

Health & Fitness Newsletter



Septembers

Top Tip

Consistency!

Exercise at least 4 times a week and make it a routine. Nothing beats consistency.

Get your diary and work out what times are best for you and stick to it. Make it a routine, no matter how you feel. Treat it like an appointment. If something comes up, schedule around your exercise appointment.

You don't have to give your 100 % effort each workout but if you at least show up you're on your way to good health.

" 80 % of success is showing up" Woody Allen

Health Tips

Healthy Eating

Breakfast aids weight management by starting your metabolism for the day; it gives you energy and improves concentration. Your body has been fasting for approximately 8 hours. The meal breaks the fast and curbs hunger so you're not as likely to eat high fat, sugary foods and overall eat more calories during the day. If you skip breakfast you are missing out on the energy it provides, you'll be more tired through the day. When you are tired, your body will naturally crave unhealthy foods.

Fitness Tips

Incidental exercise adds up

Each day think about increasing incidental exercise. Get busy at home and do the gardening, clean the house more frequently, wash the car, during your lunch break walk for 10 minutes or catch the bus at one bus stop further away. Every step makes a difference to your daily activity levels. Over a year the incidental exercise you do can make a difference as to whether you are overweight, losing weight or maintaining your weight.

Cool down

All fitness activities should finish with a cool down. It assists in reducing heart rate, helps eliminate the body's waste products

(lactic acid) which accumulate during the activity, and promotes recovery. Fast recovery allows you to exercise again without accumulated fatigue hindering your performance.

Stretching is often performed during a cool down. However it can be done at any time. Incorporating stretching sessions during your weekly activities improves muscle control in joints, helps with stress and tension, helps with muscle imbalances, helps muscle cramps, muscle relaxation and minimises the effects of aging on flexibility.

Partner training

Have you thought about partner training? Typically catching up with friends

involves a meal, shopping or maybe a movie. All of which include spending money and perhaps are not great for the waist line. Spend quality time with your partner, friend, relative or co worker and get a great workout at the same time with partner training. Partner training is an economical way to utilise the benefits of a personal trainer as the cost is split into two. There also is increased motivation as you won't want to let your partner down.

Partner Training Offer

Mention this newsletter and instead of you and your friend paying \$40 each for the 60 minute session. Pay only \$20 each! First session only. Offer ends this month.

General Wellbeing

Our bodies needs about 8 hours sleep each night. Sleep is your body's recovery time with muscle gain and growth occurring during the hours of recovery. Why else should you sleep 8 hours? When you're not properly rested, without realising you eat more during the day and turn to unhealthy foods. Also you just won't have the energy or feel like exercising. Sleep is needed for the mind and body. Try it? You probably don't even realise how good it feels to be properly rested.

Motivation

To achieve the best results you must have a goal to work towards. Have an inspirational goal for the future and add the second part of the equation, the purpose, to each and every workout. Our thoughts, feelings and actions are connected. Every thought we think affects the way we act. Exercise is about moving the body, but you won't get anywhere until you move the mind first.