

Making Your Time Count

It's been a very crazy busy month! I think it's served as a good reminder to myself that you do need to take time out for yourself. On the weekend I think I crashed and burned a bit from exhaustion keeping up with day to day things. I had to take a step back from it all to re focus.

Have you ever really looked at how you spend your time? I realised I spent way too much time on low priority things. Don't have time to exercise today? Have you added up all the time you spent checking emails today, how many times you went onto facebook? How about numerous trips to the supermarket during the week? If you've been like me, it may be worthwhile noticing how much time you waste on low priority things that can be eliminated or improved! Make each minute count.

Thank you to everyone who has been part of the sessions. Never feel fear or bad because you may not be as fit as your partner or anyone else in the group. We all start somewhere. Be a better you, not better than the next person. Never forget each day is an opportunity to make a new beginning. Make each rep count, make each run count, you'll never get that time back again.

A little kind reminder if you are enjoying the sessions please send me a testimonial via email or add it to the facebook fan page under the reviews tab. It's much appreciated and helps me be able to offer everyone more services in the future. You can check my website for previous testimonials.

Always, please feel free to contact me on email, facebook or phone at any time. Any questions, information or suggestions are welcomed. Also, don't forget to follow me on twitter: (<http://twitter.com/YourTrainerLiz>).

Kind regards,

Elizabeth Pattalis

Inner West Fitness

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Welcome!

It has been a big month, again more new faces which has been fantastic.

Personal training: Monita, Jess and Kim.

Private group training: Michelle, Lexie and Louise.

Boot camp: Monique and Holly.

Outdoor group boxing: Chloe, Emma, Tiffany, Charlotte, Natalie H, Anita, Justine, Yasmin, Antoinella, Jaime, Rebecca, Lyn, Natalie N, Leanne and Christine.

Everyone has been putting in the hard work at sessions! Thank you for your hard work and energy, you make my job so worthwhile.

Refer a Friend

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 or private group sessions and you receive 2 points
- Refer a friend who pays for 1 group session and you receive 1 point
- Buy a gift voucher for a friend and you receive 1 point
- When you earn 10 points you receive a 1 hour free massage!

What's a Portion Size?

You are what you eat and how much you eat! If you are exercising and if you think you eat well, but not losing weight, it may be worthwhile to check if your portion sizes are accurate.

Visual cues:

1. Meat: about 65 - 100gm, about your palm size (raw weighs more)
2. Pasta: 1 cup cooked, size of a tennis ball
3. Cheese: 40 gm, size of a match box
4. Nuts: 30 gm, small handful or about 20 almonds
5. Museli: ½ cup, 65 gm.
6. Fruit juice: 250 ml, a cup. (a typical serve at a fruit bar is 650 ml)

Tips:

1. Keep kitchen scales on the bench
2. Keep a measuring cup in your cereal box
3. When you buy a big packet of something such as dried fruit, lollies, biscuits, transfer them into small zip lock bags. When you become hungry, instead of mindless eating a whole box, you will just grab one portion.
4. Alternatively, buy foods already in small portion. It may be more expensive, but better to spend a little more than to have extra weight around the waist. You can get more money but your health is your most important asset.
5. Check your food labels. The nutrition panel tells you how many serves per packaging. Sometimes things that appear to be one serving are more. Yogurt comes to mind, a 200 gm tub while in some brands is 1 serve, in others it is 2. Not sure how to read it? Ask me and I'll show you.

Don't Stay the Same

Do you jog comfortably and never feel exhausted? Maybe you have mastered a body weight squat? Bicep curls, you lift 5kg and complete the bodypump class track with no sweat? Time to sit back? No!!

Just because you have mastered an exercise doesn't mean you can take it easy. Your body will stay the same, you don't want that do you? Don't you want better?

Tune into your body and check your comfort level. Try an extra push up on your toes! Try squat jumps instead of the body weight squats during the session! Try, try and try! We never give up. We keep pushing and we keep improving!

Motivation

Motivation comes and goes. It comes from something outside. Feeling down, not in the mood to exercise? Try just turning on your favorite music tunes. Notice how it uplifts you? Such an easy thing to do but we sometimes forget how powerful music can be.

Find inspiration, something from within yourself. What drives you? This is where your goal setting becomes important. Nothing will drive you if you don't have clear goals and something to strive towards. Start small, think big.

"You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win" –Zig Ziglar

Timetable News: Boxing Sessions

Saturday: 8 – 9 am

Tuesday: 6.15 – 7.15 pm

Thursday: 9.30 – 10.30 am

Location: Halliday Park, Five Dock (Preston Ave)

Cost: \$10 for current personal training clients, \$18 for non clients. Ten visit passes also available for \$160 (expires 12 weeks). ***If your pass expires please do not ask for extensions, to be fair to everyone this is not possible.***

Effective now, attendance to the outdoor group boxing sessions requires a booking prior. Bookings are either through email or phone. Please confirm via these methods, rather than telling me in person. If you show up without a booking and there are more than 16 people you won't be able to participate. I recommend booking 5 -7 days prior.

Effective from April 1, 2011, there will be a price increase for current personal training clients at group boxing sessions, new price will be \$12.

Effective from April 1, 2011, I will no longer supply white inners at sessions as part of the equipment I provide. You will need to purchase a set at \$3 a pair. These are available now for purchase.

Client of the Month

Client of February is Grace! Training with Grace is such a pleasure. 3 sessions every week and I can throw anything at you and you do the work. No winging, you just focus and get the job done with no excuses. You look fantastic, fit, lean and strong, and your strength has improved beyond words from our first training session! You always put a smile on my face at training. Thank you for your efforts and I thoroughly appreciate your flexibility with bookings.

February Offers

Boot Camp Starting March 21

5 weeks, 2 sessions per week! \$169.

Mondays & Wednesday: 6 to 6.45 am.

Easter is approaching!!!

Rather than putting on a couple of kilos eating chocolate and hot cross buns, why not lose a couple of kilos in the weeks leading up to Easter. How good would it feel knowing you can eat a piece of chocolate without the holiday weight creep?

Feel and look your best! Sign up today. Bookings are essential before 16 March.

Offer for March

For \$200 you can purchase a package of boot camp and 5 weeks of unlimited attendance to the outdoor group boxing sessions!

The extra sessions will make a big difference. Take your health and fitness to a complete new level!

Inner West Fitness
0433 442 383

elizabethpattalis@hotmail.com
www.innerwestfitness.com

* Terms and conditions apply.

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