

# LIFESTYLE FITNESS' OFFICIAL 'HOW TO' GUIDE

## HOW TO GET MORE ENERGY!

### What's your get-up-and-go?

The first step for people who feel drained is a health check. Why? Because many people don't realise there could be a medical reason for their fatigue, such as:

- **Magnesium deficiency:** Magnesium converts glucose into energy and the Recommended Daily Intake for women is around 300mg and for men it's 420 mg. To up your intake, eat more nuts, fish and whole grains.
- **Anemia:** Over 50% of women aged between 19 and 64 don't eat enough iron leading to anemia which in return causes pale skin, bleeding gums and white nails. Get onto the B vitamins & eat more iron rich foods such as spinach and red meat.
- **Allergies:** Dust mites and mould cause tiredness, so wash your bed sheets often, invest in an air purifier, use anti-mould products and leave windows open to freshen things up.
- **Undiagnosed diabetes:** For sufferers, glucose is not turned into energy — head to the doctor and opt for a low-GI diet.
- **Season Affective Disorder:** SAD is a type of depression that follows the seasons and is generally caused by your body's reaction to lack of sunlight. Get outdoors more and exercise.
- **Irritable Bowel Syndrome:** Affecting 10 to 15 percent of the population, constipation or diarrhea can starve the body of nutrients.

## HOW TO BANISH WINTER BUGS!

When most of us feel ill, we either crawl under our warm blankets or we pretend we're perfectly healthy and spend two weeks walking around like a clogged up zombie. Give both methods the flick and bounce-back faster by:

- Drinking **plenty of water**, juice & tea to loosen congestion and prevent dehydration.
- Eating a good amount of **healthy, nutritious foods** to boost your immune system.
- Stay **warm and rest**. You'll be surprised what one day off work can do for your rebound potential.
- Gargling **salty water**. Add a half a teaspoon of salt to a glass of warm water and gargle. It will relieve a sore, dry throat.
- Using saline **nasal sprays**. Over-the-counter saline nasal sprays are a good combat to a blocked or runny nose.
- Another great way to banish the winter bugs is by heating 3 mugs of hot water in a pot, add two drops of **eucalyptus oil** & in hail the vapour which will help unclog your nasal passage
- **While it's great to try alternative natural remedies, always consult a health professional if systems persist.**



# HOW TO BANISH WINTER COLDS!

## What causes a cold?

Most colds spread through the air when someone with an infection coughs or sneezes. You can inhale the viruses, but you're more likely to get sick if you touch your eyes, nose or mouth after handling a contaminated object. Telephones, computer keyboards and doorknobs are known for spreading germs and the reason colds are more common in winter is because more people cluster indoors.

## Can you prevent one?

Unfortunately it is almost impossible to completely prevent getting a cold in winter, however, there are some things you can do to make sure your immune system is functioning at its best and is well equipped to fight off any baddies should they come knocking. For instance:

- **Avoid** people who are sick, and stay home if you're unwell yourself.
- **Wash your hands** with soap regularly and use sanitiser wipes to clean surfaces or objects you touch daily.
- **Avoid sharing** dishes, towels, cups or silverware with other people.
- **Manage stress**; it lowers immunity and may make you more susceptible to illness.
- Try taking a **multivitamin** every morning to boost your immune system. Vitamin C, Echinacea, and Zinc are also good at warding off colds.
- Let **fresh air** into your house and go for a walk at lunch time to clean your air passages.
- **Exercise** regularly and maintain a healthy diet.

# HOW TO ENJOY THE WINTER CHILL!

- Winter can be just as fun as summer if you know how to stay on top of your health and fend off any annoying illnesses or energy slumps. The main thing to remember is to stay hydrated, eat well, and stay clear of germs. That way you can enjoy the winter season complete with a cosy fire, a bottle of red or a hot cup of tea and human blanket to its full advantage!



# How to Get the Best Sleep Ever

Sleep is an essential part of life and well being. If you don't get enough sleep, the next day is usually filled with lots of yawns and lots of caffeine. It's hard to function on little or no sleep and if you suffer from bouts of insomnia, there are tricks and tips that you can follow to help yourself fall asleep and stay asleep

## ***Cut out your afternoon caffeine break***

Do you usually have a cup of coffee on your afternoon break at work? Caffeine intake late in the day could affect your ability to get to sleep at night. If you need your coffee fix late in the day, try switching to decaf.

## ***Stretch it out***

Work, cleaning, after school appointments, dinner? A busy day, even if everything runs smoothly, can be a stressful one. If your body isn't physically relaxed before you try to sleep, you may find yourself in for a restless night. Stretching before bed relaxes your muscles along with your mind, preparing you for sleep.

## ***Eat, sleep, and super foods***

There are certain foods that promote a good night's sleep. They contain certain vitamins such as Vitamin A, C, B that help the body relax and get the rest it needs. Making them a part of your everyday diet, especially as an evening snack, will help ensure that you get the sleep that you need. Here's a list of the most common and popular ones:

- Bananas
- Honey
- Carrots
- Chamomile tea
- Potatoes
- Oatmeal
- Almonds, walnuts or hazelnuts
- Dark chocolate

## ***Make the bedroom a work-free zone***

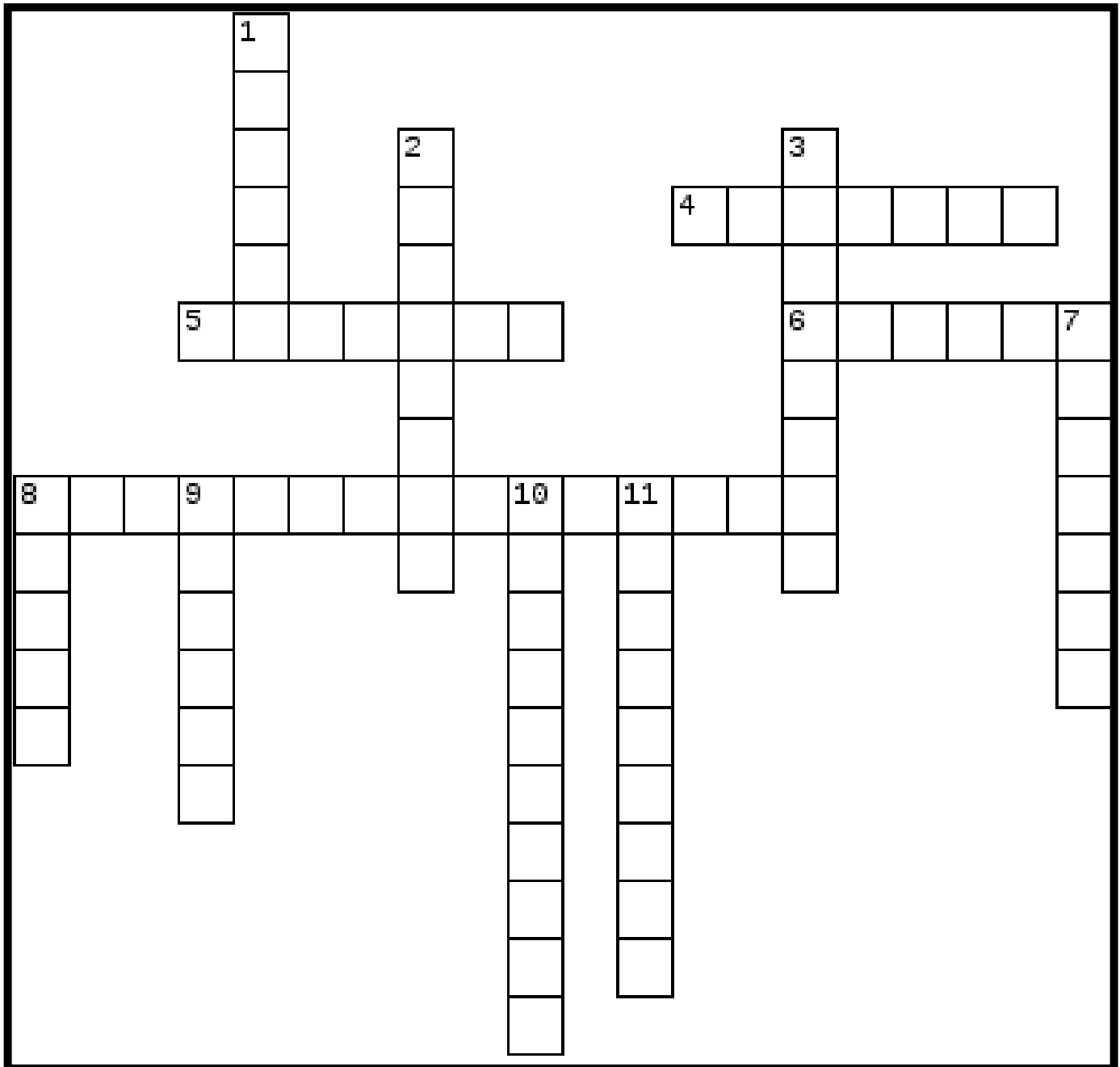
Depending on your job, when the clock strikes 5 p.m, your work day may not be completely over. More and more workers are finding that in order to get their job done and done well, they have to take it home with them. Emails may need to be answered, reports finished & meetings planned. It may be tempting to crawl into bed with your laptop, but working in bed will make it difficult for you to sleep.

## ***No more evening wine***

If you've had a particularly stressful day, you may like to relax in the evening with a glass of wine. While this may have an immediate relaxing effect on you, it will most likely end up disrupting your sleep later in the night.



# WHAT'S YOUR FITNESS IQ?



## ***Across Clues***

4. Harms your Respiratory System
5. Gives you energy
6. Sport that requires the use of a racquet
8. Buildup of fat in bloodstream

## ***Down Clues***

1. Uncontrollable growth of cells
2. Involves nine players, including a pitcher and catcher
3. Game that involves passing plays and running plays
7. Sport that requires Cardio Strength
8. Organ that control blood flow in your body
9. Popular sport that uses ice skating
10. Gets you warmed up for exercise
11. Do this to maintain physical fitness

# 13 Songs That'll Rev Up Your Workout

Whether you're training for a half marathon, hitting the weights, or even going to the gym, we all have those go-to songs that motivate us to pick up the pace and sweat a little harder. Maybe it's the unforgettable chorus, a great beat, or the lyrics that speak to you. Who knows? But the end result is that you're revved-up and ready to go. Here's a list of music that will make anybody move to the groove! Get ready to press repeat!

***Lose Yourself*** Eminem

***Hold It against Me*** Britney Spears

***Born to be alive*** Patrick Hernandez

***Another one bites the dust*** Queen

***All I ever wanted*** Bass Hunter

***Eye of the tiger*** Survivor

***All She Wanna Do Is Dance*** David Guetta ft Niles Mason

***Because of you*** Morris

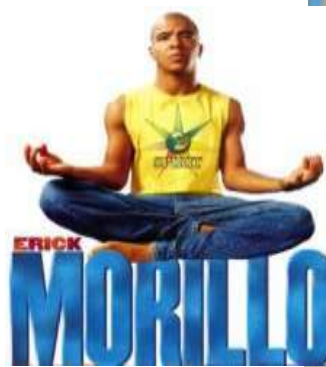
***Desert Rain*** Edward Maya

***Funky Town*** Erick Morillo

***Let's be young*** Quentin Harris

***Hey Hey*** Dennis Ferrer

***Tik Tok*** Bob Sinclar ft Sean Paul



# Winter Warmness

## Chickpea & Leek Soup



### Ingredients (serves 4)

- 2 medium leeks, trimmed, halved, washed, thinly sliced
- 1 garlic clove, crushed
- 3 medium carrots, peeled, chopped
- 1 medium desiree potato, chopped
- 2 x 400g cans chickpeas, drained, rinsed
- 2 cups chicken stock
- light sour cream and chopped fresh chives, to serve

### Method

1. Melt butter in a large saucepan over medium-high heat. Add leek and garlic. Cook, stirring, for 6 to 8 minutes or until leek has softened. Add carrot and potato. Cook, stirring, for 5 minutes. Add chickpeas, stock and 2 cups cold water. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 10 minutes.
2. Transfer half the mixture to a food processor. Process until just smooth. Return to saucepan. Cook, stirring, for 2 minutes or until heated through.
3. Ladle into bowls. Top with sour cream and chives. Serve.

### Nutritional information

This information is per serve.

Protein 16.20g	Dietary Fibre 9.50g
Fat Total 14.40g	Energy 1687kJ
Fat Saturated 7.30g	Sodium 1231mg
Carbohydrate Total 47.20g	Cholesterol 33.00mg

# Winter Warmness

## Low Fat Apple Pudding



### Ingredients (serves 6)

- 250g granny smith apples
- 15g unsalted butter, softened
- 40g caster sugar
- 240g currants
- 12 roasted whole almonds
- 1/4 tsp grated nutmeg
- 250g fresh wholemeal breadcrumbs
- 3 eggs
- 3 egg yolks
- Custard, to serve

### Method

1. Peel, core and chop the apples. Beat butter and sugar together until pale, and then add apples, currants, almonds and nutmeg. Fold in breadcrumbs.
2. Beat eggs and egg yolks, and then stir into apple mixture with the brandy. Pour into a greased 1-litre pudding basin, cover with baking paper pleated in the middle, secure with string and cover with foil. Place in a saucepan with water halfway up the sides. Bring to the boil, and then reduce heat to low and steam for 3 hours (keep an eye on water level, top up when necessary). Set aside for 10 minutes. Turn out and serve with custard.



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Whether you are trying to lose weight, tone up, put on some extra muscle or stay fit and healthy, supplements are a great way to boost your results. Not sure where to start, what to take, how much to take and what will work best for you?

International Protein, who are **proud sponsors for the INBA Lifestyle Classic 2011**, have a variety of products ranging from Amino Charged WPI, Amino Recovery, Glutamine and many more products that will suit you, which are all stocked at our Lifestyle Fitness Australia centre's.

Whatever your goals or everyday needs are *The Supplement Hub* in Carlton are there to help and assist you whether it's over the phone, via email or in person.

***The Supplement Hub***

290 Railway Parade

Carlton NSW

2218

(02) 9587 2148



**International Protein**  
**FOOD FOR GROWTH**



Cathy Harris  
Membership Account Officer

## **FIND OUT WHY YOU'RE STILL HUNGRY AFTER YOU JUST ATE...**

### **Your breakfast consisted of coffee and banana bread...**

Are you skipping breakfast in the hope that you'll shed some unwanted weight? Sorry to disappoint you, but refueling after a night of sleep is one of the most important things you can do to boost your metabolism and kick start your day. A breakfast that is Low GI is best. The Glycemic Index (GI) simply measures the rate which specific foods raise your blood sugar levels. Foods that are Low GI will be processed at a slower rate within the body, therefore your blood sugar levels will be kept steady for a longer period of time. This slow release of energy from the food that you eat means that you will have smaller rises in insulin and blood sugar levels, and will help to keep cravings at bay.

### **Soft drinks equals, soft belly...**

Our thirst and hunger mechanisms are two different things. What is often the body needing hydration is commonly mistaken as hunger. Next time you have the desire to snack, drink a glass of water instead. You will most likely find that your hunger has gone away. The sugars and additives in soft drinks, iced teas, and other sweetened drinks can often trick your brain into craving more food, even when you have just eaten. Research has shown that this is due to the sugars delaying the body's ability to produce the chemical Leptin, which is the hormone responsible for telling us when the body is full and to stop eating. So while you may have that feeling of being full, what you have actually "filled up" on is nothing but sugar and gas, which will eventually just be stored in the body as fat.

### **You skipped the salad...**

When Homer Simpson claimed "you don't make friends with salad" he was very wrong! And really, who wants to take dietary advice from an overweight cartoon character? Most people don't eat enough foods such as spinach, broccoli, bok choy, and parsley. A study featured in Men's Health Magazine has shown that people who ate higher levels of leafy greens lost 8.5 times as much weight as those with lower levels. Leafy greens are high in vitamin K, which helps to regulate your insulin levels, which can help crush those pesky cravings and help you feel satisfied for longer.

### **You have nothing else to do...**

How many times have you sat around the house twiddling your thumbs, only to realize that the whole packet of Mint Slice biscuits has somehow disappeared? It has been shown that people who are putting off a certain task use food as an outlet for their boredom or procrastination. Rather than settle straight down right after eating, take the time to do some light housework, play with the pets or kids, or take a leisurely stroll around a few blocks. By the time you're done your food would have digested eliminating the desire to snack.

#### Quick Tips:

- ✓ ***Eat a Low GI Breakfast***- examples include rolled oats, rye toast topped with a poached egg, Bircher muesli topped with natural yoghurt.
- ✓ ***Hydrate***- drink plenty of water throughout the day to keep yourself hydrated.
- ✓ ***Drink Some Tea***- a cup of tea after breakfast, lunch or dinner. The motion of drinking tea will satisfy any rebound hunger by keeping your hands and mouth busy.
- ✓ ***Brush Your Teeth after Dinner***- will send a message to your brain that you are done eating for the day.



# Congratulations to the 2011 INBA Champion Winner Xavier Grevet

## InTouch gets up close & personal with 2011 Champion Bodybuilder Xavier Grevet for all his tips, advice & motivation

**1. Xavier, Congratulations on winning the Sydney Title for INBA! How did you feel on stage?**

For me being on stage is the result of all the hard work I put in throughout my preparation. I know that I'm on stage because I'm ready and look in condition. I felt amazing that night!

**2. Do you get nervous at all?**

I do get nervous cause there are a lot of quality athletes out there. There will always be bigger people than me, but if you know you have put in 100% and deliver it on the night then it makes everything easier.

**3. What do you do to prepare 1 week before a competition in terms of dieting & excising?**

The week before the comp consists in total carbohydrate depletion, sodium loading & dehydration. This year I only did 2 days of carb loading (24 hours before the show)

**4. Are there any specific food groups that you have to avoid? If so which group**

Absolutely, we have to avoid fats & sugar at all costs!

**5. When did you decide to get into bodybuilding and what got you started in bodybuilding?**

I decided to start competing, last year in February, but it was always a dream of mine to compete. Having trained on & off for 15 years, I did take a 10 year break for serious training to concentrate on my carpentry business. Bodybuilding was a way to stop drinking & smoking, now it's my job!

**6. What is the toughest part about bodybuilding for you?**

As I have now done 3 shows in 2 years, there is nothing too hard about bodybuilding, but the dieting is still tough on the body and the mind.

**7. What are your future goals?**

My immediate goals are to win the Nationals. Future goal is to become Professional (natural)

**8. What are your favorite and least favorite exercises?**

I love every aspect of training and there is nothing that I don't like about training. But my favorite exercises are squats, dead lifts & bend over rows.

**9. What are your tips for beginners wanting to get into bodybuilding?**

My tips for beginners are to stick with the basics, do not make things complicated.

**10. Can you tell us a bit about your on season, off season, diet, lifting and cardio routine?**

In the off season I used to play the 'Weight Game', basically try to put as much size as I could possibly carry....Big Mistake haha. I got more injuries from carrying too much body fat. From now on I'm just going to stay as lean as I can by doing more cardio in the 'off season'. Diet wise, throughout the 'off season' I used to eat everything & anything I could get my hands on. I'm now focusing on eating lots of clean Carbs & Protein. I consume between 2500-3000 calories/day. When I diet I drop calories every week down to 1500/day. I also increase cardio from 30 min treadmill walk to 45 min when necessary. I do recommend doing cardio 7 days a week

**11. Did you have a mentor on board with you helping you with your training, diet etc?**

Con Gallanos has been my "diet" guru since the beginning and I truly take his word on the matter

**12. What keeps you motivated?**

The prospect of one day becoming a professional athlete keeps me motivated!



# INBA Lifestyle Classic Seminars

## Seminar 1

**Date:** Saturday, 04 June 2011

**Time:** 3.00pm

**Location:** Lifestyle Fitness Australia

**Address:** Level 1 672 King Street Erskineville,  
2043

**Seminar Topic:** Introduction to a Bodybuilding, Bodyshaping & Body Transformation contest. What are the judges looking for?

**Seminar Presenter:** Rab Mehajer  
INBA NSW State President



**Seminar Presenter:** Dana Carmont

Dana Carmont is a body reshaping coach and bikini designer with over 15 years competitive and mentoring experience.

**Seminar Topic:** What you can expect from the Sports Model Division. What are the judges looking for?

**Dana Carmont.com**

# INBA Lifestyle Classic Seminars

## Seminar 2

**Date:** **Saturday, 25 June 2011**

**Time:** 3.00pm

**Location:** Lifestyle Fitness Australia

**Address:** Level 1 672 King Street Erskineville,  
2043

**Seminar Topic:** Nutrition and Weight Training  
Presentation

**Seminar Presenter:** Nick Jones

- INBA Lifestyle Classic Master of Ceremonies (MC)
- Gen-Tech Nutrition Founder

**Bodybuilding Achievements:**

- Mr World
- Mr Australia
- Mr Australasia
- 1st runner-up in the prestigious Mr. Universe competition.



# A Huge Congratulation to Tazz Leapai

Who competed in the INBA for the very first time and came 4<sup>th</sup>

**1. How did you feel up on stage?**

Being on stage & being in the competition was one of the best experiences of my life

**2. It was your first INBA comp, were you excited to compete?**

It was very exciting to compete; it was the icing on the cake for me. After all the HARD work I put into training it was worth it.

**3. What was your preparation like? Diet, exercise etc**

My prep training was last minute as I only decided to really start training for it mid February. So I had to start with cardio 7 days a week 1hr a day, also to drop a whole lot of calories out of my diet especially sugar & carbs. This was one of the hardest training & extreme experiences of my life, and all thanks to Xavier the 'X-man' and "The Professor" Con Gallanos for all their support and guidance.

**4. Would you compete again?**

I would definitely want to do it again, I'm now aiming for May next year!

**5. What was the hardest part of competing?**

The hardest part for me was one week from comp, it felt like the completion was never going to come

**6. What kept you motivated?**

The main thing that kept me motivated was my ability to push myself beyond the pain threshold, when I set myself a goal I go out there and attack it & I stop until I achieve it. *I also surrounded myself with positive people.*

**7. Are you proud with the transformation you made to yourself?**

Words cannot describe how I feel, all I can say is I have smashed my goals and much more, this experience has changed my life, it has definitely made me a whole lot stronger both mentally & physically.



# Exercise of the Month

Want to know how to get those full biceps? Or that defined back?  
Follow this simple workout plan

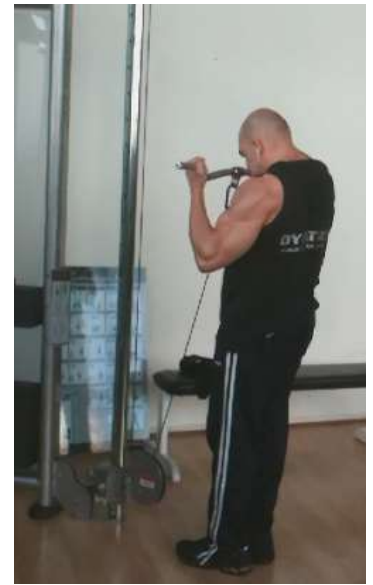


## Tricep Rope Extension

1. Adjust the cable machine so the pulley is as high as it goes and attach the rope
2. Grip the rope with thumbs facing up and pull down until your forearms are parallel with the floor (this is the start of the exercise)  
Keep your elbows tucked in, and straighten your arms. Your arms should be extended all the way.
3. Now lower the weight until your forearms are parallel to the floor again.

## Bicep Cable Curl

1. Stand up with your torso upright while holding a cable curl bar that is attached to a low pulley. Grab the cable bar at shoulder width and keep the elbows close to the torso. The palm of your hands should be facing up (supinated grip). This will be your starting position.
2. While holding the upper arms stationary, curl the weights while contracting the biceps as you breathe out. Only the forearms should move. Continue the movements until your biceps are fully contracted and the bar is at shoulder level. Hold the contracted position for a second as you squeeze the muscle.
3. Slowly begin to bring the curl bar back to starting position as you breathe in.



## Seated Chest Press

1. Adjust the seat height on the machine so that the handles are level with the middle of your chest.
2. Sit on the machine with your feet flat on the ground, shoulder-width apart. Choose your weight
3. Hold the handles and extend your arms completely forward.
4. Hold for one second and slowly return until your elbows are at a 90-degree angle.
5. Breathe with the motion - breathing out as you extend the bar and in as you return to the starting motion.



Want to see of Xavier's work outs? Check out the videos on the INBA Facebook Page

[facebook.com/inba.lifestyle.classic2011](https://www.facebook.com/inba.lifestyle.classic2011)

# 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