

Lifestyle Fitness Newsletter
Issue: March 2011

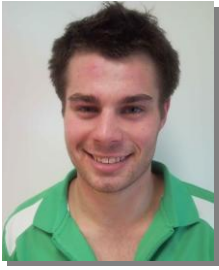
It's never too late

by Scott Henry

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It's never too late

By Scott Henry (Personal Trainer Lifestyle Fitness Australia Erskineville)

March has arrived!... Who made New Years Resolutions for 2011 to become "fitter and healthier" and still have not done anything about it yet? I bet that that you have come up with one or more of the following excuses. Well it's still not too late to get started.

I am busy. I don't have time

All I hear now when I hear people use this excuse is "blah blah blah". We work 40-50 hours a week why not pencil in your diary and hour every day or even half an hour to exercise. Have a routine and stick to it. Its better then putting on weight or even worse having health issues, then you waste more time having to go to doctors. Exercise will eventually save you time as you get fitter, you will be able do many ordinary tasks. You can run up stairs, walk faster and carry more shopping bags. So, being busy is not a good excuse. Let get physical and stay fit and healthy.

Gym membership is expensive. I can't afford

We can all afford it! You don't need money to exercise. Everyone can walk, run, get work outs online and follow directions on equipment in your Local Park, all for FREE. How many of us spend money on beer, cigarettes or coffee? What we spend on this each week is a gym membership.

It's Boring

Do you know there are lots different things you could do that are classified as exercise? Try something different every time, you will eventually find the things you love. You can always train with someone or a personal trainer thy keep it interesting and fun and you don't even have to think about your workout.

I'm too old. It is too late to start exercising

Exercise is an ageless activity. Working out may not remove your wrinkles on your skin, but it will bring smile to your face. It will build your stamina, help you to lose weight and reduce stress, allow you to live longer and healthier.

Think of how much more you can enjoy doing the things you like to do when you are in better condition even when you are late 50s or 60s. Think about how much more fun you can enjoy with your children or grandchildren as they grow up.

I'm too fat with big tummy. I'm embarrassed to exercise

Even if you just walk for 15 minutes, increase it each time. Slowly, you can jog before you can run. Classes (Spin, Body pump) can be a great option as you can go at you own pace and you have guidance from the instructor giving you lots different options. You can always get someone that is overweight to exercise with you. Don't bother whether others will laugh at you. Those

who despise you are lame losers. But trust me, most people are too busy exercising and will not spend time looking at you. Everyone is at the gym for similar reason that is to stay fit and healthy.

I'm a beginner and I don't know what to do and where to start

Everyone has to start somewhere, exercise is not rocket science. Do something you know and feel comfortable doing. There are so many options available even walking is a great start. "Let's get Physical"



"Every day you give an excuse not to exercise is a day lost in getting closer to your fitness goal - Everyday you follow your workout program, is a day closer to your fitness goal"

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



Lifestyle Family Fitness Challenge -Mark II Update and the INBA Lifestyle Classic

by Con Gallanos, Chief Operations Manager LFA

On the success of the First Lifestyle Family Fitness Challenge, which ended in late November, The Lifestyle Team has organized another Challenge.

Just to summarize, five Lifestyle Fitness Australia staff members entered the inaugural challenge from September – November. The results were quite spectacular with a total weight loss of 80.9 kg over a 14 week period.

Lifestyle Family Fitness Challenge - Mark II

On the back of the success of the first challenge, nine staff members entered the Lifestyle Family Fitness Challenge - Mark II which began on 24 January 2011.

Each entrant has varying goals over the 12 week challenge, but all have agreed that they are focused on losing some weight, body fat and improving the overall fitness levels.

Below is the 4 week progress statistics for the Challenger participants

Lifestyle Fitness Australia Staff member	Lifestyle Fitness Australia Site	Department	12 Week Weight Loss Goal	Current Weight Loss	Weight Loss Remaining To reach Goal	Average Weight Loss Required / Week to Reach your Goal
			(Kilos)	(Kilos)	(Kilos)	8
George Harris	Erskineville	Reception	10	5.6	4.4	0.6
Cathy Harris	Erskineville	Reception	6	1.4	4.6	0.6
Kahlee McMullen	Marrickville	Personal Training	8	3.5	4.5	0.6
Kayla Seaman	Erskineville	Reception	6	2.3	3.7	0.5
Leslie Pesamino	Carlton	Program Adviser	12	7.5	4.5	0.6
George Sassine	Marrickville	Logistics	12	7.1	4.9	0.6
Tarynn Houghton	Erskineville	Group Fitness	8	3.8	4.2	0.5
Garry Burns	Erskineville	Personal Training	6.5	2.3	4.2	0.5
Xavier Grevet	Erskineville	Personal Training	10	4.4	5.6	0.7

The statistics show that all are on target to meet their goals within the 12 week period.

INBA Lifestyle Classic – Body Transformation

Lifestyle Fitness Australia in Partnership with the International Natural Bodybuilding (INBA) is organizing a competition, which will be held on Sunday 18 September 2011.

The contest is open to everyone, 16 years and above, wishing to challenge their physical capabilities.

The competition categories will range from both men's and women's body transformation (brand new category aligned replicating the Lifestyle Family Fitness Challenge criteria), women's Sports Model (Ms Figure and Physique Categories) all the way to men's bodybuilding.

For the first time in the INBA's history, there will be the new category called Body Transformation.

This is open to all members and non members who have never competed before and would like to challenge themselves to some new health and fitness goals.

The format will run along the same lines as the Lifestyle Family Fitness Challenge mentioned above.

It will run over 16 weeks starting from 29 May 2011 – 18 September 2011.

Preparation

- The Body Transformation Competitor will be weighed each week for 16 weeks.
- The judging will be based on the two criteria;
 1. amount of weight that the competitor loses as a percentage of their original weight and;
 - Example
 - Competitor 1 – started their weight at 130kg and loses 25kg over 16 weeks
 - Competitor 2 – started their weight at 90kg and loses 20kg over 16 weeks
 - Competitor 2 will be victorious in this part of the challenge as they have lost 22% of weight, as opposed to 19% for Competitor 1.
 2. The judges will compare the changes to the body from week 1 to week 16, and score accordingly. The judging guidelines will follow the following format
 - Muscle tone - Physique should display a totally fit body
 - Structural flaws - Skeletal assessment
 - Proportion - Balance of one muscle group to another
 - Symmetry - Overall shape and line
 - Appearance - Attractiveness and grooming.
- Preparation assistance will be in the form of
 1. 16 week PT packages for those wishing to take advantage of one on one or group training sessions as well as nutritional recommendations. Naturally the entrants can elect to train for the competition on their own, however the feedback from the Lifestyle Fitness Family challenge entrants has been that some form of PT assistance has been invaluable to them reaching their achievements.
 2. We are working on providing four free quarterly seminars for everyone entering the competition. The seminar topics will consist of
 - 1st Seminar – Introduction to a body transformation contest. What are the judges looking for?
 - 2nd seminar – Nutrition and Training presentation
 - 3rd Seminar – Nutrition and Training presentation
 3. 4th seminar – contest preparation presentation. i.e. tanning, posing uniform, music etc.

Further details will be provided over the next 2 months. If you would like to ask any questions, please don't hesitate to contact Con on 0420947346 or email con@lifestylefit.com.au.



How NLP Can Help You

by Toni Payne, NLP Master Practitioner, ANC Health Petersham

Would you believe that it's easy to let go of lifelong issues? Or that it's easy to change the way you think? It is with NLP!

NLP ("neuro-linguistic programming") is a series of psychological techniques that help people to make the changes they want to make. NLP helps you get from your *current state* (ie. how you're thinking and feeling now) to your *desired state* (ie. how you'd like to be thinking and feeling).

It works with the unconscious mind, where all of our patterns and habits are stored. Therefore, NLP targets the *root cause* of an issue. Although NLP is like hypnosis in that it works with the unconscious mind, the techniques of NLP are quite different from those of hypnotherapy.

NLP can be used with just about any issue, especially:

- * relationships
- * health and fitness goals
- * financial issues
- * work/career issues
- * stress management
- * phobias
- * symptom management
- * weight loss
- * self-esteem
- * confidence
- * addictions
- * guilt/fear/grief/anger
- * learning difficulties
- * achieving goals

NLP is very fast and effective. Issues can usually be resolved within 2-3 sessions (depending on the individual). NLP is great for dealing with those deep, lifelong issues that it's time to release. Even one session will make significant inroads into the issues.

Initial sessions with me are 90 minutes long, which allows plenty of time to explore the background to the issue and do lots of NLP techniques. Further sessions are one hour long. *Most people require only 2 or 3 sessions.* That makes it very fast and extremely cost-effective!

I have over four years experience in helping people to resolve their issues. I'm always amazed at how quick, yet profound, the changes are with NLP.

**To make an appointment, call or drop into ANC Health, 31 Gordon St Petersham.
Phone: 9564-6533 - www.ancealth.com.au**



Eating out and maintaining weight loss

by Cathy Harris (Customer Service Manager Erskineville)

Most people who are trying to maintain their weight loss goals often fall into the “weekend binge- eating trap”. You’ve been careful all week; turning down muffins at morning tea, eating salad sandwiches on wholemeal bread, and swapping your large mocha for a green tea. But then Saturday rolls around and who can resist the temptation of a big breakfast with extra sausage and a large cappuccino? I know myself that my biggest weakness when it came to watching my eating habits was the weekend. I was the worst at sleeping in, rolling out of bed and munching down a bowl of CocoPops in front of the telly, and totally neglecting my gym and eating regime. It wasn’t until I realised that all of my hard weekday workouts were being undone over two days that I decided to change the way I approached my eating over the weekend. I am a very firm believer in leading a healthy social life, and that often means dining out with friends and loved ones. However, eating out shouldn’t be your excuse to pig out. You can still maintain your healthy eating habits without going overboard, or worse: becoming house-bound or anti social.

Added Extras

I love nothing more than a big bowl of creamy fettuccine carbonara, teamed with buttery garlic bread and a glass of red wine for dinner. But it’s all the little added extras such as the mushroom gravy on your steak that can add the unwanted calories. When at a restaurant you need to be aware of meals containing the words cream, butter, crumbed, battered, fried, gravy, sauce, dressing, as it is often these key words that have the calories hidden in them. A better alternative is to ask for all gravy, sauces and other condiments to be served on the side. That way you have the luxury of controlling how much you consume, if you choose to have any at all. Try to avoid adding tomato or BBQ sauces on your food as they often contain large amounts of sugar and salt. Another good idea is to swap battered or fried meals for grilled or baked, or choose a side salad or veggies instead of chips.

Sharing is Caring

I have a friend who never orders her own meals when we go out. Rather, she’ll “share” our leftovers stating that she’s on a diet. But really, what’s left to eat on our plates are a few chips swimming in oil, cheesy pizza crusts, and one or two fried spring rolls. I’m all for sharing in terms of cutting down the cost and calorie count in food, but my above example is not what I’m talking about! A better option is to order a smaller entrée sized meal, and then share the dessert. That way you have better control over your portion sizes, and are left feeling satisfied for longer instead of scavenging for bit and pieces!

Ditch the Doggie Bag

These days we live in a society where waste is frowned upon and the idea of leaving those three slices of pizza behind can sometimes make you feel guilty. In comes the request for a doggie bag, because, let’s face it; you sometimes can’t beat the taste of cold pizza the next morning! Rather than be the only one to take home the leftovers, share them amongst friends. Better still; don’t over indulge when ordering in the first place.

There’s no longer a need for panic as Saturday comes around. It’s all about being smart and making the right choices. Remember to stay on the right track, cut down portion sizes & above all it is very important to enjoy yourself as you eat allowing yourself a treat every now and then.

BODYATTACK - What is it?

BODYATTACK is a high-energy interval training class combining athletic aerobic movements with strength and stabilization exercises. No matter what your fitness level, you'll get fit, stay fit and get fitter!



Describe A Typical Class:

1. Warmup

The focus in the opening track is on big, simple aerobic moves to get the body warm.

2. Mixed Impact

This track will take you through an increasing range of moves and footstrikes, preparing the body for the aerobic action ahead.

3. Aerobic

Step up the intensity and range of motion and get into your personal training 'zone' ahead of the peak track to follow.

4. Plyometric

This is where the class hits its first intensity peak, putting the body under load through quick-fire plyometric exercises often used in sports training.

5. Upper Body Conditioning

Time to bring the heart rate down, recover and build strength. The focus here is on shoulders, chest, triceps and core-conditioning work for toning and shaping the upper body.

6. Running

Loosen up with some free and patterned running and lift your heart rate again.

7. Agility

Test your speed and agility with a big mix of sports-inspired moves and have fun with some class interaction.

8. Interval

Challenge your cardio system with a series of work-recovery blocks.

9. Power

The final peak where you dig deep and push through powerful moves for maximum effort and fitness results.

10. Lower Body Conditioning

Strengthen and tone the lower body including the legs and abdominals.

11. Cool down Time to recover and stretch.

We now run BODYATTACK classes at our Erskineville club. Please check our website for the new timetable or ask the reception staff for more details....

Try BodyAttack! - You'll love it!



10 Healthy Snacks to Try

Tempted by the vending machine every afternoon? Make sure you have some healthier snacks on hand so you don't fall into the 3 o'clock fat trap. There are plenty of quick and healthy snacks to choose from- so when you're trying to **lose weight**, try to make smarter snack choices to avoid loading on unnecessary calories. Here are some great snacks that fit in nicely with your **diet plan...**

Sunflower seeds. For a great crunchy texture, grab a handful of sunflower seeds. They're high in protein, low in carbs, and are the best whole-food source of vitamin E. They've also got some unsaturated fats, fibre, minerals and vitamins, so eat some as a crunchy snack on their own, or mix them into your salad or trail mix.

Granola bars. Granola has lots of fibre and protein, and gives you a chewy, sweet taste, so you feel satisfied. Look for brands made with whole grains and real nuts. The average granola bar will usually have 100 to 150 calories, making it a perfect healthy snack to munch on any time of the day.



Frozen Peas And Corn. Frozen vegetables often taste better than when they're cooked, because it seals in their naturally sweet flavour. Plus, it will take longer to eat them, so you'll feel like you're eating more. Half a cup of corn has around 72 calories, and the same amount of peas has only 55 calories. Plus you're getting a good dose of fibre, so they are filling and satisfying.

Low-fat cottage cheese. The protein will keep you feeling full and energised, without loads of calories- you can get tubs of low-fat or non-fat cottage cheese with 100 calories or less. Cottage cheese is also a good source of calcium, which has also been shown to support weight loss. Plus, the rich flavour will make you feel satisfied. Mix in some fresh fruit for some extra nutrients and flavour.

Frozen berries or grapes. Similarly, frozen fruit retains the sweet, juicy flavour at the same time as giving you a different texture. Plus, it means you can eat fruits that aren't in season, and often much cheaper. A 500g box of frozen berries usually costs around \$5 to \$7- not bad compared to fresh ones.



Sliced tomato. Add a small sprinkle of feta and olive oil, and suddenly sliced tomato isn't so boring. Full of flavour and low in calories, this makes a great healthy snack in the afternoon or as a little appetizer before dinner.

Carrots and hummus. Crunchy texture means you chew more, which means you take longer to eat, which means you feel like you're eating more than you actually are. Adding a bit of hummus keeps the flavour interesting and gives you a bit of a protein hit.

Greek yogurt. With its thick, fluffy texture, you'll feel like you're indulging- but you can get a tubs of delicious Greek yogurt that contain less than 80 calories. Avoid yogurts that come with fruit or syrup at the bottom, as these are often higher in sugar. Instead, add your own fresh fruit to give it an extra protein and fibre kick.



Apples with dressing. Snacking on fruit is a great way to stay healthy and lose weight, and studies have shown that apples in particular are good for keeping the kilos off. In fact, it has been suggested that three apples a day can help you to lose weight. So for a healthy snack, slice up an apple and mix it with some chopped walnuts and a teaspoon of maple syrup, or spread some peanut butter over it. Then you've got a delicious, filling snack for under 200 calories.

Soy chips. High in fibre, low in fat- soy chips are a great healthy alternative to traditional potato chips, giving you that crunchy satisfaction without all the extra calories. What's more, they are a great source of soy protein, which studies have suggested helps to encourage weight loss and ensure that the weight you lose is fat, rather than muscle. A pack of soy chips usually has around 7 grams of protein in around 100 calories, so you even have room for some low-fat dip or salsa.



Staff Member Peter Lost 19.5kgs in 12 Weeks!

First hand experience and understanding makes
Lifestyle Fitness Australia stand out from the rest.



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BODYATTACK[®]

**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.

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