

October 2011

in
touch

Smart Food Swaps

Swaps your body will thank you for

Don't ignore
the signs

Know your body
signals back to front

**CLEAN & CLEAR
FOR SPRING**

Flawless skin
easy as 1,2,3



STICK TO YOUR WORKOUT LIKE GLUE

Beat the Bloat

Foods that are high in salt and starch can often lead to fluid retention and contribute to a bloated stomach. Not only is bloating an unsightly problem, it can also cause discomfort and pain to some. Here are some handy diet tips to help you ease a bloated stomach:

- ✓ Drink three or more litres of water each day
- ✓ Swap low-fibre carbs such as white bread, rice and pasta for wholegrain
- ✓ Eat lots of green vegetables and lean protein like fish and chicken
- ✓ Increase your daily intake of fibre by consuming more fruit, veggies and whole grains
- ✓ Get allergy tested! Intolerance to lactose, fructose, wheat or other food allergies can contribute to bloating
- ✓ Limit your intake of soft drinks and alcohol
- ✓ Limit your intake of sugar

Performer Gwen Stefani, 41, has always been famous for her flat tummy. She fights bloating by swapping sugary treats for organic fruit, vegetables and almonds – but admits her toned stomach doesn't come easy. "I work hard to have a stomach like this and it also comes to the food you consume" says Gwen. The key is consistency, so adjust your expectations and remind yourself to eat right. A good thing to remember is that "Your abs look as good as you eat!"



Spring Clean your Skin

Winter has well and truly gone, so now's the time to renew your skin and get ready to welcome the heat!

Brush away dull skin

Dead skin cells, poor circulation and a poor diet all contribute to dull skin tone. Skin brushing is a great way to help renew your skin by getting rid of any dead skin cells that have built up over the winter months. Not only will skin brushing leave your skin feeling smooth, it will also allow body cleansers and moisturisers to work more effectively in hydrating the skin

How to?

Using a natural-bristled brush, gently buff – don't scrub – your body from bottom to top. Start at the soles of the feet to stimulate circulation and nerve endings. Work upwards to buff your legs, hips, arms and back.

Cleanse and moisturise in one go

Some regular soap can be alkaline based, which tends to dry out the skin, leaving a "tight" feeling. It takes nearly 24 hours for the skin to start releasing natural oils again, so you're defeating the purpose of putting on a moisturiser after washing. It's far better to use a moisturising body wash, then add more moisture, instead of letting your skin play a constant game of catch-up.

How to?

Many supermarkets stock body wash products that contain deep moisturising agents. Good brands to try include:

- Dove Triple Moisturising Body Wash or Sensitive Beauty Body Wash (from \$6.99)
- Lux Exotic Oil Infusion Body Wash (from \$5.49)
- QV Wash (from \$10.45)

Smooth move

Water loss from the skin is associated with a decrease in skin oils between cell layers. It's not enough for a moisturiser to simply contain a barrier ingredient such as lanolin, or a water-holding substance like collagen; it must rebalance and restore the skin's natural oils as well. The thicker the skin, the more likely it will crack and dry (think of your soles, palms and elbows). Body creams and moisturisers help keep rough skin supple, so use them generously. Friction-prone areas (your waist, lower legs, thighs and ribs, among others) get itchier and drier as heavier winter clothing rubs away protective skin oils.

How to?

For a supple, smooth body, try:

- Garnier Body Repair Restoring Moisturiser (from \$6.95)
- Vaseline Dry Skin Conditioning Lotion (from \$3.15)
- Nivea Rich Nourishing Body Moisturiser (from \$5.40)
- Johnson's 24 Hour Moisture Extra Rich Body Lotion (\$6.99)



All the colours of the rainbow

Fill your plate with a vibrant array of fruits and veggies to keep your brain and body at their peak.

Crack the Color Code

When it comes to selecting produce, we shouldn't be selecting it by our favourite colours, we need the full spectrum. Here's what each hue brings you.

Green: These foods contain cancer-protecting chemicals. They also have Lutein (pigments in green leafy vegetables such as spinach) and Zeaxanthin (primary yellow pigments found in corn, spices etc), two antioxidants that may reduce the risk of macular degeneration, a leading cause of blindness.

Yellow: Sun-colored produce is full of vitamin C, which helps heal wounds and also blocks some skin damage caused by free radicals. Chances are you're not hitting your color quota.

Orange: These have beta-carotene (strongly-coloured orange pigment abundant in plants and fruits), which may help boost immune function and protect against free-radical damage. Nutrients in citrus fruits also improve oral health.

So how do we find FRESH produce? And how do we store it?

ARTICHOKES

Seek out deep-green, heavy artichokes with tightly closed leaves that squeak when pinched.

Storage: In the fridge, in a plastic bag, up to five days.



ASPARAGUS

Buy vibrant green spears with tight, purple-tinged buds. Thin spears are sweet and tender. **Storage:** Trim the woody ends. Stand the spears in a bit of water in a tall container; cover tops with a plastic bag.



BLUEBERRIES

You want plump, uniform, indigo berries with taut skin, covered with a dull white frost. **Storage:** Transfer them unwashed to an airtight container and refrigerate for five to seven days.



STRAWBERRIES

Seek unblemished, bright red color extending to the stem and a strong fruity smell. The best are neither hard nor mushy. **Storage:** Place unwashed berries in a single layer on a paper towel in a covered container.



WATERMELONS

Dense & free of cuts. Rind should be dull, with a creamy yellow underside. If buying a cut watermelon, check that the flesh is not dried out and pale. **Storage:** Keep whole in the fridge for up to a week to prevent flesh from drying out and turning fibrous.



PINEAPPLES

Look for vibrant green leaves, a bit of softness to the fruit. Avoid ones that feel spongy. **Storage:** If it's unripe, keep it at room temp for three or four days until it softens. Refrigerate for up to five days.



SMART

Food Swaps

Why not trick your brain with these simple yummy meal swaps.



Pasta Carbonara
2982kj 14.4g fat



Tomato, Garlic pasta
1416kj 2.8g fat



Magnum Almond
1370kj 22.5g fat



Paddle Pop
449kj 3.5g fat



Salami, cheese roll
1401kj 18.3g fat



Lean ham & salad sandwich
948kj 3g fat



Caramel Frappuccino With cream
1265kj 11g fat



Iced Skim Latte
283kj 0.2g fat



Potato Salad with mayo
538kj 5.2g fat



Coleslaw with light dressing
335kj 1.5g fat



50g Chips
1085kj 13.5g fat



50g plain Rice Crackers
785kj 0.6g fat



Garlic Prawns with oil
1110kj 20.3g fat



Boiled prawns with lemon
330kj 0.8g fat

All numbers are approx and subject to regular portion sizes being one serving. Nutrition value may change if more or other items are added to meal

4

Ways to Brighter, Whiter Teeth

Have a shiny smile and fresh breath all day long

BRUSH WITH THE BEST

You should brush your teeth for at least 2 minutes, holding the head at a 45-degree angle away from your gums. Go with medium or soft bristles—stiff brushes will scrape your gums raw. Best, though, are the electrics—they clean better, they're gentler on gums, and they make you commit to the entire 2 minutes. You should ditch your stick every 60 days or when the bristles become bent, whichever comes first.

WATCH YOUR WHITES

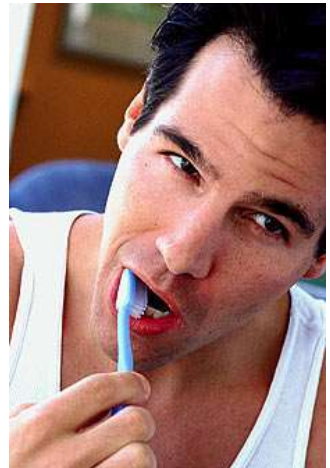
First-time users of tooth whiteners often experience sensitive teeth, people who brush with potassium nitrate toothpaste for 2 weeks before starting at-home whitening kits are less likely to feel increased sensitivity. Just as important you need to know when to stop your whitening routine—like if your chompers start to turn blue around the edges. This signals a breakdown of dentin which is the substance beneath the tooth enamel that's being whitened.

MAKE YOUR TEETH SHINE

When picking an at-home whitener, use common sense. Don't be fooled by false whitening claims. If you want a complete overhaul from a home kit, look for a carbamide peroxide concentration of at least 10 percent. Use a whitening toothpaste to keep the shine from fading, and a whitening floss—the plaque-heavy areas between your teeth soak up colors. Finally, watch the coffee, juice, and wine: They're known as teeth strainers.

BANISH DRAGON MORNING BREATH

If brushing and flossing aren't doing the trick go hunting for tongue problems. Your tongue is like a party from the 70's—bacteria are hanging out, clinking champagne glasses. The answer: a tongue scraper. Look for one with a rigid edge, reach as far back as you can, then pull forward, scraping your tongue. Follow with a peroxide mouthwash. Don't overscrape, warns as it can cause "hairy tongue," which isn't nice at all.



Is your body telling you something?

Chronic stress has serious consequences (think: migraines, depression, heart disease), but most people don't even realize how frazzled they are. So let's recognize your body's stress signs.

You're sniffing & sneezing

Stress can increase your reaction to allergens because it weakens your immune system.

Chill out:

Allergy meds can help, but so can exercise. Regular 30-minute workouts speed the release of epinephrine, your body's natural decongestant.

You're skins breaking out

When tensed, your body pumps out extra adrenaline that prompts the emission of sebum, your skin's pimple-causing oil.

Chill out:

Wash problem areas twice a day. Gel- or foam-based cleansers are best for dissolving oil. If those don't cut the grease, ask your dermatologist for a sebum-busting retinoid cream.

You're scalp is itchy and patchy

Anxiety may put your strands into no-grow mode because stress hormones can interfere with hair growth.

Chill out:

Make sure you're getting enough iron, omega-3 fatty acids, and vitamin B12, all of which promote hair health. Eat foods like broccoli and salmon.

You're jaw feels like its on fire

You may be grinding your teeth at night, an action triggered by tension.

Chill out:

Press a warm washcloth against your jaw for five minutes before you hit the hay. The heat will relax your muscles and help cut down on grinding. Not working? See your dentist to get fitted for a mouth guard.

You're craving for junk

High levels of Cortisol (Steroid hormone produced by your adrenal gland), your body's stress hormone, can prompt you to crave sweets.

Chill out:

Your cravings will last as long as cortisol is rushing through your body, so swap an unsatisfying high-calorie eating spree for some sweet-tasting sugarless gum

Your monthly flow is showing up late, early or not at all

When stressed, your brain sends out signals that can alter or disrupt ovulation.

Chill out:

Talk to your gyno about oral contraceptives. Birth-control pills can rebalance your reproductive hormone levels and get your cycle back on track.

Tricks to Stick to Your Workout

10 surefire ways to stay motivated and keep yourself moving

Make It Cost You

Even if you already have a routine and know what to do in the gym; pay for a personal trainer. Since most of them charge you if you cancel last minute, you'll most likely not cancel at all.

Rise to the Occasion

Get up an hour earlier three days a week and work out first thing in the morning, before work. If you plan to go after work, it's a lot easier to tell yourself you had an especially exhausting day and throw in the towel.

Have a "Lazy Day" Backup Plan

Invest in the basics for a quick at-home workout: an exercise mat and two 3kg free weights. That way, when you really don't feel like making the trip to the gym, you'll have the resources to spend 30 minutes flexing your muscles at home. Even if you do fewer crunches, lunges, and bicep curls at home, it's better than skipping out on your workout altogether.

Keep a Log

Hang up a calendar in an obvious spot that is devoted solely to tracking your workouts. Every day you don't work out, mark it with a giant red "X." If you skip two or three days in a row you'll be faced with all of those giant "X"s--a visual reminder that it's time to get your butt in gear.

Bribe Yourself

It's always easier to get through something you don't want to do when you have something to look forward to after. On weekends, plan something fun post-workout. Tell yourself you'll stop for a pedicure on the way home from the gym, or plan a girls' night out for that evening. That way, the gym will be just a stop on the way to something else you're actually looking forward to.

Keep Your iPod Fresh

There's nothing worse than going through an hour-long workout in silence. Except maybe suffering through the same old music that you've had on rotation on your iPod for weeks. So create a high-energy playlist of stuff you like on your iPod--and remember to change it up every week to stay motivated.



Knocked Up, Not Knocked Out

Expecting a baby? Just given birth? That's no excuse to give up your exercise regime! InTouch explores the health benefits of exercise for both for you and your bub.

Open any celebrity magazine and you'll see the sudden influx of Hollywood babies and their oh-so-yummy mummies. We'd all love to be a svelte size eight at the best of times, let alone look as trim as Victoria Beckham did just days after the birth of her fourth child. While it would be a dream come true to have a chef cooking us organic and low fat meals, daily personal training sessions, and a 24 hour nanny, not all of us have the type of disposable income that allows such a lifestyle. Some expectant mothers often forgo exercise during their pregnancy and adhere to the old wives tale of eating for two, claiming that they'll hit the gym the moment bub has arrived. But when you're waking up at 2am to feed, change and burp, the thought of rolling out of bed to do a pump class at 8am is hardly enticing. Here we have some helpful tips to help you get back to your pre-baby body!

Keep on moving

Unless advised by your physician, there is absolutely no reason not to exercise during your pregnancy. In fact, gentle exercise while pregnant has many physical and social benefits such as more energy, stronger back muscles to manage back pain as your belly grows, improved posture, weight control, faster recuperation after labour, faster return to pre-pregnancy fitness, improved stress management and sleep. Just ensure that your body temperature doesn't rise too high, you don't sweat excessively, keep weights light, and avoid contact sports or exercises with jumping or high impact during later stages of pregnancy. Speak to a qualified trainer who can help tailor an exercise program for you.

Food for one, nutrients for two

Think that because you're pregnant it's ok to polish off a whole family size pizza with extra cheese? Sorry, but any weight gained during pregnancy won't magically disappear once the baby's arrived. Mum's- to- be require more vitamins and minerals than usual, as the body will become more efficient during pregnancy, making more use of the energy obtained from food. It is best to let your own appetite decide and eat when you are hungry; and while you may want to give in to odd cravings involving chocolate, ice-cream and cookie dough it is best to satisfy urges with plenty of fresh fruits and vegetables. Stick to a diet that consists of whole grain bread and cereals, lean meats, legumes, nuts and seeds and plenty of green leafy veggies to ensure that you and your baby get the goodness needed.

Find a gym with a crèche

Joining a gym that has child minding facilities gives you a stress free and no-excuse approach to training post- baby. Not only do you have that much longed for "me time", but a crèche is a good place for you to meet other mothers and fathers often with children of a similar age as yours. Start training with other mothers and help each other through the task of dropping the baby weight, share helpful baby tips, and swap yummy health food recipes.



MAN UP

It might look silly and be incredibly painful, but yoga is the perfect way to improve your core strength and flexibility!

It escalates in three stages. First it's pleasant, lying on a floor in a nicely heated room and trying not to glance at the lycra-clad ladies settling down next to you on their mats. Next the class rises, faces the front and begins doing a breathing exercise that involves sticking your knuckles under your chin and exhaling with a sound like Darth Vader going scuba diving. Then, finally, bodies bend into shapes they're not supposed to make,

But isn't yoga supposed to be easy – girly, even? After all, you don't run anywhere; there are no weights to lift or bikes to cycle. You just stand in one spot and stretch, like 90 minutes of warming up for footy training – men you know what it's like.

But no: yoga is serious exercise with benefits to core strength and flexibility, making it a perfect complement to regular training for any athlete. Gold Coast Titans NRL player Billy Johnston swears by it and he's not the only one: NRL players are turning to Yoga as a regular training schedule. So men don't be afraid to try Yoga!

Hatha Yoga is a popular style of yoga which Lifestyle Fitness Australia offers to its members and guests. Hatha Yoga is a slow-paced stretching class with some simple breathing exercises and some seated meditation. You will learn basic poses, relaxation techniques, and become comfortable with yoga.



RUN AWAY ASTHMA

Running and asthma would seem to be mutually exclusive, but look no further than marathon-world-record holder Paula Radcliffe of Great Britain, who was diagnosed with exercise-induced asthma at the age of 14, to see that it's possible for asthmatics to enjoy—and excel at—a cardio-intensive sport like running!

These six tips are for runners who suffer from asthma, with the below advice you can hit the road and still breathe deeply.

1. Make Sure It's Asthma

Just because you wheeze or cough doesn't mean you have asthma. There are several things that can mimic asthma, the most common being vocal-cord dysfunction, especially in younger runners who are assumed to have asthma because they have a wheezing-like sound. See your physician for a diagnosis to ensure proper treatment.

2. Take Your Meds

Asthma medications work by relaxing the muscles around your airways. It's when these muscles constrict (an occurrence known as bronchospasm) that asthmatics experience wheezing, coughing, and difficulty breathing. Quick-relief asthma medications such as Albuterol, aka Puffers—so called because they are designed to ease symptoms within minutes. So, runners with asthma can take a dose as directed a few minutes before a run to help manage symptoms.

3. Warm Up

Some asthmatic runners may skip a warm-up—thinking that doing so will save their lung power for their race or workout—but, as it happens, getting your lungs working hard beforehand may actually help you avoid an attack. The key is to warm up just hard enough to get a small spasm without sapping your energy. Best suggestion is running for a few minutes, and then doing several short, hard pickups (bursts of faster-paced running).

4. Protect Against Pollen

Pollen allergies can trigger asthma symptoms for some sufferers of exercise-induced asthma, so it's smart to run when pollen counts are at their lowest, which is usually in the early morning.

5. Cover Your Face

Even people without asthma find themselves coughing during runs in cold temperatures. Why? Breathing cold, dry air results in cold, dry airways. Covering your nose and mouth while running so the moist air you exhale will help humidify the air you inhale. Stay away from cotton bandanas, which can freeze against your face in cold temperatures. Fleece balaclavas or neck gaiters are probably the best, as they maintain a fair amount of warmth even when they're wet, and they'll stay thawed pretty easily.

6. Be Smart

Always carry your rescue inhaler. And not just while running. You may never need to use your rescue, but if you do, you'll be very glad you have it. **Have a game plan.** Confirm with your doctor the steps you should take if you have an asthma attack.



Captain's Abs of Steel

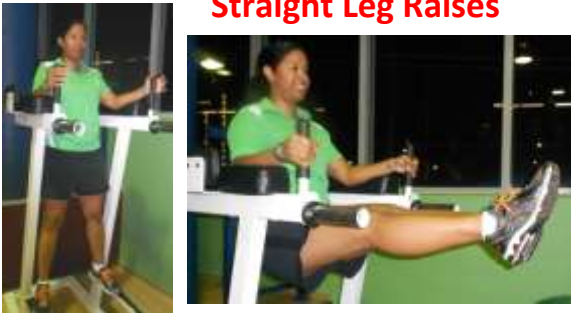
It's that time of year again where we all wish we had a slimmer middle to show off, but all the sit ups and crunches are just not doing the job! Sit in the Captain's Chair and take the ride of your life to abs of steel in no time!

Bent Leg Raises



1. Stand on the chair and grip handholds to stabilize your upper body.
2. Press your back against the pad and contract the abs to raise the legs and lift knees towards your chest.
3. Don't arch your back or swing your legs up.
4. Slowly lower back down and repeat for 1-3 sets of 12-16 reps.

Straight Leg Raises



1. Stand on the chair and grip handholds to stabilize your upper body.
2. Press your back against the pad and contract the abs to raise the legs and straighten your legs with chest level with your toes pointing toward the ceiling.
3. Don't arch your back or swing your legs up.
4. Slowly lower back down and repeat for 1-3 sets of 12-16 reps.

Captain's Chair Twist



1. Stand on the chair and grip handholds to stabilize your upper body.
2. Press your back against the pad and using your lower abs, slowly roll your knees up toward your chest, curling your pelvis toward your rib cage. At the same time, twisting your knees to the right. Pause at the top, then slowly lower back to the starting position.
3. Slowly lower back down and repeat for 1-3 sets of 12-16 reps.

I FEEL LIKE CHICKEN TONIGHT!

Vietnamese chicken rolls

Next time you're craving takeaway spring rolls, look no further than your own kitchen.

Ingredients

- 250g packet 22cm rice paper rounds
- 1/2 small iceberg lettuce, shredded
- 1 carrot, peeled, cut into long thin sticks
- 1 avocado, halved, thinly sliced
- 1/2 chicken breast, sliced and grilled
- 2 limes, juiced

Method

1. Dip 3 rice paper rounds, 1 at a time, in lukewarm water for 30 seconds or until soft. Place 1 round on a workbench. Top with another round to form a double layer.
2. Add some lettuce along length of rice paper, along with the carrots, some avocado & chicken. Fold rice paper ends in and roll up firmly to enclose filling. Place on a platter. Cover with a damp tea towel. Repeat with remaining rounds, lettuce, carrot, avocado and chicken.
3. Slice rice paper rolls into thirds.
4. Place, cut side up, on a platter
5. Serve with lime juice.



Moroccan Chicken

Ingredients (serves 8)

- 1 brown onion finely chopped
- 1/4 cup chopped fresh continental parsley
- 1/4 cup chopped fresh coriander
- 2 tbs fresh lemon juice
- 2 garlic cloves, crushed
- 2 tsp ground cumin
- 1 tsp ground turmeric
- 1/2 tsp freshly ground black pepper
- 1kg chicken thigh fillets
- 1 cup chicken stock
- 2 cups of plain couscous
- 50g kalamata olives, chopped

Method

1. Place the onion, parsley, coriander, lemon juice, garlic, cumin, turmeric and pepper in a food processor, and process until finely chopped. Place the chicken in a large glass or ceramic bowl. Add the spice paste and rub evenly over the chicken. Cover with plastic wrap and place in the fridge for 1 hour to develop the flavours.
2. Place the chicken and spice paste in a pot. Add the stock. Cover and bring to a simmer over medium-high heat. Reduce heat to low for 25 minutes, when chicken is cooked through. Once chicken is cooked through transfer chicken to a heatproof bowl and cover with foil to keep warm

To make couscous

1. Add couscous in to a deep bowl and pour 1 cup of boiling water. Cover bowl for 5 minutes with cling wrap. Couscous should soak the hot water and double in size.
2. Divide couscous into the serving plates. Top with chicken and spoon over the sauce. Sprinkle with olives and extra parsley, and serve immediately.



INBA

Lifestyle Classic

www.lifestylefit.com.au

Thank you & congratulations to all competitors and contributors of the 2011 INBA Lifestyle Classic. We hope that you, your family and friends enjoyed the experience and hope that you will be part of our event next year. You have provided great inspiration to many that were at the show. A massive well done to you from all the INBA Lifestyle Classic Team! Check out the images on our Facebook page!
www.facebook.com/inba.lifestyle.classic2011



I N B A

Lifestyle Classic

www.lifestylefit.com.au

Competitors Testimonials

Vanessa Trzcinka – Body Transformation competitor

Thank you for your e-mail - as mentioned on the day I'd like to thank Con and Paul for organizing the event which I found was professional and well organized including but not limited to an excellent venue with accommodation, restaurants, separate change rooms (men's and women's) & room to move in, storage & toilet facilities; free pizza and water from the sponsors (that was awesome!). The show was well organized with the MC prepared with introductions etc ... and the categories were planned in advance; and the prizes were absolutely terrific. The weekend weigh-ins and food, nutrition and stage preparation workshops were also excellent, including all Con's correspondence throughout the 12 week challenge. Con's e-mails were always clear and concise and provided the information we needed to know - this was done well in advance of the upcoming weigh-in or workshop.

Megan Sutherland – Body Transformation competitor

This was my first event that I have competed in and I found the organization extremely well thought out and structured and the people involved were wonderful. The whole team where supportive and accommodating and nothing was ever a bother. I had the best day and loved meeting so many new people with the same interests. I will be back :)

Con and Paul were great coordinators and where always very approachable, nothing was ever a bother. They made my journey very enjoyable. Also Dana was wonderful her knowledge and instructions where very useful.

Thank You for a fantastic first INBA event.

Cheers, Megan Sutherland :)

Simon Moran – Novice Men – Tall Class Competitor

Thank you to both Paul and Con for a very well run event.

This was the first show I have ever been to where it was on time. The Pizza back Stage was a great addition. The Entertainment breaking up the event for spectators was awesome.

Tatiana Prokofyeva – Sportsmodel Division Winner

I'd like to say thank you to Con and Paul for the organization. Everything was well prepared, staff was incredibly friendly and helpful, venue was convenient and perfect for the body competition! I appreciate so much the work that they have done and I hope to compete again next year. Tarynn was very helpful and friendly!

She provided all the required support and smile to make all the participants feel better.

It was a great achievement for me to take part of the Lifestyle Classic and win in my division!

It was a hard work to prepare and it was rewarded! I look forward for the next challenge.



I N B A

Lifestyle Classic

www.lifestylefit.com.au

Competitors Testimonials

Bronwyn Culling – Body Transformation Winner

Thanks heaps for putting on the body transformation competition, it really was the inspiration and motivation that I needed. I had a great time on Sunday and thought everything went really well. I loved the entire day, it was great to be participating in the Classic and it was a really great experience.

April Morsley – Sportsmodel Division Second Place winner

I would just like to thank you for such a well organised INBA Lifestyle Classic event, which was held on Sunday 18 September 2011. I was lucky enough to place second in Sports Model and am delighted with my beautiful trophy and the great prizes. Things ran so smoothly and promptly. The Bankstown Sports club venue was amazing.

Paul Kotsis – Men's Fitness Physique Winner

From the bottom of my heart, I would like to personally thank both Paul and Con, and the whole of Lifestyle Fitness for a great INBA Lifestyle Classic event on Sunday 18 September 2011. Without you guys I would have not lived to see another dream I wished – being in a body building competition. Even though I did not compete in body building – I am so thankful that the Mr Physique category was available for people like me to compete in such events, and the whole experience is one that I would treasure and never forget. Paul – thank you so much for your patience, guidance, advice and immense support towards me – you're a true professional and a valued friend – without this I would have not accomplished this victory. I am so pleased and thrilled to win – and most importantly – my 2 beautiful angel daughters were over the moon, and so excited when I held up the trophy, and I'm sure, they too will never forgot their Father's achievements. My wife and immediate family also express their thanks – and they are looking forward to seeing me defend my victory at the 2012 Lifestyle Classic. Once again, thank you both and I really appreciate what you guys have also achieved.



*Lifestyle Fitness Australia
will be announcing the
WINNER of the brand new
Nissan Micra on
Wednesday, 5 October
2011 at the
Marrickville Site at 6.30pm*

** 10 members who will be picked out of the prize bowl will be contacted
prior to this day and will need to be available**

**A NEW NISSAN
MICRA FROM
LIFESTYLE
FITNESS.**





ACROSS

- 2. Poor posture can be related to weak _____ muscles
- 5. Movement which occurs during outer thigh work is known as hip _____
- 7. Tight _____ increases the risk of knee and hip injuries
- 10. 60% of Australians suffer from _____ pain
- 12. The more commonly used term for a "sit up"
- 14. One reason why women train with weight is because they know weight training reduced the risk of _____
- 15. Specific pregnancy exercise designed to help strengthen their urethral muscles
- 17. Crazy 8's work which muscle group?
- 19. _____ also known as power moves
- 21. "one on one" training also known as _____ training
- 22. Lean body mass is closely associated with metabolic rate, decreased muscles can result in a sluggish _____
- 23. Most common form of arthritis by a progressive loss of cartilage and usually limited to a specific area such as the hands, shoulders, hips or knees

Answers in next month's Intouch

DOWN

- 1. The _____ heart rate zone is the number of beats per minute at which your heart should be beating during exercise.
- 3. Strength training increases both muscle and _____ strength
- 4. One can become anaemic if they have a deficiency of _____
- 6. The length of an exercise session is referred to as the _____
- 8. A good stretch after a workout releases muscle tension & soreness plus it reduces the risk of _____
- 9. This is a common lower leg fracture that occurs in many runners _____
- 11. A good cardiovascular program can help reduce blood _____
- 13. Lower back pain can be due to tight _____ muscles
- 16. Common term for rectus abdominal muscle.
- 18. A body fat test commonly referred to as a pinch test
- 20. To lose fat weight, your energy input must be less than energy _____

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

The next change to occur will be on Monday 12th October 2011. *So get in quick to save your favourite class!*

Please check website and internal timetables for class changes and colour updates.

The REAL Taste

There are so many different types and flavours of protein and energy bars on the market these days. Some taste good, some don't. How can you tell which ones are edible?

Whether you are training for weight-loss, strength, size or fitness, taste testers were informed on how sports supplements and protein can assist with their goals and more about how they work and the most appropriate product for your training.

Presented by **Advanced Sports Nutrition, The Supplement Hub** and **Xavco Pit Stop** on Tuesday 6th and Monday 12th of September 2011, at Lifestyle Fitness Carlton and Erskineville, members and guests had the opportunity to sample high quality products by Advanced Sports Nutrition, and learn how they are beneficial during training.

Long time friend of Lifestyle Fitness Australia, DJ Jimmy, was also giving the REAL taste of music to everyone in the club, playing with nothing but the best music mixes to jump start taste buds!

