

# Inner West Fitness

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## The Year 2010

This last year has been an exciting, challenging and rewarding one.

Inner West Fitness began with a passion to provide the best fitness services to help people. I wanted others to feel good about themselves, learn that exercise can be fun and that it is more than just a physical reward. Emotionally and mentally exercise can help us all with moods, confidence, energy levels, stress and mind strength. It can teach us will are capable of more than we let our minds believe.

I've felt incredibly lucky to have great relationships with my clients. I have seen you all grow in fitness levels, lose kilos and develop more strength. Most importantly I've seen you develop the habit of exercise, it is no longer a chore every time, you look forward to it and you enjoy it. Thank you for giving me the privilege to work and be surrounded day to day with the kindest and warm hearted people.

My role as a trainer is to help inspire you to achieve your goals. I want to share a story which touched my heart. I have been working with one client for about 2 months, a piano teacher. She loved to teach, see her students grow, but it came with stress and the hours and the money working for someone else wasn't ideal. In a month her body fat decreased by about 4%. I was over the moon with her weight loss. But I had no idea I was touching her life in other ways.

One day she asked me if I liked my job. As you all know I do, and I also told her my life in summary. Last week in our session she told me some news. Unknown to me in the weeks after our talk, she had found a small music shop that was for sale and she had decided to buy it! It will be a retail music store and also a shop where students can learn music. The joy on her face was priceless, and I was ecstatic for her. She brought a tear to my eye when she also went onto to say thank you to me, I was her inspiration, it was my courage and determination that encouraged her to seek her dreams and make it reality. Her saying that to me is something I'll always remember and cherish. I think it can be a lesson to everyone that our actions little or small can touch others with warmth and kindness.

I hope her story may encourage you to go for your dreams. Take some time out, really sit and think about your goals for 2011. This time next year, I want you to be able to say to yourself you achieved x, y and z. It could be anything, but something that is important to you. But no matter what the achievement, do remember you did the work yourself. If you set your mind to it, visualise it, believe it, then you can make it happen. As mentioned in my second paragraph, exercise isn't just physical, it makes you stronger mentally so that you can enjoy life to its fullest.

It isn't always easy as a personal trainer to make a living. It has been hard at times, and still is to some extent. I'll be implementing more marketing strategies continually. I will continue emailing monthly newsletters. If you know of anyone else who may benefit from my newsletters and articles please direct them to my website so that they can add their email address. In the upcoming weeks I'll try adding all past articles to my website as well.



*Have a wonderful Christmas and New Year. I hope you are feeling great inside and out. Enjoy the holiday season, relax with loved ones and be active too.*

*Your health is the greatest gift to those you love.*

*My warmest wishes,*

*Elizabeth Pattalis*

## Pre and Post Snacks

### Before exercise:

30 minutes before exercise drink 300 – 400 ml water

Snack about 1-2 hours before

### After exercise (moderate session):

Top up water intake

### After exercise (hard session):

Top up water intake

Snack within 30 min post exercise (10 grams protein, 20 g carbs, <600 kj)

### Good workout food snacks:

yogurt, low fat milk 250ml, banana

If you are trying to lose weight please remember that the snacks consumed are not on top of your normal food intake, include these snacks as part of your overall nutrition plan.

Not sure if your session is moderate or hard? Think of rating your workouts from a scale of 1 to 10, 10 being extreme. If you rate your workout as 7 or more and exercise for more than 30 minutes consider it a hard session.

5 is moderate

6 is comfortably challenging

7 somewhat hard

8 hard

9 very hard

10 extreme

## Tips to Limit Alcohol

1. Before going out decide on the maximum number you will drink. Stick to it!
2. Eat before drinking.
3. Drive to the party. This is an easy one, you cannot drink and drive.
4. Drink slow, make each glass count and enjoy it.
5. Drink one non alcohol drink to each alcoholic drink.
6. Avoid doing shouts and rounds.

## Tips to Eating Out

### Italian:

Better: marinara, primavera, arrabiata. thin pizza bases

Worse: carbonara, parmigiana, garlic bread, thick base pizza and meat toppings

### Chinese:

Better: sizzling dishes, seafood, boiled rice, hot and spicy dishes

Worse: fried wontons, egg rolls, prawn crackers, crispy noodles

### Indian:

Better: masala, tikka, raita, chutney.

Worse: nann bread, korma, cream/coconut sauces

## Timetable News

### Changes

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

Saturday: 8 – 9 am (from 2011, until then 8.30 – 9.30 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. Passes can be used at any of the sessions.

### Holiday Classes

Sessions will run with the below exceptions and additions:

No session will run on Saturday 25<sup>th</sup> December and Saturday 1<sup>st</sup> January.

Extra sessions:

Monday 27 December 2010: : 8.30 – 9.30 am

Monday 3 January: 8.30 – 9.30 am

### Client Achievements

Most clients have had their fitness assessments done. Some for the first time and for others it was a chance to improve on previous scores, compete with yourself. Everyone achieved great results, all improved! Great work by all.

My client shout this month goes to Aiden. Your core strength has gone through the roof. I'm impressed week after week with the improvements in boxing technique and power you can now generate. Well done!

## December Offers

### Express Sessions 30 minutes

For this month only, don't let time and money be an excuse not to exercise. 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).

A great add on to your current one on one or group sessions.



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