

in touch

August 2011

8 exercise myths you thought were true

4 weekend tips to keep you in shape

Weight vs Alcohol *Set SMART goals*

ARE YOU A COFFEE ADDICT?

INBA Lifestyle Classic

Week 4 Body Transformation Results are in



For The **Love** Of Coffee

Your daily cup of coffee doesn't only wake you up in the morning. Drinking a cup of plain coffee a day is actually one of the best decisions you can make for your **health** as coffee contains antioxidants. Regular coffee drinkers have been shown to have a lower risk for several diseases and health issues. Now you may be wondering, as to what antioxidants are in coffee. Well, the antioxidants in coffee are called 'polyphenols'. Coffee also has flavonoids, proanthocyanidins, stilbenes, lignins, cinnamic acids, coumarins, lignans and benzoic acids. Coffee also has high level of chlorogenic acids and caffeic acid, which are very strong antioxidants.

First of all, coffee is likely to prevent the development of type 2 diabetes.

Because of the antioxidants, which prevent tissue damage caused by oxygen-free radicals, the harmful disease is less likely to appear. Minerals such as magnesium and chromium can also inhibit diabetes from developing because they help the body use insulin, therefore controlling blood sugar.

Heart disease and stroke are other conditions that coffee drinkers have a lower risk of.

It has been found to lower heart rhythm disturbances which are likely to lead to more serious heart problems. Individuals affected with diabetes are probable to heart disease, and since coffee lowers the risk for diabetes, it also lowers the risk for heart disease.

Coffee drinkers have a lower risk for certain brain conditions like Parkinson's and Alzheimer's disease.

The exact reason for this hasn't been proven – but it is thought to be because of the caffeine.

Foods and drinks rich with antioxidants are automatically known to decrease cancer risks.

Decreased risk for liver cancer and other liver problems has been especially associated with regular coffee drinkers.

But they aren't all understood completely. There are still studies that need to be done with humans and coffee so the reason for health associations can be known. Just because coffee is nutritionally beneficial, doesn't mean one should drink a whole pot of it a day. Coffee contains caffeine, a substance that can interrupt blood pressure, stress levels, sleep patterns and cause a number of other health problems if it is over consumed. There is only one way to completely avoid caffeine from coffee, and that is by drinking the decaffeinated kind.

Not everyone likes the taste of pure, black coffee. The truth is that in order for it to be healthy, it *has* to be plain. If you're adding creamer, sugar and whipped cream to make it taste better, you are contradicting the positive effects coffee can have on your health. Plain coffee is low in calories, but adding unhealthy substances can double, triple or even quadruple the calorie content.

A cup of coffee a day is the perfect amount. After a while, your body may become tolerant to it and you will need more and more to wake you up. But the truth is that it's not healthy to rely on caffeine to keep you awake. Your body can become addicted which creates health issues. Instead, drink a cup of coffee for its nutritional benefits instead of for the caffeine, and rely on healthy food for energy.



"A Coffee a day, keeps the Doctor away"

Weekend Diet Tips

Don't let your off days make you fat!

Saturday and Sunday backsliding can erase your fitness gains made during the week. Here's how to party like a rock star and still feel fit on Monday.

IF YOU PLAN TO . . .

→PARTY

- Pencil in at least one **longer workout** later in the week to counteract the extra weekend calories you'll no doubt consume
- Take a **break from your typical routine** to cross-train or attend a boxing class. You'll burn more fat as you put demands on different muscles. Maybe swap a short run for a longer one that includes sprints and hills.
- Try to start Saturday and Sunday with a **healthy breakfast**. It'll rev up your metabolism. Successful weight control is consistently linked to a healthy breakfast.

→CHILL AT HOME

- **Jump on the scale** on Saturday morning, and plan to do it again on Monday. Researchers say people who weigh themselves are better at weight control.
- **Variety** is the cornerstone of a healthy diet. Restrict afternoon snacks to one healthy choice, such as almonds, unsalted/unbuttered popcorn, or fruit with yoghurt!
- **Leave foods and drinks in the kitchen** where they belong. When there is food in your sight, you are more than likely going to eat more.

→GO FROM BAR TO BAR

- Head out with a **full belly**. Before hitting the bar, eat a meal with at least some meat, poultry, or fish and a cup or more of cooked vegetables. When you're full you're less likely to cave in to high-fat bar food.
- Stay **clear of mixed drinks**, which can pack up to 500 calories per standard drink. Stick with a 150 calorie beer or a glass of wine. Or at least opt for something made with a low-cal mixer, like diet soda or tonic.
- **Budget**. Set a limit on how much you'll spend on drinks before the night starts. Then alternate alcoholic beverages with mineral water or cranberry juice. You'll drink less alcohol and maybe even come in under your goal.
- Get your **rest**. Sleep deprivation can wreak havoc on your metabolism and makes it difficult to avoid overeating, especially after a long night of drinking, also known as a hangover.

→EAT OUT

- **Order first**. Set the tone for the meal by choosing a healthier entrée.
- Don't waste calories on **dull foods**, like white rolls or baked potatoes.
- **Drink with dinner**, not before. A pre-dinner drink lowers your resistance, making you much more likely to indulge on something you didn't really want.



Top 10 Produce Picks for Spring

Our PTs weigh in on what you should be eating this season

With warm weather upon us, a whole new crop of fruits and vegetables are in season. Fruits and vegetables have the highest nutrient content when they are in season. So making produce selections based on what's in season is a great way to increase your intake of vitamins, minerals and disease-fighting antioxidants.

Here are our top ten produce picks for spring. Make sure to try them all before they go out of season!

1. Artichoke

Great source of fiber and vitamin C. Fat free, cholesterol free, low sodium and low calorie. Make sure to choose an artichoke with a large head and tightly closed leaves. Artichokes can help improve liver and gallbladder function.

2. Fennel

High in vitamin C, potassium and fiber. Naturally fat free, cholesterol free and low sodium. Make sure to check for fennel with a firm bulb and unblemished green leaves. Fennel helps naturally treat respiratory disorders.

3. Mango

Mango is high in Vitamin A and C. Low fat, and cholesterol free. To choose a ripe mango, make sure it is slightly firm with a little give and emits a strong sweet scent. Mangoes improve digestion and help treat diabetes.

4. Asparagus

Fat free, sodium free, cholesterol free and low calorie. Asparagus is a great source of vitamin C and A, and is a natural pre-biotic (naturally nourishes the good bacteria in your body).

5. Strawberries

Great source of Vitamin C. Fat free, sodium free and cholesterol free. Choose a bunch of strawberries with a shiny bright red exterior. Make sure to avoid leaky or shriveled strawberries. Strawberries are a natural anti-inflammatory.

6. Spinach:

Naturally high in fiber, iron (improves energy), magnesium (helps keep bones strong) and

7. Fava Beans

Fava beans are a natural source of iron, potassium (reduces the risk of high blood pressure and stroke), fiber and Vitamin B. Low fat and cholesterol free. Fava beans look similar to large green beans. Make sure to choose long, plump, heavy pods without blemishes. Fava beans are nutrient-rich and high in protein.

8. Honeydew

Great source of Vitamin C. Naturally fat free, low sodium and cholesterol free. Select a honeydew melon with a spherical shape and a waxy exterior. Avoid one with a fuzzy surface. One serving of honeydew can give us up to 70% of our daily vitamin C.

9. Apricots

High in Vitamin A and C, potassium and fiber. A great low fat, cholesterol free and sodium free snack. Make sure to choose apricots that are uniformly colored, firm and plump. Apricots naturally help regulate the body's digestive system.

10. Pineapple

Good source of vitamin C. Naturally fat free, low sodium and cholesterol free. Choose a heavy pineapple with dark green leaves. Avoid one with dark or soft spots. Pineapple's anti-oxidants help enhance the body's natural healing processes.



Fresh & Fit: Seasonal Recipes

Beet Bliss Salad

INGREDIENTS

- 6 cups of baby spinach
- 1 cup of cooked beetroot
- 1/2 cup of Vinaigrette,
- 2 tbsp of chopped toasted pecans
- 3 tbsp of goat's cheese

DIRECTIONS

1. Toss spinach, beets and Vinaigrette in a salad bowl. Top with pecans and goat cheese.



Lamb Cutlets with Bean and Feta Salad

INGREDIENTS

- 6 lamb cutlets
- 100g watermelon cubed
- 100g cooked green beans
- 50g low fat feta cheese crumbed
- 1 tsp balsamic vinegar
- 1 tbsp olive oil
- Salt and pepper

DIRECTIONS

- Season lamb cutlets and add ½ tbsp of olive oil. Heat pan or hot plate grill, cook lamb cutlets for approximately 2 minutes on each side. Place the cooked green beans on a plate and place watermelon and feta over the top. Place cooked lamb cutlets on top and add the remaining olive oil and balsamic vinegar.



Rice Paper Rolls

INGREDIENTS

- 4 sheets rice-paper
- 1 cup cooked rice vermicelli noodles
- 4 cooked prawns cut in half lengthways
- 1 bunch Vietnamese mint
- 4 chives
- ½ cup shredded wombok
- Hot water in a large shallow disk

DIRECTIONS

- Soak rice-paper in warm water, until translucent. Lift rice-paper out of water and place on chopping board (take care not to break). Place two pieces of prawn to one end of rice-paper (closest to you). Place a small amount of rice noodles on top of prawn and a couple of mint leaves. Pick up smallest edge of rice-paper and roll it, then fold in at edges. Place chive at one end so that it will be exposed and finish rolling.





Cathy Harris
Membership Account Officer

You Booze, You Don't Lose

The effects of alcohol consumption while trying to lose weight.

Are you one of those people who have an exercise program and eating habits that puts Michelle Bridges from *The Biggest Loser* to shame? And yet when you look in the mirror you can't help but notice you still have a little bit of excess baggage around the tummy? That spread in the middle may very well be due to an over-consumption of alcohol. Australia is a nation that's always shown pride in our beer drinking abilities. It is even the sponsor of some of our great sporting teams and sporting events (think Toohey's New sponsoring the NSW State of Origin team a few years ago). So the irony behind it all is that despite being a fit, sporting nation, our growing rate of obesity can be contributed to our love of beer. According to a survey the average Australian consumes 109.9 litres of booze per year, just missing out on the bronze and ranking fourth in the world of drinking. We are aware the social implications of excessive or binge drinking, however over-indulging on alcohol can also take a toll on the body's ability to lose maintain a healthy weight.



Alcohol is metabolised differently to other food and drinks that we consume. The body sees alcohol as a toxin, which receives immediate attention in order to eliminate it from the body. While the alcohol itself is not stored as fat, when it is being consumed the body is unable to breakdown other sources containing carbohydrates and fat. As a result these calories are converted into body fat and stored within the body.

Drinking alcohol can also influence the foods we do (or in some cases, do not) eat. People who drink on an empty stomach, with the intention of "saving" their calories for the Pina Colada they're likely to consume, are doing more harm than good for weight loss. When hunger strikes, the bar food that is available is often high in saturated fat, oil, salt and sugar. Too much alcohol also impairs judgement, which is why that greasy kebab or Big Mac seemed like a great idea at 3am after a big night out on the drink.

Alcohol could easily be the enemy in terms of health and weight loss. But before you throw away that bottle of vintage Shiraz there are a few things that you can do to lessen the impact of alcohol consumption. Steer clear of pre-mixed drinks, commonly referred to as "lolly drinks" for the high sugar content they have. Instead opt for drinks that are mixed with soda water or tonic, such as vodka, fresh lime and soda, or gin and tonic. Dry white wine also contains fewer calories and sugars than sweet wine, and a glass of red wine a day has health benefits due to the high anti-oxidant content.



How to set SMART fitness goals

Most of us have, at one time or another made a promise to achieve some kind of vague health or fitness-related goal. Statements such as "I will lose weight" or "I will get fit" are good examples. **While it's important have these positive lifestyle intentions, we often fail at following through with them** because the goal is simply too vague, unplanned and unrealistic.

Not following through on a goal can leave you feeling discouraged, which leads to the exact opposite result than the one you had intended. **Feeling like a failure can lead to an increase in unhealthy lifestyle behaviors.** But on the flip side, achieving a goal can make you feel strong and well-organized, which often leads to following through on more positive lifestyle changes.

So what makes the difference between success and failure? It all comes down to being "SMART." **This five-step method of goal setting is a valuable tool when trying to set realistic and attainable goals,** and will set you up for a successful outcome.

S is for "specific"

This means that **every goal should be clearly defined.** For example, saying "I want to lose weight" is too vague. Instead, try "I want to lose 15 kilos in total, which is 2 kilos per week."

M is for "measurable"

This means that you should be able to clearly measure your progress. Saying **"I want to get in shape" gives you no clear way to assess your progress.** In order to re-frame the above goal so that it is measurable, start by measuring your fitness level. Then, determine a six-week goal based on the initial data. For example, if you start out by being able to run five kilometres in 35 minutes, a measurable—and realistic six-week goal would be run five kilometres, with no walking breaks, in under 30 minutes.

A is for "action-oriented"

This means you should **outline specific steps that will enable you to successfully complete your goal.** "I want to be able to run five kilometres" is good starting place, but does not include any training details. Instead, you should say: "In six-weeks I want to be able to run five kilometres. I will achieve this goal by **running four days per week.** One run will be 45 minutes a slower speed and three runs will be 30-35 minutes at a faster speed."

R is for "realistic"

When it comes to losing weight, we all tend to want the unrealistic—and typically unhealthy—quick fix. **Don't let yourself fall into this trap by setting unattainable health goals** such as, "I want to lose 10 kilos in 10 days." Instead, aim to lose half a ½ to 1 kilo per week. Attempting to lose weight faster than this is unhealthy and will only set you up for disappointment.

T is for "timed"

This means you should set deadlines that will keep you on track. Don't say, "In one year I will go to my doctor, and she will be happy with my weight and blood pressure results." Instead, set a firm date for that appointment, and then establish mini-goal deadlines between now and your appointment so you have plenty of time to achieve your final goal. If you track your progress with mini-goals over the course of that year, you won't be scrambling to see results the week before your appointment.

Reward yourself for reaching goals

Plan to reward yourself with non-food treats each time you achieve a mini-goal. The feeling of success can keep you motivated and on track. We reward ourselves with fancy meals at a restaurant, a nice bottle of wine or an extra scoop of ice cream. Instead, try to reward yourself with a massage, a bubble bath, or those new sunglasses you've been eyeing



PTs building their knowledge to help achieve our member's goals

The company:

Performance Training Institute (PTI) is an innovative and dynamic training and educational provider for Exercise/Fitness Professionals, Coaches and Exercises Scientists.

PTI is made up of a team of experienced professionals at the forefront of their chosen area of expertise and our courses are developed and delivered in conjunction with leading trainers, coaches and sport scientists.

PTI provides personal trainers and/or coaches with a unique educational experience that will revolutionize your personal training and coaching outcomes and ensure you have that competitive advantage in the marketplace.

The Lecturer:

Corey Bocking

AEP, BEd. Bsc. M. Coach Education

Corey has worked with athlete's of all ages and abilities, ranging from local club athletes through to State, National, International and Olympic and Professional athletes from a variety of sports including Boxing, Swimming, AFL, Rugby League, Rugby Union, Athletics, Shooting, Triathlon, Touch Football, Hockey, Judo and Basketball. Corey has recently been responsible for helping a group of young athletes to the fourth highest ranked team in twenty20 crick et. Corey has not only worked with some of the world best athlete's he has also worked with 1000's of everyday people helping them to achieve their personal health and fitness goals. With his background in high performance coaching and business development Corey understands what it takes for people to get the most out of themselves. Corey regularly works some of the world best coaches and this experience has formed the basis of all PTI courses.

The courses that were held at Lifestyle Fitness Australia on the 16th-17th of July 2011 were on **ADVANCE STRENGTH TRAINING, AND CROSS TRAINING.**

Some of the topic that were covered on this fulfilled packed weekend ranged from, advance techniques such as Power Lifting and Olympic Lifting to help build muscle and strength, Advance Techniques to help you burn fat on the cardio machines, and weight training for women.



The Personal Trainers who up skilled the knowledge over the weekend were Stephen, Geoff and Debbie from Marrickville. Richard, Xavier, Joonas, Kylie and Lara from Erskineville.

These PTs can assist members of Lifestyle Fitness Australia in many ways. IF YOU are in a rut, & can't seem to lose the last few kilos OR just need a change, ask these Personal Trainers about Advance Techniques in training to help you reach your goals.

Personal Trainers at Lifestyle Fitness Australia undergo these courses regular, not just to expand their knowledge in their Professional Field but to use them in real life scenarios and to help YOU, the members, to reach your goals.

Please feel free to ask The Personal Trainers that were mentioned above about their course and what they learnt! And steal some knowledge!



8 exercise myths you thought were true

Think you know everything about how exercise affects your body? Test yourself with these 8 common exercise myths

Myth #1: Muscle weighs more than fat

The confusion lies not in the weight of the substance, but in its density. Muscle is much denser than fat so it takes up less room, meaning the more muscle you have, the smaller and sleeker you will look. So keep hitting those weights.



Myth #2: Morning cardio on an empty stomach sheds more fat

There is no scientific evidence to prove the morning fat-burning theory. There's a greater chance you'll actually do your aerobic exercise on a consistent basis if the time of the day suits your lifestyle, morning, noon or night.



Myth #3: Exercising at lower intensities burns more fat

Exercises performed at lower intensities do burn a higher percentage of calories from fat than carbohydrates as carbohydrates are spared for higher intensity activities. In addition, high-intensity exercise also burns more calories after exercise, resulting from a higher metabolic rate.



Myth #4: You can eat anything you want as long as you exercise

It is good to reward yourself with some treats once in a while; however, not all of the fat in our favourite junk foods shows on the surface. Some fat is deposited as visceral fat, and can be deposited around your bodily organs. This type of fat accumulation is particularly dangerous to your health.



Myth #5: Women that lift weights become muscular and masculine

There seem to be too many women out there that think a few squats and arm curls will turn them into the bodybuilders they see in the magazines. Strength training is very important for females since females have less muscle and bone mass which increases susceptibility to osteoporosis. A little muscle is also a great fat-burner since it's highly metabolically active and will in turn increase your daily caloric burn. So grab that dumbbell and pump away.

Myth #6: You can target your exercise gains

Spot reducing is the belief that you can pick any area on your body and exercise it to death to shed the jiggle. Good luck with that. A six pack has more to do with overall calories burned and what you put into your mouth than how many crunches you do. When the body burns off fat tissue it takes little bits from every part of the body—adipose and visceral fat from different locations.



Myth #7: Stretching before exercise is the best

There is actually no evidence that long pre-exercise stretching can reduce the likelihood of injury. In fact, excessive pre-exercise stretching may cause a reduction in muscle force and power. When you stretch you decrease the interaction." Static stretching, where you hold a stretch for a pre-determined amount of time, is best left till after your weight routine.



Myth #8: The more exercise, the better

Keep in mind that the body does not experience muscle growth in the weight room. Through proper diet and rest, the body adapts and builds up muscle and bone in response to exercise in order to prepare for the next session of physical activity. Without adequate rest, the body never has a chance to rebuild and regenerate.



Ask **INTOUCH** Your Questions!

You emailed us--and we found out the answers:

Hi InTouch I have been training now for about 6 months. I was getting great results but I have recently hit a training plateau. Any help you can offer me to help me break through this small obstacle will be great.

Karen, member of Erskineville

Hi Karen, a great way to push through your plateau is to mix up your training style every month, or pick something you hate doing and do that for a week to shock your body.

I just want to know, can eating too much fruit keep me from losing weight? Am I consuming too much sugar? Despite eating healthfully and work out regularly, I've hit a big plateau. I eat about three to five servings of fruit a day as part of my midmorning snack, lunch and afternoon snack. I also eat lean protein, low-fat dairy, vegetables and whole grains daily.

Ben, member of Carlton

Hi Ben, yes eating too much fruit can increase the amount of sugar your body has to process, even though is fructose. A good rule of thumb is to have 2 pieces of fruit a day, and stick away from melons, bananas, and grapes. Go for green apples and pears and or apricots.

I have been working on my abs for the last 3 months, 5 days a week doing crunches, sit ups, 30 second plank as well as cardio. I haven't seen a change in my stomach region and I'm reducing my carbohydrate intake. I'm not overweight. Am I doing something wrong? I have been working so hard

Roberto, member of Marrickville

Hi Roberto, you have to train your abs like you would your chest and arms. If you want them to pop out, you need to perform weight ab exercises, for example weight cable crunches, weight hanging leg raises to see maximum results.



Now's your chance: What questions would you like to see answered in the next issue of InTouch. Email your questions to marketing@lifestylefit.com.au

Exercise of the month

During the long, cold months of winter, most people tend to take it easy on ab training, since no one can't see your stomach under all the winter jumpers & jackets. It's easy to justify slacking off, right? But now that spring & summer's nearly here, off with the jumpers & on with the singlets.

1. Cable Crunch



1. Kneel & grasp cable rope attachment and lower the rope until your hands are placed next to your face.
2. Flex your hips slightly and allow the weight to hyperextend the lower back. This will be your starting position
3. With the hips stationary, flex the waist as you contract the abs so that the elbows travel towards the middle of the thighs. Exhale as

you perform this portion of the movement and hold the contraction for a second.

4. Slowly return to the starting position as you Inhale.

2. Cable Wood Chop



1. With your left side facing the machine, grab the cable handle from its highest height with both hands. Twist away from the machine until you are facing the other way.
2. Rotate your hips and keep your arms straight as you bring the handles from waist-height to above your shoulders.
3. Slowly return to starting position and repeat on each side

3. Cable Oblique Twist



1. With your side facing the machine, grab the cable handle at chest height with both hands.
2. Twist away from the machine until you are facing away from the machine
3. Keep your arms straight as you return to starting position and repeat on each side.

A Day in a life of a Personal Trainer

Effective Weight Training Sessions

My training style is based around a four day split, each day dealing with a separate group of muscles. Rather than religiously training, for example, legs on a Tuesday, there's no specific day for each muscle group. Just run through the routine in order, picking up where you left off after a rest day.

Day 1: Chest and triceps. I prefer to train these muscles on the same day, seeing they overlap with many exercises.

Day 2: Back and biceps.

Day 3: Shoulders + abs.

Day 4: Legs

Generally, I stick to four exercises per large muscle group (back, chest and legs) and two to three exercises for biceps, shoulders and triceps. I change my exercises up every few weeks to avoid becoming complacent and getting too comfortable with a routine, although I tend to always keep the larger, more fundamental lifts, such as squats, deadlifts and bench press.

I find it best to follow a few simple rules when deciding what order to do your exercises: Compound before isolation, larger muscles before smaller muscles. This helps you to get the most out of your heavy, compound lifts without pre-exhausting the muscles by doing isolation work first.

All muscle groups are covered with sufficient rest period in between workouts, and the format allows for variety and versatility. A program like this follows a few simple principles which make it an effective weight program, suitable for both strength and muscle gain. Reps should be kept at around the 8-10 mark for optimal hypertrophy range (muscle gain), and lower reps with heavier weight around the 4-6 range for strength gains.

I prefer to keep my cardio short, dealing mostly with intervals. Perform cardio at the end of your resistance workout, ensuring that you've already depleted your excess energy stores lifting weights. Intervals can be adapted to essentially every form of cardio quite easily. After a warm-up, perform your cardio at a high intensity (as close to maximum as you can comfortably maintain for about 30 seconds), then drop back to a medium pace for the next 60 seconds. Rinse and repeat for around 15-20 minutes. Intervals have been proven to be highly effective for both fat loss and improving your cardiovascular fitness, with the added benefit of not having to spend 60 minutes on a treadmill.

As far as eating goes, when it comes to eating for weight loss, build yourself a sensible, sustainable set of eating habits around the following principles:

- Eat 5-6 smaller meals per day, eating approximately every 2-3 hours.
- Large breakfast, medium lunch and small dinner with snacks in between.
- Taper your carbohydrate intake toward the end of the day. Carbohydrates provide energy, of which you need less as you wind down.
- Make sure you don't cut out carbs completely, and make sure you include good, dietary fat every day.

By Adam Sheedy,
Personal Trainer, Lifestyle Erskineville



INBA Lifestyle Classic

Body Transformation

Hi Body Transformation Team, Personal Trainers and readers.

The 2011 INBA Lifestyle Classic Body Transformation is officially under way. Have a look at the photos on our Facebook Page of the great improvements already.

FIRST WEIGH IN CHAMPIONS

WOMEN	MEN
Bronwyn	Stuart

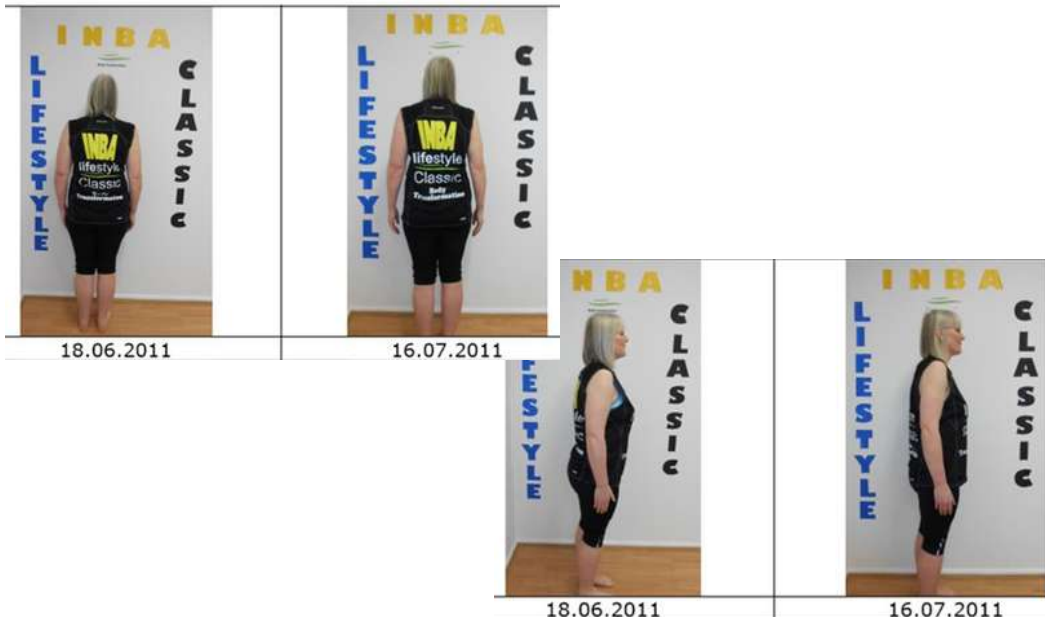
Both Bronwyn and Stuart have made some amazing progress over the past 4 weeks.

For the Women division, Bronwyn has lost an amazing 10.15% of her original weight.

The secret seems to be nothing more than hard work through the exercise that she is performing and being diligent with her nutritional plan.

Her macro unit breakdown consists of 60% Protein, 20% carbs and 20% fat based on 1,000 calories.

Exercise – Bronwyn has confirmed that she is burning close to 6,000 calories / week.



INBA Lifestyle Classic

Body Transformation - continued

For the men, Stuart is leading the way.

Stuart has lost 10.13% of his original weight. Similar to Bronwyn, Stuart is burning a healthy amount of calories through some consistent exercise.

Stuart is averaging close to 2.4kg / week on a macro unit breakdown of 60% Protein, 30% Carbs and 10% fat. Stuart is currently burning 2,500 calories / week, through some high intensity exercise and short rest periods.



18.06.2011

16.07.2011



18.06.2011

16.07.2011

Join our INBA Lifestyle Classic Facebook Page and follow our contestants journey!

www.facebook.com/inba.lifestyle.classic2011



A congratulations to the runner ups who also achieved a great result.

Lexi Matiu

Ben Davidson



Weight Lost as a Percentage of Original Weight: -5.88%

Weight Lost as a Percentage of Original Weight: -6.14%

WOMEN

Both currently placing 2nd

	Percentage Change
Karen Bromham	-4.28%
Megan Sutherland	-3.97%
Sarah Frith	-4.79%
Vanessa Trzcinka	-4.69%
Tina Scoullis	-2.17%
Lisa Stella	-1.76%
Lexi Matiu	-5.88%
Bronwyn Culling	-10.15%
Sonya Humphrey	-2.13%
Total Weight Lost	-33.5kg
Total Weight Lost (%)	-4.55%

MEN

Rod Jimenez	2.05%
Stuart Gale	-10.13%
Ben Davidson	-6.14%
George Scoullis	-2.53%
Peter Gallanos	-2.76%
Robert Stanoff	-2.74%
Michael Sivris	N/A
Leslie Pesamino	N/A
Total Weight Lost	-22.8kg
Total Weight Lost (%)	-3.59%

As a Team you have lost 56.3 kg in 4 weeks. That's approximately 14kg every week.

It's been an amazing start with some real positive results. Great effort everyone, look forward the next weigh in.



Traffic Light System

To guarantee we offer the best possible group fitness program for our members, we have implemented a “Traffic Light” system. We review classes based on class numbers & popularity. Each class will have traffic light colours of Red, Amber or Green.

Red represents, particular classes that have low numbers and low popularity. If classes do not improve within a 2 week window, class will be removed

Amber represents the class that has adequate numbers & popularity is satisfactory. However the class can be a “Red” if numbers & popularity drops after 4 weeks of being amber

Green classes that have high numbers & high popularity. Classes with a green code will be permanent. If numbers fall the amber light will replace the green light

It’s now week 5 of the Traffic Light System, as described in our earlier edition classes will be running on Amber for the 1st 4 weeks. The next change to occur will remain for the next 4 weeks. *So, you have 4 weeks to keep your favourite class on.*

Please check website and internal timetables for class changes.



Would you like to

a) Win a Nissan Micra

**b) Win a free Lifestyle
Fitness Membership?**

Refer a friend to join Lifestyle Fitness Australia and if they join, you go into the draw to WIN a brand new Nissan Micra K13

Time for a new car? Purchase any new or used car from Sydney City Nissan and score yourself a FREE membership! You can either use it as a renewal or give it to a friend or family member!

Get in fast promotion finishes soon!

INBA LIFESTYLE CLASSIC SEMINARS

SEMINAR THREE

Date: Saturday, 06 August 2011

Time: 3.00pm

Location: Lifestyle Fitness Australia

Address: Level 1, 672 King Street Erskineville, 2043

Seminar Topic: *Compulsory Posing Presentation for all divisions*

- *We will also be answering questions for competitors wishing to do their optional posing routine (e.g. type of music, music length etc).*

Seminar Presenters:

Dana Carmont

INBA Lifestyle Classic Sportsmodel Coordinator and INBA Judge

Xavier Grevet and Dev Krishna

Xavier Grevet – 2011 INBA Sydney Natural Physique Championships Overall Winner.

Dev Krishna – Competitive Bodybuilder and supporter of the INBA



Dana Carmont



Xavier Grevet



Dev Krishna

Need a supplement fix?

All Lifestyle Fitness clubs have an internal Supplement Store for all our members, selling a variety of products from protein powder, protein bars, women's supplements and heaps more!



Carlton Lifestyle Fitness
02 9587 2148



Marrickville Lifestyle Fitness
(02) 9573 1333



Erskineville Lifestyle Fitness
04 17 783 009