

WHAT EXACTLY ARE CALORIES?

A calorie is a measure of energy, and more specifically of heat. In our day, we use this number to count the amount of energy in foods compared with the amount of energy that our bodies use during the day. Something else you may not know is that “calorie” is actually short for “kilocalorie”.

There are two types of calories, the small calorie and the large calorie. Small calories are a measure of how much energy it takes to increase the temperature of one gram of water by one degree Celsius. A large calorie, also known as kilocalorie or food calorie, measures how much energy it takes to raise the temperature of one kilogram of water by one degree Celsius. Many foreign foods are labeled with kcal instead of just “calories”. Kcal and Calories is the same thing.

How do they measure calories?

Most foods are made up of a variety of components. There are 7 main ones that actually produce caloric heat, or in other words, have calories. The four that we will be most concerned with as far as diet goes are fat, proteins, carbohydrates, and fiber. Just one gram of fat contains 9 calories. Both proteins and carbohydrates contain 4 calories per gram. And finally, fiber contains a mere 2 calories per gram. Therefore, in order to find the total amount of calories in a food you must determine how many grams of each calorie-holding ingredient is in the item.

How many calories should I have each day?

The number of calories you should eat each day is completely dependent upon your body. Men need more calories a day than women because their bodies contain more muscle mass. Athletes burn large amounts of calories and thus need to eat more in order to compensate. Overweight people actually need more calories to maintain their weight than those with a normal weight because it takes their body more work to perform its regular daily functions. Pregnant women need more calories than regular women. Older folks should eat few calories than adults and teenagers. We could go on and on about the differences in calorie intake for each person.

Basically, your body burns a certain amount of calories every day as you go about your regular activities, and even more if you add exercise to the mix. To maintain your weight, you must eat only as many calories as you burn. If you want to lose weight, you need to eat fewer calories than your body burns. The opposite if you want to gain weight. It all comes down to simple science and really knowing how your body responds under given conditions.

Luckily, there are plenty of online calculators that can help you figure out a general idea of how many calories you should eat a day in order to maintain weight, lose it, or even gain it. Having good health can be critical to preserve a balanced and happy life. If you have never tried it before, you should give label reading a try on your next shopping trip. It may surprise you how many calories are in some of the foods you find most enjoyable! Now that you understand what a calorie actually does and how it can affect your life, you will be able to take control of your own health and make wise health choices.



M&M Candy
40 grams = 200 calories



Potato Chips
37 grams = 200 calories



Peanut Butter Crackers
39 grams = 200 calories



Hershey Kisses
36 grams = 200 calories



Cheetos
38 grams = 200 calories



Sliced and Toasted Almonds
35 grams = 200 calories

No Nip Tuck Required

Ask any 40 or 50 year old woman what her number one wish is, and she'll probably give you the popular 'to look younger' answer. Aging is a natural process, and none of us are immune from getting older; but who says we have to look our age?

Here are some things we can do every day in order to look and feel at least 10 years younger, no matter what our chronological age:

- 1) **Drink Water:** Staying hydrated is one of the best ways to keep your skin looking young and fresh. You should aim for at least six glasses of water a day.
- 2) **Exercise:** With a daily exercise routine, you'll have an abundance of energy and be able to keep up with those half your age. Bones, muscles, and skin will stay strong and healthy. Just 30 minutes a day is all you need.
- 3) **Eat Right:** Your diet matters immensely in terms of how your skin looks and feels. Vegetables and fruits are equally important not only for your health, but for your outer beauty. Spinach, peppers, berries and pomegranate are among the superior fruits and veggies.
- 4) **Quality Skin Care:** You don't have to spend hundreds of dollars on skin care, but you should invest in a cleanser, toner and moisturizer at the very least. Find brands that use natural ingredients and are not harmful to your skin, or the environment. Also invest in quality Anti-Aging creams at reasonable prices. They can visibly reduce the look of lines and wrinkles with regular use.
- 5) **Stay out of the Sun:** Too much sun exposure can cause premature lines and wrinkles. If you do go out, make sure you are protected with sunscreen; don't forget to wear your hat!
- 6) **Get a New Hairstyle:** It's amazing what a new hairstyle can do for you! A simple cut and color can do wonders for your look, and your self-esteem.
- 7) **Be Happy:** To be younger you have to feel younger from inside. By just smiling and being happy you can look and feel much younger
- 8) **Get enough Sleep:** If you are constantly suffering from lack of sleep due to insomnia, stress or other issues, it can affect not only how feel, but how you look. You'll have dark circles under your eyes, and they will appear puffy; your skin will look dull and grey. Get some rest! Try going to bed a bit earlier and devise a night-time routine that will help you fall asleep.



Irritable Bowel Syndrome:

Is diet the key?

There's no cure for irritable bowel syndrome, but knowing which foods your gut is sensitive to can help you take control of the symptoms and reduce their impact on your life.

What is IBS?

Irritable bowel syndrome (IBS) is a complex disorder with a wide range of symptoms, some of which may be related to diet. Poor eating habits such as skipping meals, low intake of fibre and fluid, excessive fatty food intake, sensitivity to milk and other dairy products (lactose intolerance) and excessive caffeine and alcohol need to be addressed as a first step in helping relieve symptoms in IBS.

There are at least 2.2 million Australians struggling with its effects: bloating; distension; abdominal pain; constipation; diarrhoea; excessive wind; a noisy abdomen; nausea; fatigue.

What should I be eating if I have IBS?

The most common dietary treatment for IBS has been, and still is, a high fibre diet. While this is still a positive recommendation for many patients, especially those who suffer from constipation, some patients will not benefit from an increase in dietary fibre, and in some the symptoms may even worsen. As with any change in diet the increase in fibre should be gradual, involve a variety of fibres and an adequate fluid intake of at least 1.5 litres per day. The major sources of fluid should be water, but dilute tea or juices may be suitable. Caffeinated drinks such as coffee, and carbonated soft drinks can aggravate symptoms and should be limited, especially in the initial stages of dietary modification.

This meal plan provides 25 - 30 g of fibre from a variety of sources and 30 - 35 g of fat depending on the quantity of added margarine, oil and fat content of dairy foods.

Breakfast - a bowl of high fibre cereal such as untoasted muesli, weetbix or porridge with fresh or tinned fruit and reduced fat milk or a calcium fortified soy milk and/ or wholemeal or grain toast with minimal margarine and honey or vegemite. Tea.

Lunch - sandwiches made with wholemeal bread with low fat cheese, lean beef, tinned fish and salad. Tinned or fresh fruit with low fat yoghurt. Water, tea or diluted juice.

Dinner: lean grilled chicken with lemon juice and pepper. Served with salad, boiled new potatoes and wholemeal bread.

Snacks: spread throughout the day - fresh fruit, low fat yoghurt, crackers with cheese, or wholemeal crumpets with honey.

Water, tea or diluted juice.



The Magic of Folic Acid

Folic Acid is a water-soluble, b-complex vitamin also known as Iron, which has plenty of benefits for the body. The vitamin helps with the health of cells and formation of body tissues. It also prevents birth defects, certain types of cancer and anemia.

We often hear about folic acid's role in preventing birth defects, including spina bifida. Women of child bearing age should take supplements with 400mcg or higher of the vitamin *prior* to conception. Taking it after conception is not as beneficial as before—but it is still recommended. Women who have had children with neural tube defects should be taking even more folic acid to prevent problems in future offspring.



Studies have shown that folic acid is extremely beneficial for the brain. When levels are low, stroke, osteoporosis, blood vessel disease and cervical cancer become more likely, because of a chemical released from the brain in high doses. Sufficient amounts of folic acid can help with psychological problems like depression and schizophrenia. Folic acid plays a great role in reducing one's risk for developing certain cancers. Eat enough iron to prevent colon, cervical, stomach and other digestive cancers.

There are many factors that can affect your body's level of folic acid. For example, if you're heavy smoker or drinker, your levels will decrease. Therefore, a woman who was a smoker prior to becoming pregnant will need to take a higher dose of the vitamin. Birth control can decrease levels, so women who take it are recommended to take folic acid. Certain medications can also decrease levels, so talk to your doctor if you have any concerns.



There are plenty of foods to obtain folic acid from, including dark, leafy **green vegetables**, legumes and citrus **fruits**. Some **bread**s and cereals are fortified with the vitamin, so check food labels! Folic acid deficiencies can be treated with a supplement. If you're deficient in folic acid, there are a variety of symptoms you could experience including diarrhea, wounds that won't heal, heavy menstrual cycle, ulcers, bleeding gums, skin bruising, fatigue and a swollen tongue.

You should always make sure that along with folic acid, you are getting the right amount of vitamin C and vitamin B12. These vitamins work together to keep the body healthy. If you're low in one vitamin, you could be low in another, so keep your diet in check. If you want to have healthy babies, healthy cells, a healthy brain...and, well, a healthy *everything*, then make sure you're consuming enough folic acid. Eat a balanced diet that contains a variety of healthy foods. Avoid smoking and excessive alcohol consumption. If you have concerns, see a doctor and never self-diagnose yourself with folic acid deficiency.



CLEAN & LEAN

You know those times in your life when you've partied a bit hard? Maybe you've been working long hours and eating bad? It's time like these that you need to Detox..

The Benefits

Besides the usual benefits of increased energy, clear eyes, skin and regulated moods, Detoxing has many other benefits:

- Improves our Immune function and pollution into our body
- Promotes healthy eating, nutrition and supplementation
- Scavenges free radicals and eliminate toxins
- Strengthens body's fight against cancer cells and generate healthy cells in our body
- Cleanse mucous, congestion, fermentation, inflammation in our digestive tract
- Purifies our blood

Popular Detoxes

Lemon Detox Diet: Lasting from 1 – 7 days this detox is a liquid diet whereby all meals are replaced with a lemon, Maple Syrup, and Cayenne Pepper drink.

Fruit & Vege: A 7 day detox. The most safest and effective detox. detoxers basically eat fruit and vegetables for 7 days. Vegetables must be eaten steamed or raw. On a day basis detoxers must eat or even drink 7 pieces of vegetables and 2 pieces fruit. All other foods must be eliminated.

Dr Joshi: Lasting for 21 days avoid acidic, toxic and refined foods including red meat, dairy, fruit, wheat, nuts, sugar and sweets, potatoes, coffee and tea. Instead they are told to eat from a list of acceptable meats, brown rice, fish, produce and grains.

Accelerate the Detox

Dry Skin Brushing: Dry skin brushing stimulates blood circulation to the surface of the skin to clear out toxins that are stored in body tissues, but it also stimulates your endocrine system which is crucial for Detoxing.

Herbal Tea's: As good as Green Tea is, it contains caffeine so avoid it during Detoxing. Try having teas such as dandelion, chamomile, peppermint and Ginger tea and use them to curb your appetite.

Mediation: To distress the mind and feel emotionally centered you may want to meditate. If you don't know where to begin try partaking in a Yoga class which is offered here at Lifestyle Fitness.

Choosing a time

In an ideal world, you would take time off work and do your detox in a relaxed state. That isn't always possible so make sure you choose a time when you can do the following:

- ◆ Get 8 hours of sleep every night
- ◆ Make some time for meal preparation and food shopping
- ◆ Make some time for gentle exercise and meditation
- ◆ Cancel as many social events as possible to avoid falling out of your detox
- ◆ Be prepared to feel lethargic in the first few days

Stretch Your Limits

Originating from an ancient Indian philosophy of spiritual enlightenment, yoga has been adapted in modern times as a popular form of physical activity. Regular yoga practice has been proven to have many holistic health benefits, incorporating the physical, mental and emotional aspects of a person's wellbeing.

What is yoga?

In the traditional sense of the word, yoga originates from the Sanskrit word "yuj" meaning "to unite or integrate". Yoga relies on a series of postures (asanas) and breath control (pranayama), combining both meditation and relaxation techniques. A typical yoga class will begin with gentle asanas and will gradually build to more challenging postures. The different postures include a range of lying postures, sitting postures, standing postures, and inverted or upside down postures.

Why do yoga?

The synchronisation of asanas and pranayama coincide to exercise every part of the body and its vital organs. Regular yoga practice has been proven to:

- ◆ Improve hand-eye coordination;
- ◆ Improve sleep;
- ◆ Increase cardiovascular and respiratory efficiency;
- ◆ Decrease anxiety and depression.
- ◆ Decrease blood pressure;
- ◆ Improve stress levels;
- ◆ Increase flexibility, balance & posture;
- ◆ Improve muscle tone & strength;
- ◆ Increase endurance;



Yoga has many proven benefits and can be practiced by anyone who is looking to feel fitter, be more energetic, and be happier and more peaceful.

Hollywood Role Models

It's hard to find much body fat in Hollywood these days, but there's a big difference between looking fit and being fit. That's why the below celebrities are a true inspiration for their dedication, hard work and commitment to live a healthy lifestyle.

Jennifer Hudson:

The talented actress and singer has said she's prouder of her weight loss than her Oscar. By sticking to a strict regimen of portion control and exercise, Hudson shed more than 35kgs and went from a size 16 to a 6! Inspiring people all over the world with her weight loss, Hudson continues to show her commitment to living a healthier lifestyle.



Kelly Osbourne

Appearing on "Dancing with the Stars" helped kick start the starlet's dramatic weight loss, this saw her go from a size 14 to a size 8 and dropped more than 30kgs. Osbourne says she keeps in tip top shape by doing the Pilates three times per week and eating healthy meals (including half an apple before bed.)

Jonah Hill

The "Superbad" star won't say how much weight he's lost, but he's barely recognisable these days in his super fit body. "I wouldn't say it's the most fun endeavour I've ever took on in my life -- but it's important. And I'm enjoying it. If I eat something unhealthy now, I kind of feel a little weird and my body hurts," he admits.



Squeeze in exercise

Every one of us all has a busy lifestyle, picking up the kids, paying the bills, grocery shopping and it doesn't stop there. There should be no excuses such as "I don't have time for the gym" because you should MAKE the time. Remember your health comes first, and without your health you can't perform the above to your best ability.

CONSISTENCY

To burn fat, keep your workouts frequent. The most important element to fitness is the frequency of exercise during the week, rather than focusing on a single workout. Commitment to a 30-minute routine every day can be more effective than an every other day 60-minute routine.

TIME MANAGEMENT

Midday workouts are a great choice if you have trouble squeezing workouts into your busy schedule. Not only can you get a great workout in a short period of time, you'll boost your energy for the rest of the day. So grab a friend and go for a walk, or get into the gym and do a quick 1/2hr session or class.

RESISTANCE

Pump it up by adding resistance training to your daily aerobic workout. Muscles burn fat calories. Plus, maintaining muscle mass allows your metabolism to buzz along at a higher fat-burning rate.

BELIEVE

You must BELIEVE that you will succeed and attain the commitment you want. As the saying goes 'You must believe it, if you want to achieve it.' Develop the attitude and belief that this year you are going to look after your health & fitness and have some 'Me' time.





your shape

Apple

If you are the Apple of someone's eye then you're pretty in proportion but tend to carry your weight around your mid section without a well-defined waist. You may also have fabulous legs and chest, so dressing is all about showing off those best bits and avoiding adding volume round your middle.

Apple workouts: Apples need to focus on developing a strong core and building lean muscle in the lower body to help balance the top half. The key is to use lighter weights with more reps for your upper body and heavier ones with fewer reps for your legs and butt



Rectangle

Rectangle ladies are fairly straight up and down though don't always have the boyish chest to match. Many women would kill for your shape; there's no main area you want to minimize so you can get away with more things than most. However you may crave more curves – an illusion easily created with the right clothing.

Rectangle workouts: Your objective is to create curves by working on your shoulders, hips and bum, giving them definition, this in turn will make your waist appear more defined. Cycling will help to round out your bottom half, adding shape to your hips, bum and thighs therefore giving definition to your waist.



Hour-Glass

Curvy hourglass figure is the most famous, often with a fuller bust and bottom to contrast with the smaller waist. You're blessed with a very sexy shape so you need to learn exercise with heavy weights - unless that's the look you're going for!

Hour workouts: Your objective is to work on keeping your bottom toned and amplifying your defined waist. Cardio exercises will help you keep in shape. A cardio workout of a minimum of 30 minutes four times a week should be enough if you want to maintain your curvy figure.

Pear

If you are a heavy bottomed beauty and are bigger around the hips, bottom or thighs than you are like the majority of women, a Pear! You've probably also got a fairly flat stomach your lucky thing. Work that womanly figure by adding more shape and structure above the waist.

Pear workouts: Your objective is to work on your narrow shoulders to balance out your hips. Your lower body is strong so running and cycling (which are fat burning exercises) are easier for you. Cardio work at least three times a week, working with weights on your upper body and cycling will help balance out your figure.



UNLEASH YOUR INNER SUPERHERO

Imagine for a moment that right now at this very instant, you have more strength and power in your muscles than you ever thought possible. It's kind of like you have this hidden reserve of might and power that's locked away deep within your muscle bellies. The only question is how can you unlock this hidden strength so you can use more of it in everything you do?

All that's needed to unlock your strength is new and different workouts.

Use Different Speeds & Tempos

Like many aspects of the human body, the nervous system is conditioned by habit. It adapts to what it's used to, but those adaptations are limited within that narrow scope of that exposure. So if you always lift slowly, your nervous system will always be set up to use your muscles for slow and steady work



Use Different Weights & Rep Ranges

Just as our nervous system gets used to a certain speed, it also gets used to certain weight and rep ranges. Once again, we find that the adaptation is specific to the narrow scope of what we are doing. This is why someone can squat 120 kgs without breaking a sweat, but then they do 30 seconds of box jumps and collapse on the floor. The same can also be the other way around.



Train Stability & Control Along With Strength.

You can build a massive amount of power into your muscles but if you have trouble controlling it, your nervous system is going to have a hard time accessing it in real life. This is largely why the functional movement craze tends to place a lot of emphasis on balance boards. In the end, less stability requires more control and more control means you can use far more of the strength you already have.



Use Ground Based Exercises to Develop Full Body Power

Just like any mechanical machine, the human body can lose power if a generated force is not transferred efficiently. In other words, you can create a lot of power in your muscles, but that power is only good if it can flow towards that which we want. Through the use of ground based exercises, where you remain standing rather than seated, you train your whole body to transfer power efficiently so each muscle contraction is far more effective. This also has the added side benefit of conditioning more muscle with each exercise you do.



Watch TV & Lose Weight

If you are diligent and creative, formulating workout routines that you can do during your favourite TV show is easy. Here are some guidelines to follow for easy at home exercises that will help you burn calories while you watch Home & Away or Masterchef. We even recommended what to eat as well!

COMMERCIAL #1

CARDIO

During the first commercial break walk up and down your stairs as many times as you can to get the cardio aspect of your workout going. Since commercials usually last 2 to 3 minutes, you should have your heart pumping by the time the show returns.



TV SNACK #1

PLAIN POPCORN

A bucket of oil-popped movie theater popcorn can contain as much fat as three to five double cheeseburgers. But air-popped popcorn is a relatively healthy treat. Three cups of popcorn have just 93 calories and 1.5 grams of fat.



COMMERCIAL #2

STRENGTH

Go to the pantry during a commercial and grab a few cans of baked beans or any other can. Try some biceps or triceps curls with these improvised weights.



TV SNACK #2

PROTEIN BAR

The best reason these are great for snacking is because Protein helps build lean muscle mass, which is essential if you plan on being active during commercials



COMMERCIAL #3

CORE

Another great idea for commercial breaks is to get on the floor and start strengthening those abs with some sit ups. If you're watching a marathon of shows on each shows commercial break do one type of ab exercise. Then do another on the next show



TV SNACK #3

CARROT STICKS

Low in calories, and provides fiber and micro-nutrients such as vitamin A. The best way to snack on carrots is to eat carrot sticks, but you can use it as a dipping stick in avocado or hummus.



All In The Biceps

EZ Bar Curls

1. Stand up straight while holding an EZ curl bar at the wide outer handle. The palms of your hands should be facing forward and slightly tilted inward due to the shape of the bar. Keep your elbows close to your torso. This will be your starting position.
2. Exhale and curl the weights forward while contracting the biceps. Focus on only moving your forearms.
3. Raise the weight until your biceps are fully contracted and the bar is at shoulder level.
4. Then inhale and slowly lower the bar back to the starting position. Repeat for desired reps.

1.



2.



1.



2.



Hammer Dumbbell Curls

1. Setup by grasping a set of dumbbells and standing straight up with the dumbbells by your sides.
2. Use a neutral grip. Bend your arms slightly to tense the biceps. Keeping your body fixed and elbows in at your sides
3. Slowly curl the dumbbells up as far as possible. Squeeze the biceps at the top of the movement
4. Slowly lower the weight back to the starting position and do the other bicep. Repeat for desired reps.

Incline Bicep Curls

1. Select weight to curl. Grasp onto the machine handles
2. Pull the handles toward your shoulders keeping your body fixed into the seat and your elbows tucked.
3. Slowly lower the weight back to the starting position. Repeat for desired reps.

1.



2.



INGREDIENTS

For the avocado puree:

1 ripe avocado, pitted

1 tablespoon fresh lime juice

¼ cup sour cream

For the salad:

2 tablespoons olive oil

3 ears yellow corn, husks removed

16 medium asparagus spears

2 large spring onions

2 cups baby rocket leaves

2 baby red radishes,

thinly sliced on a mandolin

1 tablespoon fresh lemon juice

2 tablespoons extra virgin olive oil

1 shallot, thinly sliced

METHOD

1. To make the puree, place the avocado, lime juice and sour cream into a blender or food processor and pulse until smooth. 2. Season the puree to taste with salt and pass through a fine-mesh strainer. Cover and refrigerate.

3. Preheat the barbecue on medium-high heat. 4. Place the corn, asparagus and spring onions onto a baking tray and toss with the 2 tablespoons of olive oil. 5. Season with salt and pepper and place the corn onto the barbecue grill and cook for 6 to 8 minutes or until lightly charred. 6. When the corn is almost finished cooking, place the asparagus and spring onions onto the barbecue and cook for 3 minutes total, then remove all vegetables from the barbecue and place on a plate to cool. 7. Once cool, use a knife to cut the corn kernels from the cob and place into a medium mixing bowl. 8. Cut the asparagus and spring onions into 2cm pieces. Add to the corn along with the rocket leaves and sliced radishes. 9. In a separate bowl, whisk the lemon juice and slowly add the extra virgin olive oil while whisking. 10. Add the shallots to the vinaigrette and season to taste with salt and pepper. 11. Dress the vegies with the vinaigrette to coat and adjust seasoning if necessary. 12. Spoon a small amount of the avocado puree onto the center of 4 serving plates and, using the spoon, spread the puree into a thin circular pattern on each plate. 13. Place the salad onto the center of the plates, on top of the puree. Spoon any remaining vinaigrette over the salads and serve. □

Asparagus and sweet corn salad with avocado and lemon

SERVES 4

INBA

www.lifestylefit.com.au

The INBA calendar of events has now ended for the year. We would like to congratulate all our members and staff who worked extremely hard to prepare themselves for the shows. Your physical effort, determination and camaraderie is something that we admire and are inspired by.

The following members and staff competed in some or all of the following INBA shows, INBA Sydney Championships, INBA Lifestyle Classic, INBA NSW Championships and the INBA Australian National Titles.

Magdi Antoun, Ben Davidson, Craig Duthie, Johnathan Perreira, Stuart Gale, Xavier Grevet, Victor Gurung, Jhalak Gurung, Sarah Halwagy, George Harb, Cathy Harris, Penny Hawker, Kylie Jackes, Rod Jimenez, Paul Kotsis, Lexi Matiu, Manuel Mentis, Joe Niforas, Tristan O'Bree, Alex Santos, George Scoullis, Tina Scoullis, Robert Stanoff and Lisa Stella.



We look forward to showcasing a larger team for next year's events.

I N B A

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Special Mention must go to the following Lifestyle Fitness Personal Trainers who worked tirelessly over the 12 week body transformation challenge period to improve the health and look of our members. The results are testament to the benefits that our Personal Trainers can provide.

George Papadopoulos from our Carlton Site who helped our following members, Lexi Matiu, Tina Scoullis, Lisa Stella, Ben Davidson, George Scoullis, and Rod Jimenez lose a massive 70.90kg over the 12 week contest period.

Kylie Jackes from our Erskineville Site who not only prepared her own physique for the Lifestyle Classic, but who also provided well thought out and structured personal training plans for our Erskineville member, Stuart Gale. Stuart lost 27.20kg over the 12 week contest period and was crowned the Men's overall bodytransformation champion.

INBA Men's Overall Sydney Champion and INBA Australian Nationals Runner Up, **Xavier Grevet** from our Erskineville Site who made a significant contribution in preparing our Erskineville members Alex Santos (Men's Novice Winner) and Tristan O'Bree (Teenage Competitor) for their very first show.

Great work George, Kylie and Xavier. Your training sessions, motivation and support went a long way to driving our members towards reaching some great personal achievements. We are sure that your services will be continue to be highly sought after.

The DVD and Photo package of the 2011 INBA Lifestyle Classic is now available for purchase. For further information please contact Con on 0420 947 346 or email con@lifestylefit.com.au



George Papadopoulos

Kylie Jackes with Stuart Gale
Men's Body Transformation Champion

Xavier Grevet

and the

WINNER *is?*

Our **Win a Nissan Micra** promo has finally come to an end! Lifestyle Fitness would like to thank all our members who participated in this competition.

Benjamin Gett, Kim Walker and Jo Lee from our Erskineville club, Doug Walker, Enzo Puopolo, Tina Scoullis and Angela Simone from Carlton, Catherine Robinson, Rett Boland and

Marysa Cosgrove from Marrickville who were all in the draw to win the Nissan Micra.

Our competition members all gathered at Marrickville on Wednesday 5th October and waited patiently to see who won the brand new Micra. We had 10 sets of keys that were given to each member; however one key was the actual. Each member then had to try and open the car door with that key, until the correct key opened the door.

Congratulations to Angela Simone from Lifestyle Carlton who had that lucky key and drove away with a brand new Nissan Micra!

Also big congratulations and thank you to all above members who were in the running to win. We would also like to thank Sydney City Nissan for sponsoring us with this promotion and providing us with Nissan Micra prize giveaway car.



MARRICKVILLE *Festival 2011*

Lifestyle Fitness Australia proudly supported the Marrickville Festival which was held on 23rd October 2011 in the heart of the Marrickville shopping area on Marrickville and Illawarra Roads.

Our very own Zumba superstars, Cindy, Claudia and Gonzalo performed a spectacular Latin beat Zumba routine, which had the crowd at the International Dance Floor dancing and cheering with excitement.

Members of our Marrickville team were also stationed at a stall outside of our Marrickville facility, giving away some healthy snacks and providing some great health and exercise advice to the members of our community.

We would like to applaud the Marrickville local community for their attendance and the organizers for providing a day full of FUN and Excitement. We would also like to thank our Zumba superstars and staff for providing their time for such a great community event.



LIFESTYLE FITNESS AUSTRALIA

xmas boogie

FRIDAY 25.11.11

BEFORE SANTA COMES TO TOWN
TO PLAY, PARTY, DANCE &
DRINK THE NIGHT AWAY

INVITATION TO.....

ALL members & guests

Sexy Santa & his helpers will be spreading the Xmas cheer with gifts and photo happy snaps

DOORS OPEN 8:00PM TILL LATE

FUNKYHOUSE . CLASSICS . DISCO . RNB . PARTY.

For more info see reception staff

DJs on the night...
peter gallo, paul hatz, adonis,
greko, con maji, steve play
& more

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