

INNER WEST FITNESS

HEALTH AND WELLBEING

Another Week? Another Month?

It is now November, another month has passed by, and another newsletter sent to your inbox. I am noticing more and more people been exhausted from work, unenthusiastic during the week, complaining about work hours, not having time for this and that, the list goes on.

Are you living or you are existing? The year will be finished before we know it and I wonder how many people will be able to reflect on the year and think 'wow, I had a great year, I achieved x and x'. Did you make the year count?

Many people wake up on Monday with the blues. There are more heart attacks, strokes and suicides on Mondays than any other day. Could this be telling us something about our lives? Your body is a feedback system. If you do not like something we have only a couple of options. Change it, or accept it but change your attitude. In most cases you can change it. Stop wasting time being miserable. Your body is charged through your emotions, live a life of complaining and your body will be negatively charged encouraging an environment for disease and illness. Notice when someone happy is around you, you feel uplifted and the opposite happens when you are surrounded by grumpy people? Energy is absorbed, surround yourself with positively both through people and through your own emotions.

Step back and ask yourself are you making the most of your life. Do you wake up on Monday happy and ready to go? Say no more to 'I hate Mondays', or 'thank god it's Friday'. Love all 7 days. Live a life of fulfillment. Love what you do. You only have one life. Life is for living.

Kind regards,

Elizabeth Pattalis

Want to save money?

Help make fitness contagious and share the feel good mind and body benefits with others.

How does it work?

Refer a friend who purchases a plan/pack and you will receive 10 % off your next pack. Get thinking and referring! Refer more than one person and you receive 15% off.

Quotes

The first one is one of my favorites, some of you may recognize it. It's commonly quoted during yoga practices. The second quote, from Louise L Hay. I can't recommend her books enough.

"May all beings everywhere be happy and free and may the thoughts, words and actions of my own life contribute in some ways to that happiness and freedom of all" – Loka Samasatah Sukhino Bhavanto

"I am the only person who has control over my eating habits. I can always choose to resist something if I choose to" – Louise L Hay

Closure over Christmas

Inner West Fitness will be closed from
December 23 – January 8

FAQ

Which machine is best? One that you are standing, not sitting. When standing you are recruiting more muscles, this means more calorie burn.

How often per week? Ask yourself what are you doing now? If you are seeing results, then maintain that, if you are not, it probably is time to add more sessions.

Walk or run? If walking is hard enough, then stick with that. If you are fit, walking isn't enough. You may need to walk 90 minutes to get the same calorie burn as 30 minutes of running.

Fasted cardio? When you train on an empty stomach first thing in the morning you have little carbs in the body, therefore you are able to burn fat. The body will always turn to carbs before fat for energy during a workout. However work to intense and your muscles will give protein, leading to muscle loss. If you are training intense consider BCAAs to prevent muscle breakdown pre and post workouts.

Make a Small Change Today

A small change today can add up to a big difference over a year. What can you do today differently?

Are you in the habit of having two choc chip biscuits each day? Remove this and save yourself 620 teaspoons of sugar per year. That is about 5.7 kilos of body fat.

Add weight training to your workouts. Muscle eats your fat. One kilo of muscle burns 10 calories per day. Over a year, that can be an extra 7 kilos of fat burning power.

Importance of Hydration

Now that is getting warmer it is even more important to keep your fluids up.

Being dehydrated raises your heart rate, so even though your workout is the same, you feel more exhausted, feeling like you are working harder then you really are.

Our body is about 70 % water. Ensure your body performs at its optimum. Your blood supplies your muscles with nutrients. If you are dehydrated the blood isn't as fluid, slowing down the process, and makes the elimination of toxins and wastes harder.

Always aim to replace the fluids your body loses from sweat and heat production in a workout. Guide; drink a bottle for every work out on top of your normal intake.

Over Training

Listen to your body. Your body knows when you need a break from exercise. Pay attention. A few days rest can save you from falling sick, or from overuse injuries.

Signs you are overtraining can include:

- Feeling tired
- Muscles are looking flat
- Water retention
- A usual workout feels harder
- Resting heart rate is higher than normal
- Mood swings

We all have bad days where we don't perform to our best. Do not confuse a few days here and there of this to over training.

One of the best indicators is prolonged fatigue lasting over a week.

Personal Training November Special

10 % off 8 week packs when choosing 3 session per week.

If you don't have a price list, please request one via email. Can be purchased now and used when your current sessions are completed.

Maybe this could be your Christmas present to you?

A Gift of Intensity

Give the gift of good health. Boost someone's confidence, energy levels and help them reduce stress with a personal training voucher. Every one deserves to feel good about themselves.

Spend more than \$200 and receive one free session for you or your loved one.

Price Changes

From January 2012 there will be a price increase to group personal training rates. The price increase is minimal, rates will be emailed to current clients.

If you are looking for an affordable and fun option with your training, consider group training. Groups are up to 6 can be with friends or family. It makes a good opportunity to catch up with friends.

Email if you are interested in forming a group.

Cancellations

Please provide 24 hours' notice with cancelling. I do understand things come up out of control and am always accommodating. However please be mindful short notice cancellations are unfillable in most cases and these are slots someone else would have otherwise have liked.

Looking for a friend to train with? Want to be part of small group training?

For January, if you are interested in training in a small group (max 6) on a Sunday morning, start at about 8.30 or 9 am, indoor venue, please register your interest via email.

Adding an extra workout to your week is a small change that you can make, this could be 350 to 600 extra calorie burn to the week!

Group Boxing Session Outdoors

Sat 3rd December, 7.45 – 8.45 am

Add in some extra sessions before Christmas and NYE so you look and feel great! Finish the year in better shape than last year.

Location: Halliday Park, Five Dock

Cost: \$15

Bookings essential, numbers are limited.

Email to register.

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* Terms and conditions apply.

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