

in touch

Lifestyle Fitness Australia
January 2012 Newsletter

**Resolution
Secrets Unveiled**

**Creating
Powerful Muscles**

**Bump Free
Anti-Cellulite
Summer**

**Battle of the Q's
Quality or Quantity?**

**Why you should do
a Group Fitness Class**

**Hobbies to
a Healthy Heart**



Message from Con Gallanos

I wish that 2011 was a healthy year of progress and growth for you, your family and friends. As we see in the new year of 2012, I would encourage you to sit down with one of our personal training team to review your 12 month health and fitness goals. They will also be able to assess your current program and offer some exercise suggestions. You might also consider a 15 minute massage consultation with our great massage team; Wayne from Marrickville, Ron from Erskineville and Rick from Carlton. These services are complimentary to your membership. All that is required is for you to ask one of our reception team to make a booking at your convenience.

If you haven't done so already, I would also recommend that you participate in some of the great variety of classes that we provide, which range from Pilates to Spin to Boxing to a full complement of the latest Les Mills Programs. Have a read of Sarah's article, as it details some great benefits that the classes can provide you.

On behalf of all the team at Lifestyle, I would like to wish you good health, happiness and success for 2012 and beyond. We look forward to seeing you at our clubs exercising and having some great FUN.



lifestyle

fitness australia

Carlton

290 Railway Pde
(02) 9588 6488

Club Manager: Nathan
carlton@lifestylefit.com.au

Erskineville

672 King St
(02) 9557 7199

Club Manager: Sam
erskineville@lifestylefit.com.au

Marrickville

258-272 Illawarra Rd
(02) 9599 7599

Club Manager: Ivan
info@lifestylefit.com.au

Index

In Touch News

Xmas Boogie Party Happy Snaps.....	3-4
Santa's Early Christmas trip.....	5

Nutrition & General Wellbeing

4 New Year Secrets.....	6
Fresh Vs Frozen	7
Hobbies for a happy heart	8
Smooth Operator.....	9
Creating Power.....	10
Sweat No More.....	11

Health & Fitness

Quality or Quantity for results?.....	12
Mind over Muscle.....	13
Work-out Cool-down.....	14
Eyes on the Prize.....	15
Try a Group Fitness Class.....	16
I'm bringing Sexy Back.....	17

Good Food

Rise & Shine it's Breakfast time.....	18
Healthy Fast Foods.....	19

Contributors



Sarah
Marketing
Assistant



Scott
Lifestyle
Personal Trainer



Chris
PT
Manager

www.lifestylefit.com.au



Have a Healthy & Happy New Year!

Thank you to all our members and guests who attended the Lifestyle Fitness Xmas Boogie Party! It was such a great night full of fun and lots of smiling faces! Thank you to all our DJ's, staff, and our amazing photographer who all contributed on the night! So thank you to EVERYONE! We raised over \$800 for the White Ribbon Foundation!





Santa Claus is Comin' to Town!

We all know Christmas Day is on December 25th – but the big day came early for the Kids at Lifestyle Fitness Carlton on Friday 16th December 2011.

Santa heard that the kids at Lifestyle Fitness Carlton Crèche have been very good lately. Shradha, Denise, Kathryn and the kids got a special visit from Santa himself!

Santa and the kids had a ball while dancing to Christmas music, eating lollies and cookies and a few Christmas stories shared.





- Sarah Halwagy

4 Secrets to Keeping Your New Year's Resolution

Happy New Year, everyone! Decided on a New Year's resolution this year yet? If so, you're in good company.

The Secrets to Keeping Your New Year's Resolutions

Coming hard off the heels of the party-hearty holidays, January 1st seems to be a natural time to start fresh. But is there any point? Psychologists say that many resolutions are broken before the day is out. The fact that we seem to make the same resolutions every year suggests that few of them stick. But even if you broke last year's (or every year's) resolutions, this year can be different. The first step is to pick your resolution carefully.

Make Your Resolutions as Specific as Possible

Vague resolutions like "eat better" or "exercise more" are hard to stick too and, therefore, easy to break. You'll have a much better chance of succeeding with a specific, measurable goal like taking dog for a walk before dinner every night.

Choose a Goal that is Realistic but Meaningful

Starting your your diet on January 1st usually fails. You'll get a lot more by choosing a couple of small but *meaningful* changes that you can stick to until they've become ingrained habits. For example, start adding a new vegetable in your diet every week, it's specific and it's extremely doable.

Be Positive

By this, I don't mean "be optimistic" (although that never hurts!). Rather, I mean that it's easier to eliminate a bad habit when you replace it with a better one. So, if your resolution involves "no more chocolate at work," make "pack a healthy snack to take to work every day" part of the resolution.

What Are Some Good Diet Resolutions?

Here are a few ideas for small changes that can make a big difference in your health:

- Eat at least two servings of **vegetables** each day
- Buy a pedometer and start tracking your steps. Try to work up to 10,000 steps a day.
- Eat fish at least once every week
- Make the TV room a "no food zone"
- Switch to a higher fiber cereal
- Pack your own lunch at least twice a week

The Secret Steps to Success

1

Keep a log Book

When you are trying to change habitual patterns, it can be very enlightening and helpful to keep a log of your daily activities.

2

Focus on your actions, not your progress.

Sticking to your resolutions is to stay focused on your commitment to a certain course of action and not pay too much attention to your results or progress toward a specific goal.

3

Find a support network

Research shows that support and encouragement from others with the same goals is a big help.

4

Shout it out loud!

To give your resolution a little extra staying power, share it with others. There's something about making your resolution public that makes it just a little harder to abandon.

Fresh vs. Frozen Vegetables

Are we giving up nutrition for convenience?



FRESH

The Nutrients:

Fresh foods are much richer in vitamins and minerals than frozen foods. They are best consumed when they are immediately cut or bought.

Preservatives:

Fresh foods have the best sources of nutrients. They are easily absorbed by the blood and have the best effect in comparison to frozen or canned foods.

Time to Prepare:

Fresh foods can be cooked quicker than frozen foods, since they are at a much lower temperature.

Our Market:

Foods that come 'fresh' to us might be imported and might be over a year old! They are kept in their state with preservatives. You never know how 'fresh' the fresh foods actually are. You can never judge how old they are or what have they been injected with.

Longevity:

Fresh foods get spoiled easily. So a seasonal food item cannot be consumed anytime of the year unless it is preserved. The fact that fresh foods are soon affected by bacteria and fungus is the only reason why people have to turn to freezing them.



FROZEN

The Nutrients:

Eating frozen foods on a daily basis may not be sufficient to provide you with the required amount of vitamins and minerals.

Preservatives:

Frozen foods have a lot of preservatives to keep them from getting spoiled. Daily consumption of these foods is not very good for the body. However, frozen vegetables may be better than non-frozen veggies that have been lying around for a while.

Time to Prepare:

Frozen foods need to be thawed, and hence take longer to cook.

Our Market:

If you consider the fact that fresh foods given to us, travel from one market to another in the scorching sun, and lose many nutrients, you may actually realise that the difference between fresh and frozen foods may be just a few nutrients that can be supplemented with fruits or other vegetables.

Longevity:

Freezing helps preserve foods for consumption later, so you can have seasonal foods all year round. It also helps prevent wastage of food.

6 Hobbies to Keep Your Heart Happy

Common diseases are affecting a lot of Australians, with heart disease being one of the major ones. It is not surprising considering the bad lifestyle habits of the youth (and the elderly) coupled with stress from juggling work with family and a social life. **De-stressing & unwinding with a relaxing hobby is a way to keep stress away and prevents heart disease.**

TRAVEL

Even short weekend trips with your partner, friends or family will do you good. It will help you take your mind off work and other responsibilities. Opt for quiet trips that involve a lot of soaking in nature as opposed to the one that has a packed sight-seeing itinerary. Take a camera along if you like and capture beautiful landscapes and happy moments with your friends/family.



GARDENING

If you have some open space in your apartment like a balcony or an open terrace, start a garden. Plants send out positive energy. Planting, watering and caring for them is very relaxing. Looking at the colour green itself is found to have a calming effect on your nerves.



COOK

Cooking is said to be therapeutic. Whipping up new recipes and discovering new flavours as a result of experimenting gives you a different kind of a rush.

New to cooking? Start by trying out simple recipes. Put together some scrumptious dishes & have friends over for a lunch/dinner – it's a great way to relax.



DANCE

Simply put on some music and dance like no one is watching. Not only is it one of the best ways to de-stress, it is a great workout too. An hour of dancing burns approximately 320 calories. Or join a class to learn a dance form - salsa, jive, belly dancing, rumba, ballroom dancing.



PAINT

Take up a hobby that will have you exploring your creative side like painting. Drawing and painting is a great way of expressing your emotions. Grab a brush and paint the first thing that comes to your mind and you'll be surprised how happy it makes you.



MUSIC

Listening to music is a great way to relieve stress too. Make sure you set out some 'me time' everyday sit in a quiet room, shut your eyes and listen to some soothing jazz. It is a form of meditation and will help you de-clutter your mind.



A bump free summer with our Anti-cellulite secrets

Smooth Operator

Worried about those bumps this bikini season? You're not alone. 90% of women are affected with cellulite, which is caused by fat pushing up against the skins layers. Once there, it's trapped by collagen and elastin fibres and creates an orange-peel look. Cellulite becomes worse by yoyo dieting, processed foods and lack of exercise. However there are many treatments and affordable care to decrease the look of cellulite. So come on put your best thigh forward and see how the stars do it.

A balanced diet

At 47, Elle is still known as The Body. She keeps her dream figure by eating a balanced diet. She eats lots of fish and vegetables, drinks lots of water, eats natural sugar (honey and fruit) and goes easy on the bread.

To sculpt and tone her curves, former supermodel Elle gets plenty of exercise: she's a big yoga fan, and like any good Aussie, she loves to swim.



Surfing



With summer now here, why not learn how to surf! Wonder how Cameron Diaz gets those amazing pins? She spends 4-5 hours a day surfing while burning 600 cal an hour.

Still, Cameron does restrict herself when she's got a red carpet event coming up. A few days before she has to squeeze into a designer gown for a big occasion, she goes green (lettuce, cabbage and spinach) which fills her up, decreases cellulite and gives her a washboard-flat stomach.

H2O

To keep in shape, Eva does cellulite busting exercises like squats to tone and round her bum and prevent it from heading south.

Eva enjoys her food, especially Mexican and Mediterranean cuisine, but she always burns the calories she eats through exercise (mainly group fitness and weights).

Eva Longoria also drinks lots of water (an average 3 litres a day) to fill herself up and eliminate waste from her body, and she gets plenty of sleep.



Smooth Tips...

Loofah



Scrub problem areas 2 times a week for smoother skin.

Coco Butter



Massage cellulite areas daily. This promotes circulation

Water



Drink at least 8 glasses a day. Water flushes away fat cells.

Bodytonic



Garnier Bodytonic scrub only \$14.95 works like magic if you use consistently with a balanced diet

Creating Power

When it comes to building muscle, Creatine enjoys a relatively rare distinction amongst “performance enhancing” supplements: It actually lives up to its hype. Indeed, a recent review of 22 studies found that, when used in conjunction with weight training, Creatine can boost strength gains by up to 8 percent. But that’s not the only way it can do the body good. Here are five more reasons to add it to your fitness plan:

- 1) Make Up for Lost Sleep** Creatine helps supply energy to every cell in the body, including those in the brain. Sleep deprivation, however, can cause the brain’s Creatine stores to plummet, leading to mental fatigue—unless you replace them through supplementation. That’s what a team of British white coats found when they fed Creatine to a group of rugby players 90 minutes before a match. Consider it a field test for real world results.
- 2) Combat Muscle Pain** For all the life-saving benefits of statins, there’s at least one potential drawback: Muscle pain. Eighteen percent of statin users suffer from it, but taking just 5 grams of Creatine a day can significantly ease the ache. Researchers suggest that supplementation can boost muscle Creatine stores reduced by statins, which block the transport of the substance into cells, impairing energy production and triggering pain.
- 3) Turn Back the Clock** Adding Creatine to facial cream can improve the firmness of skin by boosting collagen production. Don’t want to add it in yourself? Pick up a bottle of Nivea for Men Protective Lotion. It contains both Creatine and SPF 15 to both reverse the signs of aging and prevent UV rays from doing more damage.
- 4) Recover Faster** Training hard is only half of the muscle-building equation. Adequate rest is the other. Ignore the latter half and you’ll quickly reach a training plateau—unless you supplement with Creatine.. In a latest group study, men who supplemented with 5 grams of Creatine per day were able to pack on 1.5kgs more muscle than those who didn’t—despite the fact that both groups trained beyond their capacity to recover. Bottom line: Creatine can help you train harder and more often, accelerating your gains.
- 5) Optimize a Vegetarian Diet** In addition to producing it naturally, most men consume about two grams of Creatine per day (mostly from fish and red meat). This puts vegetarians at a distinct disadvantage, although one that’s easily rectified. Researchers showed that vegetarians who supplemented with 20 grams of Creatine per day for five days saw improvements in both memory and recall. Follow their lead. To derive the most benefit from Creatine, take a “loading dose” of 20 grams per day for five days, and then cut back to a daily “maintenance dose” of five grams. You can boost its effectiveness even more by taking it in combination with carbohydrates, like those found in sports drinks, which trigger the production of insulin, a hormone that helps Creatine enter cells.



NO *sweat*

Do you have problems with perspiration?

Breaking a sweat on your morning run is all very well, but it's another story when perspiration strikes during a date or work presentation. While excessive sweating can be triggered by medical conditions, for some of us it's an unfortunate quirk of genetics, but the good news is there are solutions available.

SWEATING: WHEN SHOULD YOU WORRY?

Sweating in response to hot temperatures, exercise, stress or spicy foods is normal, and a sign that your body's 'internal thermostat' is doing its job. How much we sweat comes down to genetics, which explains why some people merely glisten, whereas others gush. At what point is perspiration problematic? "If it makes you feel uncomfortable or starts to interfere with your normal life, the clothes you wear, or your social or professional life, it is considered to be excessive sweating or hyperhidrosis," says Dr Bhagyesh Patel, founder of the Hyperhidrosis Institute.

WHAT CAUSES EXCESSIVE SWEATING?

- If you tend to sweat all over your body, you may be suffering from generalised (secondary) hyperhidrosis, which is often due to an underlying condition like diabetes, hyperthyroidism, heart disease or menopause, or a side-effect of certain medications.
- If you sweat profusely in specific areas, like your armpits, hands or feet you may have focal (primary) hyperhidrosis, which typically starts in adolescence. "It's due to a hyperactive sympathetic nervous system, which causes the body to respond in an exaggerated way to stress, or in some cases sweat excessively for no reason," explains Patel.

In either case, it's important to see your GP for a diagnosis. "Once your doctor has ruled out secondary causes, they can refer you to a specialist like an endocrinologist for treatment options," says Patel.

FROM DAMP TO DRY TO KEEP MODERATE SWEATING IN CHECK, TRY:

Lifestyle tweaks Maintaining a healthy weight, exercising regularly and wearing natural, breathable fibres like cotton or linen can all help to prevent excessive sweating. If body odour is an issue, wash daily with antibacterial soap and avoid eating pungent foods like garlic and curry.

Antiperspirants Unlike deodorants, which prevent odour, antiperspirants block sweat ducts, reducing the flow of perspiration. Apply at night, when your sweat rate is lower, so more of the active ingredient penetrates sweat glands. For stronger protection, try a clinical-strength product such as DriClor, Rexona Clinical Protection or prantal powder for all-over use.

IF SWEATING IS A MAJOR ISSUE, CONSIDER:

Medications Prescribed by your GP, anticholinergic medications will help reduce sweating, but they are not recommended as a long-term solution as they may have side effects that include dry mouth, constipation and blurred vision.

Botox Botox is injected directly into sweaty areas, where it temporarily blocks the chemical messenger that activates sweat glands. "It's a very simple office procedure, and on average lasts around eight to 10 months," says Patel.

Surgery Considered an end-of-the-line treatment, endoscopic thoracic sympathectomy (ETS) surgery involves cutting or clipping the nerve paths linked to excessive sweating. It's most effective for clammy hands, although there is a risk of compensatory sweating elsewhere on the body.



Chris Lyon:

QUALITY

QUANTITY



Quality vs. quantity, the great debate in just about everything you can imagine.

Ok, let's look at this from a very basic point of view. You want to get better 100m sprint times. So naturally you do various types of training to achieve that. Some options are heavy compound weight training movements, plyometric and/or sprint training. First off let's look at a squat session, something that should be in every sprinter's training regime. You perform five sets of low-rep squats at a heavy weight. Then at set number six you notice you can't lift as much weight for as many reps. This is where the session needs to be terminated. The reason being that you're not working towards an extreme volume of training, you're working on being able to build maximum strength in order to develop explosive power for a 100m sprint. It's the quality sets that are doing the work and improving your strength, not the number of sets.

Quality training is what gets results, and that almost always points to intensity. Intensity is the one variable that determines the result at the other end, the adaptation. Using our sprinting example, if you were to simply run at a moderate pace you would not be increasing sprinting ability, it just becomes jogging. Doing more and more of those jogs will take you further away from your goal of sprinting 100m in a certain time. It is easy to see in this example that simply doing more of what isn't working will not produce the desired result.

Many people fall short of understanding the quality vs. quantity debate when it comes to lifting weights and burning fat. People believe that if three sets of bench press will build a bigger chest then six sets must be even better. Then there are intervals on the cardio equipment. A full hour of intervals to some people is seen as more effective simply because they did more of them. This is the mentality that halts results in the general populace.

Your body will respond to how hard it is working for the amount of time it's doing that for. To get the required result then you only need to do the work for the period of time where it is most effective. Keep sprinting when you're fatigued and you change the output, the sprints get slower and hence the training result is an adaptation to running slower. The same goes for building a bicep muscle. It will respond to the stimulus. If that stimulus is reduced due to fatigue then you will start forming adaptations to the new level of out-put which is not the intention.

A Golfer has spent time building his swing. He practices over and over, but what he is practicing is a quality swing. He is making minor adjustments constantly. He is drilling a quality pattern into his nervous system. The weekend golfer may even practice his swing the same number of times as the pro. So what's the difference? The difference is that the weekend golfer is not practicing a built swing; he is practicing the same mistakes over and over. So the many, many times he does it just further installs the poor pattern into his nervous system, regardless of the quantity of times it's been done.

So what's the point of this? Practice does not make perfect. Perfect practice makes perfect. Strength and fitness is a skill, so it needs to be trained the same way.



MIND **over** MUSCLE

There are plenty of legit reasons for half done workouts: the heat, working overtime or other excuses. But the biggest reasons for bailing come from the signs our bodies send us: cramping legs, burning lungs, side stitches. Here, how to keep going when your body's saying no.

Running

Why you stop - Your legs are so sore you're rethinking your aversion to Deep Heat. You've tapped your anaerobic threshold (when muscles begin working without oxygen), and your body is producing more lactic acid than it can, burning up your quads and glutes. But that soreness is pain you can push through, and a positive indicator of how hard you're working.

The fix - Resting for a minute will allow your body to take in more oxygen, which you need to help flush the lactic acid. Walking is OK, but stretching while you rest to separate muscle fibres and improves circulation.

Cardio machines

Why you stop - Cardio machines can be tedious. You have 10 minutes to go, but you're zoning out somewhere near Pluto and your muscles feel like syrup. Your body needs new stimulation, as it adapts to repetitive movements.

The fix - Speed up the clock, Creating intervals will trick your mind into thinking the workout is going faster, and you'll challenge your muscles, burning more kilojoules and building strength. Watch the timer, but not in a 'When am I finished?' way. Instead, alternate two minutes at a fast pace with one minute at a slower pace, until you're out of time. On the cross trainer, try changing direction every three minutes



Cycling

Why you stop - You've burned through the toast you had for brekkie and last night's lasagne, stored in your body as glycogen. But you still have some fat, which packs 38kJ energy per gram. So yes, you do have the ability to continue, but if you're inefficient with your pedal strokes, you could waste fuel fast.

The fix - When you notice yourself slowing down, or it feels like someone's pulling your back tyre, eat before anything else. A rule of thumb: for every hour of biking, bring 600ml water and 840 to 1100kJ in sports drinks, bars or gels. Sip water every 15 to 20 minutes, rather than all at once, to keep hydrated. If you're empty and have no more water try Dieffenbach's drill for improving efficiency: swap speeds every minute

Strength training

Why you stop - Why not? Whether you're doing crunches, bench presses or lunges, it's easy to lose motivation when doing reps.

The fix - Keep your eyes on your goals. Quick physiology lesson: you build strength when muscles break down and your body repairs them by creating tougher muscle tissue. If you push to complete reps, you'll challenge your muscles that much more, so your body will have more microscopic tears to repair. Choose your weight carefully, so you can challenge yourself but still complete reps. When trying a new exercise, start with an empty bar or 1kg dumbbell and do six reps to practise isolating the muscle contraction. Add weight until you feel yourself using other muscles or momentum to complete the movement, then drop the weight by 2kg. You should be able to complete 10 challenging reps at this weight without compromising form and risking injury

Post-Workout Cool Downs

Cooling down after a sweaty gym stint falls low on the priority pole right down there with flossing and organising the junk drawer. But slowly returning your heart rate and blood pressure to normal is important because it reduces the risk of injury. It also makes you forget the pain of a good workout, increasing the chances you'll do it again.

Here's how to cool down smart and finish on a physical and emotional high.

After You Lift... Do This

Pamper the muscles you've just worked by stretching for 5 minutes. Then, for 5 minutes, slide sore body parts over a foam roller. Finally, try a contrast shower -- alternate between 3 minutes of hot and one minute of cold. Why? Cold-water shots slow your metabolism and take down swelling to lessen the likelihood of soreness overload.

After You Run... Do This

Finish up with light intervals. Run at a challenging pace for 20 to 25 seconds, then walk or jog for a minute or two. Repeat three to five times. Then stretch your calves, glutes, groin, hamstrings, hip flexors, and quads -- this will help post-run carbs get into your muscle cells to replace lost glycogen.

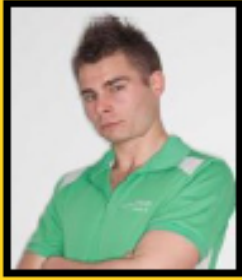
After You Spin...Do This

Spin easy for 10 to 20 minutes. To get rid of the muscle soreness, give your leg an ice massage. To do this make a "popsicle" by freezing water in a small cup, then rub the aching area for 10 minutes, take a break for 10 minutes, and rub again. Repeat for up to an hour.

After You Swim... Do This

Dip underwater five or six times, and each time blow out all your air. Then swim one-tenth the distance of your workout, nice and easy. Though the impact-free nature of swimming feels relaxing, a cool down is critical to slowing your heart rate and preventing muscle cramps and injuries.





EYES ON THE PRIZE

By Scott Henry

It's that time of year when people make up New Year's Resolutions, I hear people say I want to lose weight, I am going on a detox, I am going to join a gym and become fitter BUT how many people actually stick to the New Year's Resolutions? You should ask yourself the following questions.....

Why are you exercising?

Everyone should ask themselves: why are they exercising? Is it because you want to get into shape for an upcoming event? Do you want to lose weight, tone, have more energy, sleep better, gain strength, and gain muscle mass or just for general health and well being. If you're exercising for someone else (eg your partner as they said you need to lose weight) you need a new reason and possibly a new partner.

Have you got your goals Set?

You should set both short and long term goals. Short term goals being achieved in 3 - 6 weeks and long term goals achieved in 6-12 months. It is important to make sure your goals are realistic and achievable so that it doesn't become discouraging for you, but also high enough so you have incentive and something to work hard towards. Make sure your goals are related to your main reason for exercising. Goal setting does not have to be a weight loss or weight gain it could be something such as run the "CITY 2 SURF" the whole way. If your goal is for a healthier lifestyle it could be to reduce your resting heart rate or blood pressure.

Are you keeping track of your progress?

Take photos every month to keep visual track of your achievements. It's a great way to show your progress. Also keeping a log (diary) of your measurements (weight etc), the exercises you do, and how you feel (energy levels) or if you have accomplished a personal best you have lifted.

How can I stay on track?

Who enjoys working out with someone? If so call a friend and organise to meet daily, helps hold you accountable for the workouts. If you prefer to work out alone, give yourself something fun to do while you exercise. Find some good hardcore pumping music or whatever you enjoy to listen to for your workouts.

Identify the excuses you like to use and have a ready made response. If time is an issue, pencil workout time in to your diary, make sure your workout clothes are ready to go. It's called being organised!!!

Change your routine as you reach new goals. Add zest to your workout and avoid the exercise plateau by increasing the intensity or the duration of your workout, or by trying a new workout or sport. Keep it interesting and fun to stay motivated and focused.

Hiring a trainer can be a great way to keep workouts interesting, fun and always different. If you are in an exercise "rut", consider consulting with a personal trainer for a session or two. You will learn new techniques and find fresh motivation!

Try to avoid taking more than one day off. I have found this important to avoid losing momentum. I have noticed people that take two days off can become easy to take another day off. If your workout is only part of your weekday routine introduce it to your weekend routine. If you do happen to miss a few work out sessions due to things you have no control of, or have eaten poorly, get straight back into it or straight back eating healthy!

Give yourself simple rewards, whether it is a food snack such as chocolate or something else naughty, a new outfit for the new body, a future holiday or getaway, or even just that new gym gear.

Forgive Me Lifestyle, For Never Trying a Group Fitness Class

7 Benefits of Group Fitness Classes

Group fitness classes are a fun way to exercise in a social environment in a way that is also challenging and constantly changing. Under the guidance of a qualified group fitness instructor you will be taken through a range of exercises and activities to help improve your strength, fitness, flexibility, endurance and speed.



1. You Get Proper instruction

Correct technique is important in any workout for the prevention of injury and to maximize results. Group class instruction is great for those who may be intimidated to use particular equipment, by learning about proper technique in a group environment. In our classes our instructors often go over moves to make sure you are doing them properly during the workout.



2. You Get Motivation

Exercising side by side with others brings out the ego in all of us. Being able to keep up with the class is great motivation for pushing personal boundaries and achieving goals.



3. Make New Friends

Interaction with other class members who share common interests is a great way to meet new people and make new friends. You get to talk to a variety of people you wouldn't normally meet unless you were taking those classes. You also will want to go back for each class just to talk with your new friends!

4. Consistency in Routine

Scheduled classes are particularly good for those who like to work to a routine. They enable people with limited time to fit in a full body workout in a set timeframe.



5. Get a Full Body Workout

In most of these classes you are working a variety of muscles groups throughout the class. You're more likely to complete a well-rounded exercise routine and get a potentially tougher workout.

6. Push Yourself Further

A class can help you move past a plateau, if you want to push yourself a little bit and improve.



7. It's FUN!

Working out in a group fitness class is fun and energetic. Most classes have energetic music that keeps you pumped up throughout the class and pushes you through the workout!

So those are some great benefits to group fitness classes! Make sure you try and take a class soon to get these benefits!!

BRINGING SEXY BACK

Most of us look in the mirror from the front and focus on those areas like the abs, hips, arms, and thighs. Rarely do we look in the mirror at our backs, but we should! The back has the largest muscle groups in our bodies and needs some attention!

Barbell Dead Lift

STEP 1. Stand with your feet hip-distance apart and bend down in sitting motion until your thighs are parallel to the floor. Keep your back straight and make sure that your spine is as close to the neutral position as possible. Take an overhand grip on the bar with your hands slightly wider than a shoulder-width apart.

STEP 2. Exhale, draw your abdominal muscles in, and lift the bar by pushing up through your legs.

STEP 3. As the bar reaches your knees during the lift phase, push your hips forward to raise your torso so that you are standing tall with your arms by your sides and the bar resting on your thighs.



Supported Seated Row

STEP 1 Adjust the seat so that the handles are level with your chest and your chest is resting on the pad when sitting upright.

STEP 2 Your arms should be fully extended, gripping the levers in front of you.

STEP 3 Pull the bar towards you ensuring that your elbows are kept high.

STEP 4 Squeeze your shoulder blades together then slowly return the levers to their starting point.



Reverse Dumbbell Fly

STEP 1 Lie face down on an incline bench with your entire body flat on the bench.

STEP 2 Grasp a dumbbell in each hand and let the dumbbells hang down to both sides with your elbows bent.

STEP 3 Raise the dumbbells by imagining that you are trying to touch your elbows to the ceiling.

STEP 4 Bring your elbows up to a point parallel to the floor and hold for a one-count. Return to the start position and repeat.



HEALTHY FAST FOOD

Red Wine Tomato Soup

Makes 4 servings.
Prep time: 7 minutes
Cooking time: 18 minutes

- 1 tablespoon extra-virgin olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- $\frac{1}{2}$ cup carrots, chopped
- $\frac{1}{2}$ cup celery, chopped
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ cup red wine
- 1 28-ounce can Muir Glen Organic fire-roasted diced tomatoes
- $2\frac{1}{2}$ cups of water
- 2 bay leaves

- $\frac{1}{4}$ teaspoon cumin
- $\frac{1}{2}$ tablespoon oregano
- $\frac{1}{2}$ limes, juiced
- $\frac{1}{2}$ cup basil leaves, roughly chopped

In a large soup pot, heat oil over medium heat and add onion, garlic, carrots and celery. Cook, while stirring, for 5 minutes and add salt and pepper. Turn the flame up to medium-high and slowly pour in the red wine. Scrape up any bits that are stuck to the bottom of the pot, and allow the wine to reduce for 30 seconds. Add the Muir Glen tomatoes, water, bay leaves, cumin and oregano, and



A subtle upgrade for your childhood fave.

bring the soup to a boil. Turn down to a simmer and cook for 6 minutes. Add the lime juice, then turn the flame off and add basil and serve.

Per serving: 126 calories, 17g carbohydrate, 0mg cholesterol, 4g fat, 3g protein, 333mg sodium, 3g fiber.



You'll love the dash of island flavor added to this traditional favorite.

Spicy Chicken Plantain Soup

Makes 4 servings.
Prep time: 10 minutes
Cooking time: 25 minutes

- $\frac{1}{2}$ tablespoon olive oil
- 1 cup carrots, chopped into $\frac{1}{2}$ -inch pieces
- 1 medium onion, chopped into $\frac{1}{2}$ -inch pieces
- 2 cloves garlic, minced
- 1 cup zucchini, chopped into $\frac{1}{2}$ -inch pieces
- 1 cup squash, chopped into $\frac{1}{2}$ -inch pieces
- $\frac{1}{2}$ tablespoon olive oil
- $\frac{1}{4}$ pound skinless, boneless chicken thighs
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 1 chipotle pepper in Adobo sauce, minced
- 2 yellow plantains, peeled and cut into 1-inch rounds
- 1 teaspoon kosher salt
- Pinch of cayenne pepper
- 4 cups of water
- 5 cups of kale, roughly chopped
- $\frac{1}{2}$ cup cilantro leaves, roughly chopped
- $\frac{1}{2}$ cup tortilla chips

Heat $\frac{1}{2}$ tablespoon of olive oil in a large soup pot. Add carrots, onions and garlic and sauté for 3 minutes. Mix in the zucchini and squash. Heat $\frac{1}{2}$ tablespoon olive oil in a large sauté pan over medium heat and add the

chicken thighs. Season with $\frac{1}{2}$ teaspoon pepper and cover. Cook for approximately 5 minutes on each side, or until the chicken is cooked through. Remove the chicken onto a work surface, chop it into 1-inch pieces, and reserve. Add chipotle and plantains to the pot and gently stir. Add 1 teaspoon salt and a pinch of cayenne pepper. Pour in water and bring to a boil. Reduce to a simmer and cook for 5 minutes; until the plantains are tender when pierced with a fork. Add kale and simmer for 3 minutes longer. Turn flame off the soup and stir in cilantro and reserved, cooked chicken. Divide the soup among 4 bowls, and top each bowl with $\frac{1}{2}$ cup tortilla chips.

Per serving: 389 calories, 48g carbohydrate, 55mg cholesterol, 12g fat, 21g protein, 431mg sodium, 6g fiber.

TODAYS SPECIALS

Breakfast

Chargrilled asparagus & parmesan salad with poached eggs and crisp sage

Ingredients (serves 4)

- ◆ 1/2 bunch sage, leaves picked
- ◆ 2 tsp balsamic vinegar
- ◆ 1 tsp olive oil
- ◆ 4 bunches thin asparagus, trimmed
- ◆ 4 eggs
- ◆ Cracked pepper
- ◆ White wine vinegar
- ◆ Dry basil
- ◆ 2 Turkish rolls, split, cut into wedges,
- ◆ 100g rocket leaves
- ◆ 2 tbs shaved parmesan



1. Heat oil in a small pan over medium heat. Fry the sage for 1 minute or until crisp. Remove with a and set aside. Pour the oil into a bowl, stir in the balsamic vinegar, season and set aside.
2. Heat a chargrill pan over high heat. Lightly season asparagus with oil, pepper and dry basil. Chargrill for 3 minutes, turning once, until charred and tender.
3. Meanwhile, bring 3cm water to a simmer in a deep frypan, then add a splash of white wine vinegar. Break an egg into a cup, then slide the egg into the water. Repeat with remaining eggs then poach for 4 minutes for a soft yolk, or to your liking.
4. Divide the bread among plates and top with asparagus, rocket, poached eggs, parmesan and sage. Pour over dressing and serve immediately.

Nutritional information

This information is per serve.

Protein 19.00g	Dietary Fibre 5.00g
Fat Total 15.90g	Energy 1621kJ
Fat Saturated 4.10g	Sodium 625mg
Carbohydrate Total 39.50g	Cholesterol 195.00mg