Stop when your knees are at 90-degree angles OR before you lose the natural arch of your back.
4. Contract the glutes and legs while stabilizing your body with a strong torso.
5. Slowly stand back up without locking the knees and repeat for 1-3 sets of 10-16 repetitions.
6. Always keep the knees in line with



Leg Press



1. Add weight desired. Lean against the back-rest with your chest up and your back straight.
2. Set both feet up on the push plate, about hip-width apart, then push and release side bars.
3. Push plate so that both legs straighten. Return slowly to the start position



Single Leg Cable Deadlift



1. Set the cable pulleys at the lowest position, attach D-handles. Bend down and grab one handle in each hand
2. Start in a standing, upright position. Your feet are shoulder-width apart, your arms hanging down at your sides
3. Lower your torso forward. Keep your back straight and look forward at all times. As you descend, allow your left leg to lift off the ground. Your right leg stays straight, but don't lock out your knee.
4. Exhale as you reverse the motion. Pull your torso back up, keeping your back straight. Your left leg lowers in an arc back to the starting position. Place your right foot all the way on the ground and pause for a count.



Why Do Women Need STRENGTH?



During the last couple of decades, researchers have made extremely compelling arguments for the benefits of strength training (also referred to as weight training or resistance training), particularly for women, and for both men and women over the age of fifty. However, the number of women and elderly who participate in strength training is still quite low. Most women who exercise are spending most of their gym time on cardiovascular exercise. Whatever your reasons for avoiding the weights, here are ten reasons why you need to take strength training seriously, and most of these reasons apply equally to men.

1. You Will Be Physically Stronger

Increasing your strength will make you far less dependent upon others for assistance in daily living. Chores will be easier. Lifting kids, groceries and laundry will no longer push you to, or beyond your limit. Daily tasks and routine exercise will be far less likely to cause injury. Even moderate weight training can increase a woman's strength by thirty to fifty percent. Research also shows that women can develop their strength at the same rate as men, when measured in percentage growth terms.

2. You Will Lose Body Fat

The average woman who strength trains two to three times per week for two months will gain about a kilogram of muscle and will lose almost two kilograms of fat, assuming no other diet or exercise changes. As your lean muscle increases so does your metabolism, and you burn more calories all day and night. For each kilogram of muscle you gain, you burn 80 to 110 more calories each day.

3. You Will Gain Strength without Bulk

Unlike men, women typically don't gain size from strength training because compared to men, women have ten to thirty times less of the hormones (namely testosterone) that can cause muscle hypertrophy. You will, however, develop muscle tone and definition.

4. You Decrease Your Risk of Osteoporosis

Weight training can increase spinal bone mineral density (and enhance bone modeling) by thirteen percent in six months. This, coupled with an adequate amount of dietary calcium, can be a woman's best defence against osteoporosis.

5. You Will Improve Your Athletic Performance

Providing the strength program is suitably matched to your athletic requirements, strength training improves athletic ability and decreases the risk of injury. Golfers can significantly increase their driving power. Cyclists are able to perform for longer periods of time with less fatigue. Skiers improve technique while minimising risk of injury.

6. You Will Reduce Your Risk of Injury, Back Pain and Arthritis

Strength training not only builds stronger muscles, but also builds stronger connective tissues and increases joint stability. This acts as reinforcement for joints and helps prevent injury. A recent twelve year study showed that strengthening the lower back muscles had an eighty percent success rate in eliminating or significantly alleviating lower back pain. More than eighty percent of the population will suffer period/s of lower back pain during their lives. Strength training can also ease the pain of osteoarthritis and strengthen joints.

7. You Will Reduce Your Risk of Heart Disease

Strength training can improve cardiovascular health in several ways including lowering LDL (bad) cholesterol, increasing HDL (good) cholesterol, and lowering blood pressure. When cardiovascular exercise is added, these benefits are maximised.

8. You Will Reduce Your Risk of Diabetes

Strength training improves the way the body processes sugar, which reduces the risk of diabetes. Adult-onset (Type II) diabetes is a growing problem for men and women, & more lately, even children ! Strength training can increase glucose utilisation in the body by 23 percent in four months.

By Tom Sansonetti

Personal Trainer Marrickville



Delicious Low-Fat Dip Recipes

Move over, ranch dressing! Here are four worthy dip recipes that are satisfying, healthy, and full of fresh springtime ingredients

Edamame Hummus

Hunger satisfying protein and fibre snack. For a zesty kick, stir in 1/2 tsp sriracha, a Thai hot sauce found in your grocery store's condiment aisle.

- 1 cup frozen shelled edamame
- 1 tsp chopped garlic
- 1 Tbsp tahini
- 1 Tbsp fresh lemon juice
- 3 Tbsp water
- 1/4 tsp salt
- 1 Tbsp olive oil

Boil frozen edamame 4 to 6 minutes; drain. Combine edamame in a food processor with garlic, tahini, lemon juice, water, and salt; blend well. Drizzle in olive oil. (If the texture is too thick, add another tablespoon of water.)

Per serving:

- 101 cal
- 7 g fat
- <1 g sat
- 5 g carbs
- 110 mg sodium
- 4 g fiber
- 8 g protein



Sugar & Spice Yogurt

Protein-packed Greek yogurt makes this dip satisfyingly thick, while fresh peaches add a rich sweetness.

- 1 cup low-fat plain Greek yogurt
- 2 Tbsp diced ripe peach
- 1 tsp lemon juice
- 1 dash Worcestershire sauce
- 1 1/2 tsp curry powder
- 1/4 tsp cumin
- 1/4 tsp salt
- 1/2 ring red pepper, chopped, for garnish
- 1 tsp chopped green onion, for garnish

In a bowl, stir together all ingredients except garnish. Chill up to 2 hours to allow flavors to develop. Top with red pepper & green onion before serving.



Per serving:

- 42 cal
- 1 g fat
- <1 g sat
- 3 g carbs
- 148 mg sodium
- 1 g fiber
- 5 g protein



Tropical Guacamole

Avocados are rich in healthy, belly-trimming monounsaturated fats. Because this dip is bulked up with fruit, it has fewer calories per scoop than traditional guacamole.

- 1/2 avocado, pitted, peeled, and chopped
- 2 Tbsp chopped red onion
- 1 1/2 Tbsp chopped fresh cilantro
- 2 tsp chopped jalapeno
- 2 tsp fresh lime juice
- 1/4 cup chopped pineapple
- 1/4 cup chopped mango

Mash avocado together with a fork. Gently stir in onion, cilantro, jalapeno, and lime juice. Fold in pineapple & mango.

Per serving:

- 107 cal
- 4 g fat
- <1 g sat
- 19 g carbs
- 88 mg sodium
- 4 g fiber
- 2 g protein



Cucumber Herb Dip

Try this as a refreshing alternative to onion dip. It'll spare your breath and your waistline.

- 1 Tbsp diced shallot
- 1/2 cup chopped cucumber
- 1 cup low-fat sour cream
- 1 tsp white-wine vinegar
- 1 Tbsp chopped fresh dill
- 1 Tbsp chopped fresh chives
- Freshly ground black pepper

In a food processor, combine shallot and cucumber. In a separate bowl, mix sour cream with shallot-cucumber mixture. Stir in vinegar and herbs, then add freshly ground pepper to taste. Refrigerate up to 2 hours to allow flavors to develop.



Per serving:

- 82 cal
- 6 g fat
- 2 g sat
- 5 g carbs
- 122 mg sodium
- 1 g fiber
- 2 g protein

INBA Lifestyle Classic

Body Transformation

Week 8 update

It is week 8 of the INBA Body Transformation challenge and the photos and weight loss numbers are showing some impressive results. All the challengers have lost weight over the last 8 weeks. Special mention must go to both Bronwyn Culling and Stuart Gale who have continued leading the way.

WOMEN		
Placing	Name	Percentage Change of original bodyweight
1	Bronwyn Culling	-15.81%
2	Lexi Matiu	-9.84%
3	Sarah Frith	-8.48%
4	Vanessa Trzcinka	-7.03%
5	Megan Sutherland	-6.15%
6	Tina Scoullis	-5.84%
7	Sonya Humphrey	-5.45%
8	Lisa Stella	-3.19%

MEN		
Placing	Name	Percentage Change of original bodyweight
1	Stuart Gale	-20.47%
2	Ben Davidson	-9.31%
3	Robert Stanoff	-6.88%
4	George Scoullis	-6.33%
5	Peter Gallanos	-3.35%
6	Rod Jimenez	-2.35%
7	Michael Sivris	-1.75%
8	Leslie Pesamino	0.00%



Ben Davidson
lost 9.31% in 8
weeks from
original body
weight!



The final results will be communicated on contest day,
Sunday, 18 September 2011
so come on down and support your Lifestyle members.

Proud Sponsors of INBA Lifestyle Classic



STANNO

STANNO SPORT AU

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50 Waterview St
Carlton NSW 2218

Tel: 02 9547 1033

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stannodirect@gmail.com

International Protein

<http://www.international-protein.com/>

Contest Day Tickets

The INBA Lifestyle Classic will be held on **18 September 2011**, so tell all your family and friends.

Venue: Bankstown District Sports Club

Address: 8 Greenfield Parade, Bankstown, NSW 2200

Come and support our Lifestyle members as they strive to be crowned the inaugural Lifestyle Classic Body Transformation champions.

Tickets are available by Contacting Con on 0420947346, or emailing con@lifestylefit.com.au

Tickets will be available at the door on the day of the contest; however the early birds will be assured the premium seats.

INBA Competitor Registration

- a. If you are thinking of competing in the INBA Lifestyle Classic in the Bodybuilding, Sports model, Men's Fitness Physique and Figure categories, registration details are as follows.
 - Saturday, 10 September 2011
 - Time: 10.00am – 5.00pm
 - Location: Lifestyle Fitness Australia
 - Address: Level 1, 672 King Street Erskineville, 2043
- b. You can also register online at the following INBA website or
 - http://www.inba.com.au/site_2006/content/view/21/108/
- c. You can email con@lifestylefit.com.au for an entry form to be emailed to you.

Seminar Three – Compulsory Posing Presentation

- d. Log onto our Facebook page to see the video of the posing presentation that was held on Saturday 6 August 2011.
- e. Some useful information for those members wishing to compete at the INBA Lifestyle Classic on Sunday 18 September 2011.
- f. www.facebook.com/inba.lifestyle.classic2011



FREE BASE TAN FOR ALL COMPETITORS OF THE INBA LIFESTYLE CLASSIC

One Free Base Tan will be provided by our friends at dc Beauty Lounge for all competitors of the INBA Lifestyle Classic.

Date: Thursday 15 September 2011,
Friday 16 September 2011 (if needed)

Time: 5pm – 9pm (15 minute appointments)

Venue: Lifestyle Fitness Australia,
Erskineville Site

Address: Level 1, 672 King Street
Erskineville, 2043

Bookings are essential:

Please contact Con on

M: 0420 947 346

E: con@lifestylefit.com.au



Dc Beauty Lounge

All the details and photos, videos and WEEKLY UPDATES
can be found on the INBA Lifestyle Classic Facebook Page

www.facebook.com/inba.lifestyle.classic2011

Don't hesitate to contact either Paul or Con if you need any further information.

Paul & Con Gallanos

M: 0418 410 005, 0420 947 346

E: con@lifestylefit.com.au

F: www.facebook.com/inba.lifestyle.classic2011

We look forward to having you on board for the 2011 INBA Lifestyle Classic.

**ANY MEMBERS COMPETING IN THE INBA LIFESTYLE CLASSIC, PLEASE
CONTACT CON TO GET A FREE INBA LIFESTYLE CLASSIC TRACKSUIT**



Welcome to Life Style Fitness

Want to find a gym that will actually help you reach your fitness and weight-loss goals so you can improve your quality of life? Tired of belonging to a gym that just wants to get you in the door but doesn't care about you after that? Lifestyle Fitness Australia not only takes pride in providing an exceptional level of customer service, but making each of our members a part of our family.

find out how to win a
MICRA
refer a friend for a
5 DAY | free
pass

Free 5day Pass

Your Name

Your Number

Member QYID

Quick Search

Search for:

Timetables

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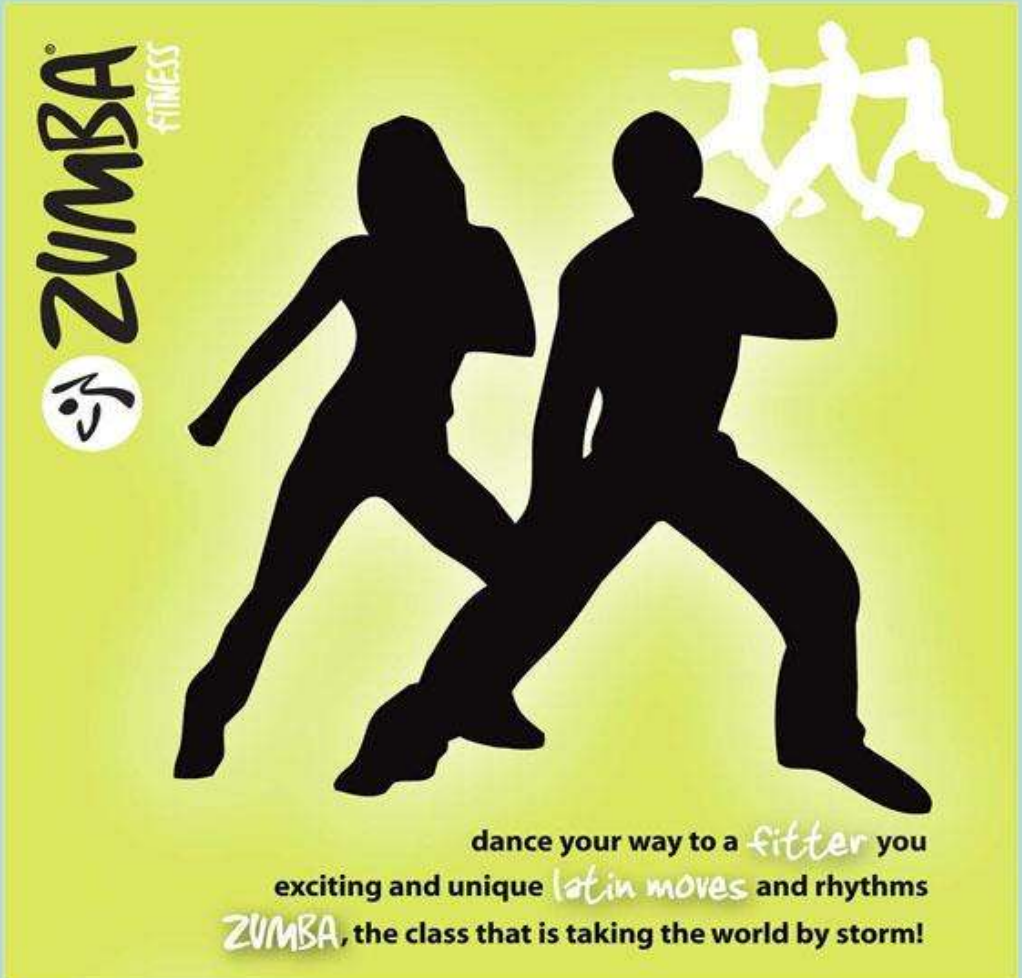
Lifestyle Fitness Australia is pleased to announce the release of our NEW website!

Our new site has been redesigned with a fresh new look and has been updated with information about our services, offers, news and much more!

The new website provides enhanced and interactive access to information about Lifestyle Fitness Australia and its clubs. A clearer structure, simplified navigation and improved menu makes finding information easy and fast!

If you experience any problems using the new website or if you have any suggestions, please provide us feedback, we will be happy to read your views.

Hope you all like it! ☺



**CALL NOW TO BE A PART OF OUR ZUMBA
PERFORMANCE TEAM**

Looking for members to participate in a group ZUMBA performance for the 2011 INBA Lifestyle Classic on Sunday 18th September please email tarynn@lifestylefit.com.au or call Erskineville Lifestyle Fitness Australia 9557 7199

You don't have to be a dancer to have fun!

CROSSFIT

A promotional poster for a CrossFit challenge. At the top, the word 'CROSSFIT' is written in large, 3D, metallic letters. Below the text, a muscular man and a fit woman are standing on a jagged rock formation. The man is holding a barbell with red weights above his head, and the woman is holding a kettlebell. The background is dark with several bright lightning bolts striking down.

*Starts 4th
October 2011*

*Tuesdays &
Thursdays
6.30pm*

*\$200 Members
\$300 Non*

*5 Week
Challenge*

*INCLUDES
- Singlet
- Nutrition*

*Before & After
Weigh Ins*



Connor, Nicholas, Tia & Lillie made up part of the team that represented Summer Hill Public School in The Zone Athletics Carnival

The Athletic Zone

On Wednesday 24th August, 65 students headed to SOPAC to represent Summer Hill in the 2011 Zone Athletics Carnival. Students including Nicholas, Tia, Connor & Lillie who participated in 100, 200 and 800m races, Shot Put, High Jump, Long Jump, Discus and many other competitive sports.



Tia & Lillie in their Lifestyle Fitness Australia singlet's looking proud.



KIDS ZONE

