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Back to Nature

Some of the questions I am invariably asked by my clients are: What's the best diet to follow? Which diet book should I buy? Should I join Weight Watchers, Jenny Craig or Sure Slim? What fat blaster tablets work the best? Which exercise will make my backside smaller and tummy flatter?

The list goes on and on. My answer is always the same. Unfortunately there is no secret diet, book, weight loss program, tablet or exercise that will unlock the door to your answers. The answer has been under your nose the whole time and it is available to everyone!

Bookstores have huge sections dedicated to health and fitness, particularly weight loss. A lot of popular fad diets state that their diet recommendations alone are sufficient enough for weight loss and no exercise is required. If this were true, there would be so many more thinner people in this world, don't you think? No one in their right mind could honestly believe that they could achieve any long term, permanent physical changes without exercise, could they? But they do.

Many people, especially women, put themselves on a calorie restrictive diet, which actually causes lean muscle loss, which slows down their metabolisms and makes fat loss even harder! They can often lose a lot of 'weight' on these diets but it is usually a lot of water, quite a bit of muscle and only a little fat. So, even though they may have lost 5 or 10kg on the scales they haven't actually lost much body fat. As soon as they resume their normal eating patterns, they almost always regain all the weight plus a little more, having not learnt that only a lifestyle incorporating sensible eating and exercising regularly = long term results.

Artificial products are usually quite devoid of nutrients and their intake should be limited, not only for weight

loss reasons but especially for health. Products such as bread, pasta, and anything down the confectionary aisle should be reduced in anyone's diet. Generally, packaged food = bad food.

Adequate daily amounts of protein, fats and carbohydrates can and should be obtained from as natural a source as possible. I always encourage my clients to eat as much real food as possible, as close to nature as it is first provided to us.

Excellent sources of protein are available from lean meats, poultry, fish, eggs, whey protein powder, small amounts of natural yoghurt and white cheeses. Essential fats are important and should be obtained from nuts, seeds and good oils such as flaxseed and olive oils. Butter can be used but margarine must be avoided. Plenty of fresh vegetables and fruit should make up the bulk of your carbohydrate intake with small amounts of oats and brown rice. If you must eat bread make sure it is the whole grain or rye variety, wheat and yeast free, which is available everywhere.

We have had it drummed into our heads for many years that we need copious amounts of carbohydrates for 'energy' and to meet our 'fibre' needs. What has happened though is that most people over consume refined carbohydrates which are devoid of nutrients and full of 'dead' calories but which are quick and easy to consume. Granted—everyone is different, but I do not agree that it is necessary for people to consume so much of their calories in the form of breads, pasta, cereals, muffins, muesli bars, white rice etc, especially for energy or fibre reasons. Why it isn't encouraged more, especially by health professionals, for people to consume as much fresh fruit and vegetables as possible? The high levels of nutrients, fibre, water and energy that one will obtain from eating fresh foods is far greater than anything that can be found made in a factory. And if after eating all the fresh produce you can there isn't any room for

bread, pasta and muffins then great! But I'm sure all the manufacturers of these fancy products on our supermarket shelves would disagree, so shhhh!

So there are no particular diets, special foods, extraordinary exercises and there is no secret tablet available that will replace a little hard work, discipline and determination. A lifestyle incorporating sensible food choices, regular cardio vascular exercise and resistance training will set you on the road to superb health and fitness.

* There are a few books and websites I do recommend: go to www.studioglo.com.au and refer to the 'we recommend' section for further information.

Kylie Pogson

Exercise Circuit For Home

If you've missed a session with your trainer and can't get in till next week or you need to do an extra session at home then try this mini circuit. No weights are required, just a skipping rope and a bottle of water!

Skipping 1 min
Push ups (Toes or Knees) 30 secs
Star jumps 1 min
Squats 20 (slow) 30 secs
Run on the spot (knees high) 1 min
Abdominal crunches 30 secs

Repeat 5 times

Once this has been mastered, talk to your trainer about making it more challenging.



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"A WORK IN PROGRESS"

Brett: 36 yrs old
Sales Rep, married, three children
Began training 20th April 2005
1 x 60 minute session per week

Brett had been a fairly active person in his life, playing many sports when he was younger. However, over the years Brett's weight had slowly crept up and he had been struggling to get back into shape.

In the past Brett had tried to lose weight on his own. He succeeded to some extent by dropping 10 kilos but unfortunately put it all back on plus some more (a very common story).

Brett is my next door neighbour so he was aware that I was a personal trainer. After his failed attempt at weight loss he approached me about training him.

We started off slowly, making sure his technique when lifting weights was correct, as well as slowly building up his cardio fitness by initially walking three times a week. His nutrition was an area that we really needed to overhaul. In particular his consumption of soft drinks, his bad habit of

skipping breakfast and the nasty choice of "fast food" when he was on the road! To Brett's credit he has implemented many of the changes that I've suggested and is certainly reaping the benefits.

Our training sessions are fun - I really enjoy them but I'm not sure Brett would agree after three sets of push ups! Brett still has that competitive streak in him that I see every time we have a boxing session - he loves to catch me off guard and remind me that I can't count! He doesn't give in and continues to push himself and consequently he is seeing the results. Brett now walks every day and has dropped 13 kilos and taken over 60 cm off in just 5 months, as well as eating consistently well.

Brett still has goals to reach, which he is working towards, and is now even thinking about participating in a run next April. Well done Brett!

Helle Wilson

Is Your Motivation Fading?

While reading the June 2005 issue of New Woman I came across an interesting article. A reader Called Pepita Wilson had written in sharing her story about how she had joined a gym for a year (the third in actual fact) and only gone 4 times! She had gone to one pump class, one boxer-cise class and trained with weights only twice.

I'm sure we all know someone like this or have done this sort of thing ourselves! I've certainly heard this story many a time from new clients coming into the studio.

Usually what these people are missing in this situation is a little motivation and direction. I guess that's why people usually find themselves at a Personal Training Studio. That's where you find the people who are there to motivate, challenge and educate you.

If you've been training for a while and find your focus is waning a little, don't worry—it is quite normal. Talk to your trainer and re-assess your goals. Its probably time to set yourself some new goals, setting your sights on something a little more challenging.

Kylie Pogson

Healthy mind = Healthy body

Everyone experiences negative emotions from time to time and we can all feel down and a bit gloomy. For some people it is a brief period which passes quite quickly, for others it can be something quite serious and long term that can lead to future problems.

Everyone is affected differently by negativity. We all know that there are strong psychological affects but not many people realise the powerful effect that negative thinking/thoughts/emotions have on us physically. Some people use food to deal with emotional issues. It is important to recognise this when it is happening, as it is quite different to be eating for comfort rather than eating for hunger.

We've all heard about the power of positive thinking and how important it is but so many of us don't put it into practice. Have you ever noticed that the people who are always sick, angry, and blaming everyone else for their misfortunes, never do anything kind for themselves or others?

If it's true that you create what you believe then doesn't it make sense that amazing things happen to amazing people? Try these tips to help brighten your day and future. And remember: health doesn't just mean physical appearance and fitness. It must encompass a healthy mind and spirit.

- Listen to music you love every day.
- Stop thinking about the past and plan your future.
- Wear clothes that make you feel great.
- Be silly - Play with your dog, play a joke on a friend, make someone laugh.
- Turn the TV off and ring a friend you haven't spoken to in ages.
- Give random gifts to loved ones or people you appreciate.
- Light candles instead of using electricity.
- Swap neck rubs with your partner or foot rubs with a friend.
- Eat foods that are good for your body not just foods that make your taste buds happy.
- Plan to go somewhere, anywhere. Overseas, interstate or just down the road, just go!
- Don't waste time with people that drain you - Real friends inspire you and give you energy.
- Take lots of photos and fill your photo albums and look at them often.
- Stay active and focus on your exercise goals.
- Walk where ever you can.
- Have a regular massage, pedicure, facial, whatever gets you to relax and makes you feel special.
- Get in touch with nature - buy a plant, grow a herb garden or start a compost bin.
- When you're angry take a few slow, deep breaths and think before you speak.
- Play with children and animals whenever you can.

Kylie Pogson

* If you have any friends who don't train at Studio Glo but who you think may like to receive our newsletter then please leave their name and address at reception and we will add them to our mailing/email list.