

## Happy New Year!

I hope you enjoyed your Christmas and I wish you a wonderful new year!

I hope your being kind to yourself and using your time off work (if you're lucky to have it) with some relaxation, good nutritious food and fun activities to keep you moving. It's a good time to think about your achievements in the past year and what you would like to achieve next year.

Don't let the year slip away unnoticed, it's not next time, it's now. Make each moment count.

Have you ever thought about a mantra? A mantra is a word or group of words that are considered capable of creating transformation.

It can be something you say to yourself each day when you wake up, maybe before bed, or maybe whenever you find yourself in a stressful situation.

Make one up yourself, would love to hear your ones! Use present tense, keep it short and positive. Repeat often. Some you could use are:

- I am compassionate to myself and of others
- I dress for success
- Food temptations are temporary, my body is permanent
- I am in total control of my life and choose to make healthy decisions

Send me your mantra. I'll add it to next month's newsletter.

Always feel free to contact me with questions, thoughts or suggestions.

Kind regards,

Elizabeth Pattalis

[WWW.INNERWESTFITNESS.COM](http://WWW.INNERWESTFITNESS.COM)

## Spread the Inner West Fitness Bug

Enjoying your sessions and feeling great afterwards? Help make Inner West Fitness infectious and tell all your friends and family!

Refer a friend program\*:

- Refer a friend who pays for 1 personal training session and you receive 2 points
- Refer a friend who pays for 1 group session and you receive 1 point
- When you earn 10 points you receive a 1 hour free massage!

How to spread the Bug:

- Ask me for my business cards and hand them out
- Suggest the facebook fan page to all your friends
- Like an article from the fanpage, share it on your profile page
- Forward newsletters and emails to friends
- Ask me for fliers and post them in your unit block or staff room notice boards. It will say "make sure you heard about it from ...."
- Buy Inner West Fitness Gift Vouchers for friends & family
- Add Inner West Fitness to your email signature. "The secret is out, Inner West Fitness for a happy and healthier life".
- Start talking and spread the bug!

### Burn to Maintain

Did you eat a little more than you should of? It's not all doom and gloom, balance it with physical activity! Maybe you'll think twice if you know how much you have to get moving!

Some examples:

1. Male, 92 kg
  - thick shake 430 cal = 45 minutes of aerobic activity
  - med mcdonalds fries 285 cal = 37 minutes of aerobic activity
  - lge coffee, full fat milk, sugar, 215 cal = 22 minutes of aerobic activity
  
2. Female, 55 kg
  - glass wine 72 cal = 12 minutes of aerobic activity
  - 375 ml softdrink 215 cal = 25 minutes of aerobics
  - 5 scotch fingers 430 cal = 75 minutes of aerobic activity

### Tips to Limit Sodium

Too much salt is linked to high blood pressure, which puts you at risk to cardio vascular and kidney disease. The NHMRC advises that adults should aim to consume no more 1,600mg of sodium in order to prevent chronic disease. Check your food labels and see how much sodium you are consuming (*full article to be posted in blog and website this month*).

1. Avoid processed meats, fast food and canned foods. Choose fresh.
2. Prepare meals yourself so that you are in control.
3. Use herbs, spices, lemon or vinegars for flavour rather the sauces.
4. Do not put salt on the table at meals.
5. Try gradually reducing your salt intake with meals, taste buds do adjust.

### Weight Gain

Put on a couple of kilos over the Christmas holidays? Put on a few kilos over 2010? Each year are you getting heavier? Don't let your weight creep up! Act now. No excuses. You have to put in the work to get the results. Quit looking for the quick solution, earn the results and put in the effort. Sometimes it is now or never.

### Goal Setting

To achieve you must have a goal. Your goal must be clearly defined and you must believe in them 100%. Never give up. Learn from setbacks and improve.

Never, never give up!

On the inner west fitness website you can download templates on goal setting with tips (you could use this for any goal not just fitness) and I've also added a food journal.

A quote to inspire from the Rock Balboa film for those that may not have been infected with the quote yet:

*"But it ain't how hard you hit; it's about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That's how winning is done.*

*Now, if you know what you're worth, then go out and get what you're worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain't where you are because of him, or her, or anybody. Cowards do that and that ain't you. You're better than that!*

## Timetable News

### Changes

Starting from 8 January 2011 the Saturday morning session will commence earlier.

Saturday: 8 – 9 am

Tuesday: 6.15 – 7.15 pm

Thursday: 9.30 – 10.30 am (women's group)

Location: Halliday Park, Five Dock (Preston Ave)

Cost: \$10 for current personal training clients, \$18 for non clients. Ten visit passes also available for \$150 (expires 12 weeks). Passes can be used at any of the sessions.

### Holiday Classes

Extra sessions:

Monday 3 January: 8.30 – 9.30 am

## Client Achievements

It was great to see while December is a busy month for everyone you still kept up with the training. Thank you.

This month I'd like to use this space to congratulate Lisa on her awesome work. Both weight on the scales and body measurements are going down each month. Well done! Not only are we seeing great numbers with the body measurements but were getting great numbers in our fitness assessments. Fantastic results. Thank you for all your hard work.

## January Offers

### Personal Training

Sick of what you see in the mirror each day? Start the year fresh. A personal trainer can help you learn the skills of discipline, dedication and patience. Learn to love exercise and what it can do for you.

Don't live by your taste buds, you are in control of what you eat and what exercise you do.

OFFER: Purchase 4, 30 minute one on one sessions for only \$120! A saving equivalent to one free session (sessions must be used within 4 weeks).

### New Blog and Articles

I've started a fitness blog in the past month. I'll post my views and thoughts on different areas of both exercise and nutrition.

I hope you find it educational as well as entertaining. Some posts will include the option to download as a PDF which you may like to print as they'll include tips and facts.

There is an option to follow the blog so you'll receive updates. Please feel free to leave comments and your own opinions. I would love to hear from you.

<http://fitnesstrainersydney.blogspot.com/>

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