

Volume 1, Issue 1
October 2005

Permanent Weight Loss

Starting a weight loss program can be challenging, especially if it has been a long term problem.

Firstly, ask yourself why you want to lose weight. Is it for yourself or is someone else putting pressure on you to slim down? It is really important for you to focus on your weight loss for the right reasons. You are more likely to be successful if your motivation is an internal and not an external one.

Start off the right way and begin with a plan. Plan everything, food, exercise, even social activities. Think about every obstacle that may get in your way. You know yourself the best so if it's snacking on biscuits and sweets then get them out of the house. If you can't get motivated to exercise then ask some friends to join you or book an extra session with your personal trainer. If you can't control yourself when eating out with friends, eat a huge salad

Fish Is Best

The benefits of eating foods rich in omega 3 fats are becoming more important as cases of heart disease, obesity and every other ailment imaginable are on the rise.

Fish, particularly the cold water variety, are rich in omega 3 fats and it is these fats that appear to offer the greatest benefits. Salmon, tuna, mackerel, herring, sardines and pilchards are particularly rich.

Benefits include protection for the heart, suppression of inflammation (arthritis), improvement of many skin conditions, and improving fat burning (thermogenesis).

As always, fresh is best but if it's not convenient most of these fish are available tinned.

It is recommended that we eat 2 or 3 serves of fish per week.

Kylie Pogson

you go, then just order an entrée. It's hard to over eat if you're already full!

Find your determination, a positive attitude and set some realistic goals. Starting an exercise program and a healthy eating regime with these attributes will definitely put you on the right road to losing weight and gaining a lot more energy.

Your goals need to be realistic or you may become frustrated and disheartened when you think you aren't achieving anything.

A lot of people take the all or nothing approach to weight loss or the black or white as I like to call it. They are either absolutely perfect (white) or go completely off the rails (black). I try to encourage people to find the grey area in between. That means if you have a treat or eat something naughty (however you look at it), just enjoy it then move on. Pick up right where you left off. It is thought that the guilt associated with 'treats' is actually worse for you than the treat itself! I don't know any human being

Fit For Life

Regular physical activity brings with it great benefits. It not only makes you look better but more importantly it is essential for improving one's mental health.

Being active is the easiest way to combat stress. By reducing stress levels and eliminating future health problems you will essentially feel better and have heaps more energy to cope with your hectic life!

But is fitting in time to exercise becoming more difficult? Next time you consider skipping an exercise session, consider what you are missing out on. A half hour walk can be squeezed into anyone's day and will help maintain your fitness until you can get back to the gym. Try to remember how unfit and unwell you felt before you were exercising. That should spur you on!

Kylie Pogson

time. Sometimes it is better to plan your treats, maybe to coincide with a social event. I try to encourage my clients to control all the meals they can - which are usually the ones at home. Then they have the flexibility to go into the 'grey area' when they are at a friend's house and can't really pick and choose what they eat. You must be realistic. If it has taken you a while to put on weight then it is going to take a little hard work to get it off. But the good news is, if you follow the rules—it works!

Kylie Pogson

Childhood Obesity

Obesity is on the rise, and alarmingly not just in adults, but also in our children. Recent studies show that 25% of Australian children under 15 are now overweight. Here are some general guidelines on how to keep children active and on the way towards a healthier lifestyle.

- Try not to reward children with food, especially sugary snacks.
- Involve children with you in preparing their own meals with fresh ingredients.
- Go on weekly family bush walks or bike rides.
- Offer water instead of fizzy drinks.
- Fast food meals must be limited. Don't let them see it as a treat as this makes it seem like its something special that should be desired.
- Let them see you always eating healthy foods!
- Always encourage them to try new fresh veggies and fruit.

Kylie Pogson

17 Adolphson Ave
Nth Ringwood 3134
9870 4050

Client Profile

Chris Carson: 38 yrs old
Nurse, wife, mother with 2 young girls
Began training 22nd October 2004
1 x 30 minute session per week

Before training at Studio Glo Chris had been a regular exerciser. She enjoyed going to the gym but she admitted to mainly participating in aerobic classes. She ate ok but due to shift work she found late night snacking with her colleagues a problem. She felt she needed a little guidance and someone to push her a little further.

I must say training Chris is great. She likes to work hard and has taken on my advice in regards to food and exercise. When I first met Chris she didn't really need to loose much weight but I thought she did need more muscle and could drop some body fat.

11 months later Chris has lost 3.2kg and 9% body fat. You probably think that doesn't sound very great but what is exciting is that Chris

has lost a total of 30cm from different parts of her body, including 4.5cm from her waist and 11cm from her hips. Chris is a fantastic example of a person who, through adding weight training into their exercise program, has lost 30cm!

By adding more muscle to her body Chris has dropped her body fat to around 20%. She has sped up her metabolism and created a much leaner body which is more efficient at burning up calories. After a bit of hard work Chris can now get away with the occasional treats she loves!

Remember that weight training is crucial in any exercise program, especially weight loss!

P.S Ask your trainer why muscle weighs more than fat.

Kylie Pogson

STRETCHING

I know all the trainers at Studio Glo encourage their clients to stretch every day. It still amazes us though how generally people can't seem to find that extra 10 minutes a day to stretch.

Flexibility and strength are essential in life but it is interesting how both these equally important factors are tackled in different ways. Most people commit a considerable amount of time to improving their physical wellbeing via cardio vascular exercise and some resistance training. Stretching is usually ignored and generally only added into a program when there is an injury or when some considerable amount of discomfort is experienced.

Lack of flexibility is the main reason for muscular injuries in athletes. It is really hard to get people to realise that they may eventually suffer ailments due to neglecting their flexibility issues. Even if you're exhausted and you think you're too tired after a workout, make time to stretch. Aching, tight, sore muscles are worse than tired muscles!

Kylie Pogson

* If you or any of your friends don't train at Studio Glo but you think you may like to receive our newsletter then please let us know! An email is fine or you can call and leave the info with someone at reception. The Newsletter can be posted or emailed so just state your preference.

THE COMFORT FOOD GUIDE

I don't know anyone who doesn't have cravings for food of some sort at sometime or another. Its what you choose to eat when you have these cravings and the amount you eat which is important. Try and reduce portion sizes and get used to having treats once or twice a week instead of every day! So if you are going to have a treat try and follow these guidelines:

THE GOOD - a small treat, savour it then move on...

1 freddo frog or caremello koala, 1 weight watchers chocolate mousse or crème caramel, a tasty dip with carrot sticks (no crisps), fruit & yoghurt smoothie, baked potato with low fat toppings, Thai food, handful of pretzels, freshly squeezed vegetable (preferred) or fruit juice.

THE BAD - not good so make sure the portions are small!

Potato wedges, home made hamburgers, hot chocolate, Chinese food, 3 snakes, licorice, home made biscuits/cakes.

THE UGLY - its all over now...

McDonalds burgers& fries, pizza, KFC fried chicken, Indian food, lasagna, potato chips, meat pies & sausage rolls etc, mud cake, cheese cake, artificial sweetener, biscuits/pastries.

Read labels carefully. Just because something is 95% fat free doesn't mean that its any good for you. When fat is removed from a product most of the protein is removed as well. Resulting in a product which is high in carbohydrates. And remember carbohydrates=sugar, and too much sugar which can't be burnt for energy will be stored as fat!

THE BEST- Try and choose from these options, often!

Fresh berries with natural yoghurt (full cream), white cheese (feta, ricotta and cottage) and fresh veggies (carrots, snow peas, cucumber, celery), small handful of nuts and seeds.

GOOD LUCK!

Kylie Pogson

Breakfast Shake

250 ml water

1/2-1 cup fresh or frozen berries

30g protein powder

1 tablespoons LSA

- Throw all ingredients into a blender and mix well. Add more or less water for a thinner/thicker consistency.
- Shake may prepared the night before to save time, but it will thicken overnight.
- For a change add some natural yoghurt or some different types of fruit.
- Instead of LSA you could throw in whole nuts before you blend. This will give the shake more of a crunchy texture.
- This shake is great for everyone, especially those watching their weight.
- If weight loss is not your concern then you may add 2 tablespoons of oats or natural muesli.
- Busy people should embrace this shake, anytime of day.

Kylie Pogson