

Lifestyle Fitness Australia Fitness Newsletter

Issue: February 2011

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## Setting and Evaluating Your Fitness Goals

By Kylie Jackes

Personal Trainer Lifestyle Fitness Australia Erskineville

If you are finding it difficult to stick to your fitness and healthy eating plan it may be time to re-assess your goals. Goal setting is an area that is quite often neglected when beginning any fitness and fat loss journey but it is essential that it be addressed as it is the starting point of your success.



It has been proven that people who write down their goals often achieve them. Getting clarity, having direction, changing any negative beliefs is what it takes to keep you on your path. A reason why you may have quit, or failed to stick to a fitness plan or keep the weight off in the past, is that 'will' power alone is not sustainable; a shift in mindset is required to change any old destructive beliefs and habits.

Following the S.M.A.R.T.E.R. acronym is a simple, easy to remember way to get started.

**Specific:** The clearer your goals, the more powerful they are. You want to be able to see it, feel it, get emotional about it. Be precise, be specific.

**Measurable:** Set goals that can be measured e.g. drop 2 dress sizes, measure your body fat, record your weight and test your fitness levels.

**Accountable:** Write down your goals so you can track your progress. Remember, no excuses! You are 100 percent responsible for your lifestyle choices.

**Realistic:** Make sure your goals are attainable and then sustainable. Losing 10kgs in 10 days sounds great but is not realistic. Rapid weight loss usually consists of losing lean muscle and water, not much fat and generally the weight will return. A healthy goal is 1-2 kilos per week.

**Time Bound:** It's great to have a deadline to keep you motivated, not stressed, so make sure it's attainable. Set yourself weekly workout and nutritional goals, three-monthly fat loss goals, six months, one year and five years.

**Emotional:** Goals give you the direction, but it's the emotion, the burning desire that will motivate and empower you to succeed. Focus on how you will feel when you have achieved your goal, the emotion connected to your goal is what will drive you.

**Review Often:** By writing down and continually reading your goals they become embedded into your subconscious, giving you a positive mindset shift to keep you focussed on a fit and fabulous you.

Goals give you clarity and direction but I also think it is important to be aware of your feelings towards exercise and nutrition. Awareness is the key to knowing what action you must take to make positive changes to your lifestyle.

What are your emotional triggers? Do you either overeat or make poor choices when you're stressed, tired, depressed or bored?

Why have you stopped exercising in the past? What don't you like about exercise? We are a combination of our beliefs, attitudes, feelings and values. What we think about, we attract. Are there some negative beliefs around exercise and nutrition that you could work on changing? You must realise that you hold the power to change it. Your mind needs work though, train it like you would your body, it needs to be exercised and taken out of its comfort zone to get fitter and stronger.

Think of areas in your life where you have been successful. What was your mindset? Were you confident and empowered? What changes do you need to make to feel this way about healthy eating and exercise?

Believe that you can achieve this, be accountable, be resilient, and surround yourself with positive, supportive people.

Again, write down your thoughts, attitudes and feelings, look for patterns both positive and negative. Your mind is your most powerful tool; use it to your advantage.

# Romantic Dinner for the Dieting Couple

*“Cooking is like love, it should be entered into with abandon or not at all.”* Harriet Van Horne

Below I have included a menu for two that's indulgent, easy and perfect for a night of pure unadulterated romance – but also reasonably healthy. To start with we have duck breasts with a side of couscous, while duck breasts may seem too fancy for the average weeknight they roast up beautifully and quickly to create a fancy plate that looks like hours have been spent in preparation. For dessert we have a delicious, and unexpected, roast fig and ricotta dish that contains a liberal amount of alcohol.

This is not an everyday meal as the calories are on the higher side, but a nice alternative to what would traditionally be a calorie-intensive dinner – just make sure you get some exercise afterwards.

## Pomegranate Duck with Herbed Whole-Wheat Couscous

2 servings

### Ingredients

#### Pomegranate Duck

- 1 pound (2 KG roughly) of boneless duck breast, skin removed (Boneless duck breast halves range widely in weight, from about 1/2 to 1 pound, depending on the breed. They can be found in most supermarkets in the poultry or specialty-meat sections.)
- 1/2 teaspoon kosher salt
- 2 teaspoons extra-virgin olive oil
- 1 small shallot, finely chopped
- 1 cup pomegranate juice
- 1/4 cup reduced-sodium chicken broth,
- 1 teaspoon cornstarch
- 2 teaspoons chopped fresh parsley, for garnish (optional)

#### Whole Wheat Couscous

- 3/4 cup reduced-sodium chicken broth
- 2 spring onions, sliced
- 2 tablespoons chopped fresh parsley
- 1/2 cup whole-wheat couscous

#### Preparation for Pomegranate Duck (Total Time: 45 minutes)

1. Preheat oven to 230°C.
2. Sprinkle duck with salt and then heat oil in a medium skillet over medium-high heat. Add the duck and cook until browned both sides which will be approximately 3 to 4 minutes per side. Then transfer the duck to a small baking dish and roast until a thermometer inserted into the thickest part registers 65°C (8 to 12 minutes for medium depending on the size of the breast). Transfer to a cutting board and then let rest 5 minutes.
3. While the duck is roasting, return the pan to medium-high heat. Add shallot and cook, stirring constantly, until fragrant (30 seconds to 1 minute). Add pomegranate juice and bring to a boil. Reduce heat to a simmer; cook until reduced by half, 1 to 2 minutes. Stir broth and cornstarch in a small bowl until the cornstarch dissolves. Add to the pan. Bring to a boil, stirring constantly. Reduce heat to a simmer and cook, stirring, until the sauce is thickened, 1 to 2 minutes. When the duck has finished resting, pour any accumulated juices into the sauce and stir to combine.



4. Thinly slice the duck; serve topped with the pomegranate sauce. Garnish with parsley, if desired.

**Nutrition:**

**Per serving:** 272 calories; 10g fat (2g sat, 5g mono); 88mg cholesterol; 22g carbohydrates; 0g added sugars; 23g protein; 0g fibre; 368mg sodium; 552mg potassium.

**Preparation for Herbed Whole-Wheat Couscous**

**(Total Time: 10 minutes)**

1. Bring broth, spring onions and parsley to a boil in a small saucepan. Add couscous then return the mixture to a simmer, cover and remove from the heat. Let stand, covered, 5 minutes. Fluff with a fork before serving.

**Nutrition:**

**Per serving:** 256 calories; 1g fat (0g sat, 0g mono); 2mg cholesterol; 47g carbohydrates; 0g added sugars; 10g protein; 8g fibre; 57mg sodium; 62mg potassium.

## Marsala-Poached Figs over Ricotta

**2 servings**

**Active Time:** 5 minutes

**Total Time:** 15 minutes

### Ingredients

- 1/2 cup quartered dried figs
- 1/4 cup Marsala or port
- 2 teaspoons honey
- 1/2 cup part-skim ricotta
- 1 teaspoon sugar
- 1/8 teaspoon vanilla extract
- 1 tablespoon toasted slivered almonds



### Preparation

1. Place figs, Marsala (or port) and honey in a small saucepan and then bring to a boil, reduce heat and simmer until the figs soften and the wine is syrupy. Stir together ricotta, sugar and vanilla. Once ready divide between 2 bowls and garnish with almonds.

**Nutrition:**

**Per serving:** 259 calories; 7g fat (3g sat, 3g mono); 19mg cholesterol; 45g carbohydrates; 9g protein; 5g fibre; 86mg sodium; 444mg potassium.

# Making Sure You Keep It Off!

**By Cathy Harris**

**Customer Service Manager Erskineville**

We often see people coming into the gym with the idea that if they want to lose 25kg in three months, they only have to diet and exercise for three months to lose it. So for those months they sweat it out on the cardio machines, attend group fitness classes, consume a diet of healthy and well-balanced foods; and soon they are looking and feeling fantastic! But what happens after the desired goals have been achieved? Does that mean it is OK to stop living a healthy lifestyle just because you're back in your size 10 jeans?

It can be that sometimes maintaining weight loss is more difficult than losing it in the first place. This is because we often look at lifestyle changes as temporary actions, and we fail to continue to apply these healthy habits after we achieve our goals.

## *Forget Fads:*

Fad diets are sometimes commonly known as yoyo or crash diets. They're called this for a reason! When you lose too much weight too fast, as can often happen with fad diets, the body switches into 'survival mode'. By depriving it of the proper nutrients it requires, your body thinks that it is starving and will store all the extra kilojoules in the form of fat. Cutting out bread and living on cabbage soup, grapefruit, and air (I'm serious; there is an 'Air-Diet'!) is a quick fix when you want to drop those last 5kgs. However once you start adding the things you've cut out back in, you're just as easily going to put the weight back on, undoing all of your hard work.

## *Be organised with food:*

Eating out everyday not only adds to your debt, it also adds to the waist line! These days we are so busy rushing to work, rushing home, rushing to get the kids, that we have very little time to prepare ourselves a healthy, nutritious meal. Sure, there's always Lean Cuisine (or Macca's Drive through) but what's really in those ever-ready meals? Instead take the time to pack lunch the night before. Canned tuna or chicken, chopped veggies, fruit, natural yoghurt, almonds and other unsalted nuts, rice cakes, salads are all healthy and filling treats that can be assembled into a tasty lunch.



### *Schedule in exercise:*

We set aside time to go to the doctor, dentist, do grocery shopping, get our eyebrows waxed, yet we never seem to have any time to exercise. A great way to ensure that you receive the recommended physical activity (minimum 30 minutes a session, three times a week) is to schedule in your exercise. Making exercise incidental can also help.

### *Review your goals and get the right support:*

You've reached your desired weight. Now what? It is so important to continually set yourself achievable short-term goals to maintain your healthy lifestyle. A good way to do this is to review your original goals and assess whether you believe you have achieved them. Have your weight loss strategies been working for you? Are you staying motivated? Do you have the right support? It may be that your need to mix up your exercise routine. Instead of walking on the treadmill try BodyAttack, Spin or Yoga; book in for an exercise program, or have a review of your previous one; meet with a personal trainer who will help keep you motivated and introduce new and innovating exercises.

Keeping the kilos off is not impossible. It just takes a different approach to traditional weight loss methods of food deprivation and extreme exercise. Look into making it all about a lifestyle change by stocking your pantry and fridge with nutritious healthy foods and treating exercise as something you enjoy, rather than a chore.

## **Lifestyle Fitness Australia Member Of The Month – Michael Musquez**



“I started training, on my own, at Lifestyle Fitness on 2 September 2009. It was a mixture of weights and cardio, with goals to get fit, to get healthy and to feel comfortable in myself and more so in my clothes. About a week into my training, I met Xavier Grevet, who provided my free personal training session, which included weigh-in and body measurements. At this time, I weighed in at 88.7 kgs. I continued my training program, coming to the gym 4-5 times per week.

After a year's time, I took on Xavier as a personal trainer, not only for the extra motivation but with the goals to concentrate firstly on lowering my body fat percentage and then to build muscle. As I have never been interested in the scales and weighing myself, it's more how I feel in my own skin, my clothes, my health, I steered clear of the scales. However, the scales at the gym show not only weight but body fat percentages, so I jumped on the scale, during a session with Xavier in the beginning of October. I, now, weigh 68 kgs with 10% body fat. I feel good. I look good.”

# What's The Story Crowning Glory: What Your Hair Colour Says About You

By Renee Thomson Director and Stylist at New Do Hair

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They say a change is as good as a holiday, which is something I have always considered to be a truth. Revitalising your look and getting that added boost of confidence and attitude can make even the most mundane parts of your day exciting again. Capturing that feeling of walking down the street knowing you're looking great from your hair to your clothing and just feeling like everyone is looking can be exhilarating, provided that you feel comfortable with the personality you are portraying.

So what is your hair colour saying about you, and what do you want it to say?

## Blonde:

Blonde hair is a powerful look if it is done right; it is often connected with a sense of empowerment for women as it says "I know I am sexy and I know you're watching" and is seen regularly on the fun and flirty party girl. Don't worry about the blonde jokes - Dolly Parton was once famously quoted for saying, "I'm not offended by all the dumb blonde jokes because I know I'm not dumb, and I also know that I'm not blonde".

Pulling off the Blonde look requires a bit of consideration as it does not come out of a bottle easily. The cost of fixing up a bad Blonde attempt can be rather expensive, so you are best to go to a professional from the beginning. Capturing the spirit of being a blonde can range from highlights to near white bleaching and really depends on your hair cut and shape.

## Brunette:

If you are a brunette you are considered the stable one of the bunch, the career-minded girl-next-door who is more than often your boss. However, by going to a darker shade, and some rich highlights, it can also be an incredibly glamorous look when dressed up.

In addition to this, brunette locks are often seen on your "Tomboys" because there is a lot less maintenance involved as a darker hair colour reflects light best, hides breakage, and minimizes the flaws of abused tresses. Simply throw it up or into a ponytail and you are ready to face the day.

It is important that if you are dying your hair brown, that you don't simply go for a single tone as brown hair in particular, can look boring in just one shade. It is best to make sure you apply a variety of shades, the more the merrier, to simulate a natural look. Quirky haircuts also combine well with a good brunette colouring to create a sexy look, as the colour brings it back to earth.



## **Black:**

Black hair gives the impression of an exotic and bohemian woman of the world, slightly mysterious, maybe dangerous and with a secret or two. However black hair can be one of the hardest to pull off if your hair is not naturally that colour and is notorious for being the one that is not the same shade as it is on the bottle, and the one you can't get rid of easily once that change has been made. The fact of the matter is that black hair really puts focus on your complexion and facial features - think of when you are viewing a precious stone and they place it on a black cloth in order to show its quality. So if you don't have very good skin, black hair might show this up. Furthermore black hair can go dull very easily and needs good maintenance.

In addition, the effect of black hair can really be spiced up and made more pronounced by mixing it with really bright contrasting colour highlights, such as red, creating a youthful punk-style look.

## **Red:**

Redheads are often said to be opinionated and hot-tempered but I believe this is just what jealous people say about women who are more dynamic, confident and passionate than them. Natural Redheads are actually quite rare, making up less than 5% of the population, so as a result the pull of red hair (be it natural or dyed) can be strong with many men finding the electrically charged fiery, alluring and seductive. There is no denying that when you do manage to correctly capture the spirit of red hair you stand out and all eyes are drawn to you – it's a look that screams sexy. If you want to pull off this look then you should have a cooler or pinkish skin colour, as the look doesn't often sit well for women with a tanned or olive skin tone.

There is a warning attached to this however; if your strands are very dry or damaged then you will have a hard time holding on to small, red colour molecules which can seep out of even the healthiest hair fairly quickly meaning your red will lose its vibrancy. Your mane has a better chance of becoming that radiant and sexy red if it is well cared for, meaning you deep-condition weekly, get regular trims and don't heat-set your hair every day.

If you were considering running out and having your hair coloured, then I would recommend that you seek good advice on hair colour and how it should be styled in relation to your face shape and colouring. While millions of people purchase over-the-counter colour products to change the appearance of their hair, nearly as many are rushing off to the hairdresser the next morning to try and fix the damage they have done. To get advice on hair colour, start with your stylist. If he or she is not an expert in colouring, then you want to find someone who is. This is important not just for the final colour of your hair but also to ensure that your hair remains healthy and so that you style it correctly to make sure you're giving the world that scintillating glimpse of the real you.

## **A New Day, A New You and A New Do...**

**Why don't you make a change and face the world with new found confidence thanks to a New Do makeover. Come in for your free consultation and summer fashion tips.**

**New Do Hair is giving all Lifestyle Fitness members \$20 off your hair appointment AND a Revlon Professional Colour Ball, to help revitalise or tone your existing colour, or a Deluxe Care Booster Treatment with every service. You can utilise this offer all year round as a member of Lifestyle Fitness; just call 9519 8339 to make an appointment with Renee and mention you are a Lifestyle member.**

**563 King St (02) 9519 8339**



# Tips Anyone Can Use To Be More Heart Healthy

By Andrew Guesdon

Lifestyle Fitness Australia Head Office

When you hear talk of a broken heart it often conjures images of someone crying their eyes out in the rain over an unrequited love. Call me unromantic but I am here to tell you the truth of the matter is actually far sadder and if you ever do have the misfortune of suffering a broken heart it is your loved ones left behind that will be the ones in tears. So on this Valentine's Day let's all make a commitment to our loved ones that now is the time to start taking care of our hearts, not just for our own benefit but for that of our partners, family and children.

I know it sounds hard but it is actually quite easy, once that first decision has been made. Here are some tips to get you started:

## Laugh At Every Opportunity

If you see something funny then just let go, don't hold it in. Research (from the University of Maryland School of Medicine) shows that laughter helps relieve the stress that damages the endothelium (for the rest of us that means the tissue that forms the inner lining of blood vessels and helps the blood flow) and promotes proper functioning of blood vessels.

## Stop. Smoking. Now.

Do you need to be told this again? You are aware of the hazards that smoking poses to your health and you still feel compelled to go light up. Think about that for a second - why do you do it and what are you gaining? This nasty habit is one of the top controllable risk factors for heart disease.

## Fight That Spreading Middle

Carrying too much weight around the middle raises blood pressure, affects blood lipids and does other damage to the heart. Abdominal exercises are good, but remember it's that balance of how many calories you are eating versus how many you are burning through exercise that will make the difference.

## Celebrate Valentine's Day Everyday

Yes, having sex is good for your heart, and that fact could possibly be one of the best pick up lines of all time. A number of studies show that sexual activity can add more than joy to your life as it can actually lower your blood pressure and your risk of developing heart disease.

## Put On Those Rose-Coloured Glasses

It's time you mastered the power of positive thinking as research from the University College London shows that those who are happy tend to have lower levels of the potentially harmful hormone cortisol and other stress-inducing chemicals. So put aside the stress and have fun, act like a kid and play the fool – you will live longer. Mark Twain is famously quoted as saying: "Dance like nobody's watching; love like you've never been hurt. Sing like nobody's listening; live like it's heaven on earth", which I believe is as good an affirmation as any to live your life by.

## Dance To The Rhythm

Whatever beats float your boat, it's time to get that body rocking. Dancing raises your heart rate and burns calories like a furnace (between 150-300 calories an hour) which makes it a great heart healthy workout. If you have any doubts about this then it is time you tried a Zumba class.



## **Raise Your Glass**

Moderate consumption of alcohol can raise your good cholesterol (HDL) levels, reduce blood clot formation, and help prevent artery damage. Please note that the key word is 'moderation' and if you have any questions about what that means then you should talk to your doctor about potential benefits and risks.

## **Let's Get Physical**

A new study in Australia found that sitting still for long periods of time can shorten your life regardless of your body weight. This means that no matter what your shape is, if you are constantly wedging yourself in front of the TV or computer then that will eventually have an unhealthy influence on your blood fats and blood sugar. When you are at the office make sure you incorporate periodic breaks where you get up and go for a short stroll around the building.

## **Consume More Chocolate**

Sounds hard I know. According to a study published in the *American Journal of Clinical Nutrition*, rich, dark chocolate can help stave off heart disease because of the 'flavonoids' it contains. The preliminary research also suggests that chocolate can positively affect blood clotting.

## **Go, Go, Go, Go and Stop.**

And go again. During aerobic workouts, interval training (varying your speed and intensity in bursts) will boost your calorie burn. To make sure you are hitting your target heart rates it is recommended you either purchase a heart rate monitor or use equipment with a heart rate monitor built in, such as a treadmill.

## **Say Goodbye To Fats**

Slicing your fat intake to no more than 30% of your daily calories will help cut your risk for heart disease. If you think you will have a hard time keeping track of how many fats you are actually consuming then do yourself a favour and cut out anything fried, greasy or purchased from a 'fast food' chain.

## **Something Fishy Is Going On**

Studies have shown that including fish with omega-3 fatty acids (i.e. salmon, herring, sardines, and to a lesser extent, tuna) into your diet can reduce the risk of dying from heart disease by a third or more.

## **Try A Tonic**

Various studies (some focussing on black tea, others on green tea) show that drinking tea can improve arterial health so making that afternoon coffee switch to tea may have a very positive impact on your heart; as well as improving your ability to sleep with less caffeine pumping through your system at night.

## **Pump It!**

Aerobic activities may be the star players in fitness for a healthy heart, but strength training needs to be thrown into the mix as well. Muscle allows you to burn fat more easily - the more muscle the more fat you are burning - so make sure you give some thought to incorporating some form of resistance training, maybe even a BodyPump class which is a nice mix of weights AND cardio.

## **Breakfast Is Still The Most Important Meal Of The Day**

This is the one meal you really should not skip, however this does not mean picking up something sugary or fatty on the way to work. You need a breakfast that contains whole grains (whole grain rolls, cereals, etc.), low-fat protein (i.e. hard-boiled egg, turkey, bacon), low-fat dairy (skim milk, low-fat yogurt or cheese), and fruits and vegetables.

Live, laugh and love, add a few more things to your diet, subtract a few bad habits and put in some more time at the gym. Simple and easy – so get to it so you can enjoy many years to come.

# Another Lifestyle Fitness Australia Success Story

## Natalia O Brien (aka Wonder Woman)

Here are the facts and information about her amazing journey in weight loss:

Name: Natalia O Brien

Age: 26

Children: Two

Occupation: Beauty Therapist (At Lifestyle Fitness Australia!)

Status: Married (sorry guys!)

Personal Trainer: Lara Creber

Weight lost: 26.5 kilos in 19 weeks

Average of: 1.4 kilos a week

### Question And Answer

**What drove you to start losing weight?**

“ I was just over it! I had nothing to wear, had no energy, was tired all the time and after i had Zane (her 6 month old son) I wanted to be fit and healthy for my kids. (laughing) I used to watch The Biggest Loser eating ice cream while thinking about going to the gym”

**What sport or exercise did you do before having children?**

“None!”

**How did you change your eating habits?**

“I followed a 12 week eating plan. Also I discussed my food with Lara and I focused on a couple of things. I cut out takeaways and soft drinks and starting eating breakfast. Lara and I would also do a weigh in every week and talk about my food which helped to keep me motivated.”



### **What exercise do you do?**

“I keep as active as possible. I do two personal training sessions a week, dog walks and classes. I built up to classes though as I didn't do them straight away, now I sometimes do two in a row. Lara and I do a lot of boxing too, something I really enjoy and am good at!! It is good because my training is always mixed up, especially in my PT sessions I never knew what to expect so I don't get bored!”

### **How do you find the time to exercise?**

“Well I'm pretty busy as you can imagine with two children and running the Beauty business here at Lifestyle but I have to prioritize my time and make time or it would never of worked.”

### **What is the best piece of advice you can give to someone wanting to lose weight?**

“Make the decision and commit to it 100%. No excuses to not exercise and stick to healthy eating. Break down your goals so it doesn't seem so daunting!”

### **What is the worst moment in your journey?**

“One week I was away, food wasn't the best nutritionally and you didn't have the time to do proper exercise and I put on some weight. Completely put me out! Lara was very encouraging though and I was soon on track again.”

### **What's the best moment in your journey?**

“Coming 3rd in the 12 week Body Transformation. It really put my weight loss into perspective. Until then I had seen the numbers go down but hadn't registered just how much of a difference it had. Felt great knowing my hard work had paid off.”

### **What are you looking forward to in the future?**

“Reaching my goal weight and improving my fitness. Also Lara said that my next step is to do a fitness challenge so we are now training towards my first City to Surf later this year. It's good to not just focus on losing weight.”



#### ***So what does Lara Creber have to say about Natalia's success:***

*“I've been helping people lose weight for many years now and I've never come across someone who has made it look as easy as Natalia! She has great determination and consistency and nothing was going to get in her way. A true role model of what it takes to reach your weight loss goals.”*

To summarise Natalia's incredible result, into something anyone can use, there were 5 simple steps that contributed to her success:

- 1. Mental preparation.**
- 2. Getting a trainer.**
- 3. Changing her eating habits for good.**
- 4. Being consistent and having determination, not allowing herself excuses in either her diet or exercise.**
- 5. Rewarding herself!**

# Exercise of The Month - Upper Body Circuit

Modeled and Composed by Lara Creber (Personal Trainer Lifestyle Fitness Australia Erskineville).

If you want to try something new then try this upper body circuit. Each exercise can be done one after another. It includes, in my opinion, the best exercise for each of the muscles groups to give you a shapely upper body. It's beneficial to keep challenging your muscles by doing something new.

All of the above exercises should be done slowly, with control. Try the counting system 1:2 sec ratio. One second to contract and two seconds to release. Enjoy!



## Chest Fly

- Sit with your back straight against the pad, feet flat on the floor, hip-width apart.
- Push your arms together by flexing your pectorals, keeping your back on the pad at all times. Meet your hands in the middle at the same time.

## Lateral Raise

- Stand with your back straight, knees slightly bent (to protect your back) and legs hip-width apart; arms by your side.
- Lift your arms up keeping them as straight as possible until they are lateral with your shoulders.



## Standing Row

- Stand with your legs hip-width apart and bent. Bend over slightly but keep your chest out, shoulders back and look ahead at all times. This should create a slight downward curve on your back. Hold your arms out to reach the bar.
- Hold this position and pull back with the bar, squeezing your shoulders together, leading with the elbows.

**Disclaimer:** As with any type of physical activity, it is advised you warm up for 5 minutes before commencing exercise, followed by 5 minutes of stretching upon completion. These exercises are designed as a basic guide and professional consultations should be taken before commencing any exercise.

## BODYATTACK™ is Coming To Erskineville!

BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor! Like all the LES MILLS™ programs, a new BODYATTACK™ class is released every three months with new music and choreography.

### A Typical Class

BODYATTACK™ is a 55-minute sports-inspired cardio workout that's all about improving your speed, fitness, strength and agility. You'll love the group dynamic that's at the heart of BODYATTACK™.

- Your instructor will first guide you through a warm-up, with big, simple aerobic moves. An increasing range of moves will gradually get more intense.
- You'll then really get into the zone with two intense peaks, each followed by recovery and conditioning tracks that focus on your upper, then lower body. Dig deep and push yourself through! Have some fun with class interaction, and test your speed and agility.
- The final track will give you time to recover and stretch, as you congratulate yourself on a job well done.

### Benefits

- Burn loads of calories
- Tone and shape your body
- Raise your overall fitness and stamina for high energy sports
- Improve your coordination and agility
- Develop strength through core conditioning work
- Enhance your bone health and density
- Increase your heart and lung capacity through a full-body cardio workout



### How Fit Do I Need To Be?

BODYATTACK™ is for everyone with moderate fitness levels. The moves are simple and you don't need flawless coordination, so give it a go!

### How Often Should I Take A Class?

It's best to have a rest day between classes to give your body time to recover. For best results, try to attend three BODYATTACK™ classes a week.

### What Do I Need To Bring?

- Comfortable workout clothes.
- Gym shoes. We recommend cross-trainers over running shoes, because they'll give you better foot support for the types of movement you'll be doing in class.
- Drink bottle.
- Towel. You're going to get sweaty.



# BODYATTACK<sup>®</sup>

**ENERGY IS HIGHLY CONTAGIOUS**



DURATION	EXERCISE TYPE	INTENSITY	BURN RATE	EQUIPMENT	MUSIC	RESULTS
55 MINUTES	SPORTS INSPIRED CARDIO	HIGH INTENSITY	UP TO 730 CALORIES	NIL	LATEST FUN AND HARD HITTING TUNES	IMPROVES AGILITY AND COORDINATION, STRENGTH AND ENDURANCE, IMPROVES HEART AND LUNG FITNESS.

lesmills.com

**LES MILLS**  
FOR A FITTER PLANET