

Always Tired?

Some people, even after a good 8 hours sleep, actually feel at their worst for the day when they first wake up - absolutely exhausted. They drag themselves out of bed and into the shower and can only function properly after a coffee and being up for two hours.

I've noticed there seems to be an increase of people that complain of a lack of energy. Most admit that it has been a long-standing problem, but a problem they wish to erase.

A decrease in energy can be attributed to many things. The good news is you can do something about it but first you need to identify what the contributing factors may be.

Have you had a change in exercise patterns?

If you haven't been exercising regularly and you suddenly start doing physical activity everyday then you may experience a drop in energy. Build up gradually over a couple of weeks and your body should adapt quite quickly to the changes. Conversely if you suddenly stop all activity and become quite sedentary then you will also feel quite lethargic. The more exercise we do the more oxygen gets pumped around our bodies, and the better we feel.

Could long term stress levels be an issue?

Stressful periods or events in our life can really take its toll on our nervous system, there fore energy levels. Depending on the situation, it can take months, even years to recover from something, especially if it was traumatic. If this is the case take care of yourself and be patient. Seek the appropriate help and realise that it may take a little longer than expected to feel like your old self again. Try and reduce the amount of stress in your life and become better at handling it when it does arise.

Do you have an inadequate water intake?

Our bodies are composed of 65-70% of water which is involved in many of our bodily functions. A lack of water causes dehydration, which can be a major contributor to a lack of energy. If you are consistently not drinking enough water everyday then fatigue may become a major problem, as could headaches, muscular cramps, joint problems, skin complaints and digestive disorders. If you wait until you're thirsty then you're already well on the way to being dehydrated, if not already. People often mistake thirst for hunger so always ensure you're not doing this by keeping your water intake high. You have an increased need for water if you consume a lot of caffeinated beverages, alcohol and sugar, and of course when you exercise.

Do you consume too much alcohol too often?

In recent years there has been a noticeable increase in the amount of media coverage in regards to the benefits of consuming alcohol, particularly red wine. These theories include high antioxidant values, improved blood lipid levels, and protection for the heart. I believe this sort of media attention has given a lot of us a false sense of security, leading us to believe our consumption level of alcohol is fine. I must admit I love drinking a glass of red and confess that often, the size of my so-called 'standard glass' is bigger than it should be. How many of you are the same? Having a couple of glasses of wine may seem like a great way to get a good nights sleep, but although you fall asleep quite quickly, your sleep will be quite broken and you will almost quite certainly wake up quite drowsy. Limit your alcohol consumption to the weekend when you can sleep in and don't have to drag yourselves up and off to work the next day.

How's your attitude?

Sometimes a good dose of positive thinking and boost in self-esteem is enough to raise our energy levels and outlook on life. Anyone who has a job they enjoy, is surrounded by people they care about, and generally looks forward to their day, is usually a person who has no problem with energy. Refer to your copy of Glo News, November 2005 or log on to www.studioglo.com.au (newsletter - November 2005) and see the article titled 'Healthy mind = Healthy body' on page 2 for further information.

Kylie Pogson

Personal Training Online

At Studio Glo our philosophy revolves around lifestyle (re)education. We believe that to get long-term, sustainable results a person needs to understand how their own body works and how their lifestyle impacts on their health. We aim to educate our clients in all aspects of their lifestyle and health and provide as much relevant information as possible, or perhaps refer them to a qualified specialist. One way of keeping yourself up to date is to refer to our website regularly. New articles are always being added and soon to come will be our new exercise section to keep you further informed about technique and correct exercise execution.

Some of the articles which are currently available online include:

Train Your Body In 3D
Permanent Fat Loss
Functional Fitness
Exercise Myths
Spot Reduction
Tips To Lose Weight

www.studioglo.com.au

17 Adolphson Ave
Nth Ringwood 3134
9870 4050

“Who Has The Time?”

Lisa: 36 yrs old. Busy mum of 3 children aged 8, 5 and 14 months and wife to an even busier man (hi Craig!) Has trained regularly (except when pregnant) since May 2001. 1 x 60 minute session per week.

I have chosen to share Lisa's story with you this month as she is truly an inspiration. She is the type of client who any personal trainer would love to work with. Lisa listens to information, absorbs it then puts it into action! She never has an excuse for not putting in her best effort. Even when her husband is away on a business trip she diligently exercises, not using it as an opportunity to have some time off.

When I first met Lisa in 2001 her second child was 14 months old. She had been finding getting back into shape after the latest pregnancy quite difficult and had tried many of the popular weight loss methods that everyone has—low fat eating, calorie counting etc. Lisa worked two nights a week so her activity was limited to walking and netball once a week. A little disillusioned and frustrated; Lisa joined the gym at which I was working back then and that is where all our fun began!

When we started training Lisa was a size 12, which doesn't sound too bad, but for someone who is 160cm tall Lisa really should have been a size 8–10. She had some niggling back issues which can become aggravated by playing netball and she generally felt lethargic, unfit and flabby.

As Lisa had never done any resistance training: she had low muscle mass, high body fat, which was difficult to budge. I encouraged Lisa to do weight training at least twice a week, which she did diligently. Even if she could only see me once a week she would always find time to do a workout by herself. Regarding diet- I taught her that she didn't need to be afraid of fats and proteins,... especially since these were

important for muscle maintenance and repair, and therefore weight loss. Lisa soon started to notice her body shape changing; back problems subsiding and mood elevating.

Today, 14 months after the birth of her 3rd child Lisa is in the best shape of her life, with a figure most 20 year olds would envy. All up she has lost 69cm, including 13cm from her waist, 12cm from her hips and 12.5cm off each leg. Lisa is a little ball of muscle and she looks and feels amazing.

Lisa loves food and beer but she is sensible. She has a busy social life and enjoys cooking and entertaining at home. She never deprives herself of anything so if she wants to eat something she has a small piece and is always consistent with her training. If she eats something naughty she makes sure she does a harder workout the next day or runs up and down the netball court as hard as she can.

The reason Lisa has been successful in achieving the body she has now is that she understands that commitment and consistency are essential. Lisa is also one of the most organised people I have ever met. She is often out all day with the kids so will take the time to pack her food for the day, even filling up the esky with supplies if need be! And if she is in a restaurant she always makes a smart meal choice. I'm sure the satisfaction gained from her achievements is enough to keep Lisa motivated until she's 70! Congratulations Lisa. She is a fine example of someone who does not have heaps of spare time but does the best with what she has. And it works!

Kylie Pogson

EXERCISE IN THE AD BREAKS

So here's another article about exercising at home. I suppose I'm just trying to encourage and help people realise that they don't need a whole heap of equipment to do a work out.

Exercising in short, sharp bursts can be quite effective if done quite regularly. So if you're at home watching tv and there's no one around, why not do some exercises in the add breaks!

- To start, if you have some stairs in your home, run up and down them for the entire add break. If you don't have any stairs then grab your skipping rope and jump!

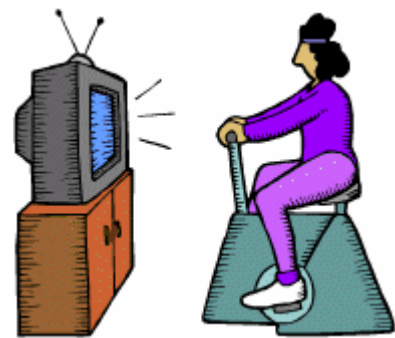
- Next break jump up and do 10 squats, followed by ten star jumps. Keep alternating until break is finished.

- Next ad break get onto the floor and do 10 push ups then flip onto your back and do 10 abdominal crunches. Alternate these two exercises till your show comes back on.

- Grab some little weights or cans of something and set up in a lunge position. Perform 10 lunges each leg then stand still and do 10 shoulder presses. Repeat till show commences.

This should give you enough exercises for an hour long show. Repeat if necessary.

Kylie Pogson



The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.

* 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.