

## Long Term Health and Fitness

Although the health and fitness industry is often genuine, there are times when it appears as though we are interested only in looks. Industry colleagues too often associate body image with success at all costs and concentrate very little on long term health and longevity of eating and exercise programs.

A lot of marketing in the health and fitness sector is focused on how people look and advertising can be quite aggressive, tapping into peoples' fears about weight loss failures in the past. Extremely quick weight loss diets and drastic training regimes, which many sign up for, are promoted but people soon realise they are nearly impossible follow.

Getting into shape is not only a physical process, but also a psychological one. Improving your health requires effort towards changing your lifestyle, with specific attention to diet, exercise, and attitude. All the trainers at Studio Glo are dedicated to guiding you towards your health and fitness potential, gaining results that are able to be maintained for the rest of your lives. We advocate that health and fitness is all about a balanced lifestyle incorporating regular exercise and sensible, healthy eating.

Our aim is to provide you with an informative service which will provide you with the knowledge and inspiration to achieve your permanent results. At Studio Glo we keep it real. We are honest and don't use an aggressive or fear based approach to our advertising or communication with our clients. We don't pretend it's easy, and admit, depending on your goals, it will take some time. We do work our clients hard but at the same time we make training with us as interesting and fun as possible!

Kylie Pogson

## Permanent Fat Loss

Have you been exercising for months and not gotten anywhere? Have you been dieting like mad but still don't seem to be losing body fat? Are you actually gaining weight while living a life of absolute deprivation and torture? If you answered yes to even one of these questions then it's time you re-evaluated your eating habits and your exercise program.

### General Guidelines for Permanent Fat Loss

- Realise that exercise must be a part of any successful weight loss program.
- Increase the amount of muscle mass you have and you will burn more body fat than you ever have before.
- Reduce your body fat levels with balanced and healthy eating.
- Eat enough food to give you the energy to exercise but no more than your body needs.
- If you consume excess calories, you won't burn them off and there will be no change in your body fat levels.
- Ensure your intake of protein, carbohydrates and fats are in a balanced ratio.
- Reduce the amount of fats you consume, especially saturated fats.
- The fats you do consume should come from cold pressed oils, nuts, seeds, avocado and fish.
- For every cup of coffee or tea you consume, drink another glass of water as these beverages are dehydrating.
- Eating a variety of foods in your diet ensures you're getting the appropriate vitamins and minerals your body needs to function.
- Eat regularly throughout the day and **NEVER** skip meals.
- Eat foods that are nutritious, high in fibre, and organic if possible.

\* To view this article in full please visit our website: [www.studioglo.com.au](http://www.studioglo.com.au). Find it in the articles section under Permanent Fat Loss. Or ask your trainer for a copy.

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 contact details at reception and we will add them to our mailing/email list.

## Chicken el Pablo

### Ingredients (per serve)

- 1 Chicken breast (150g)
- 50g Ricotta Cheese
- 20g Almond Meal
- 1/2 teaspoon Basil Pesto
- 2 shakes salt & pepper
- 1 tbs grated parmesan cheese

### Method:

#### Filling:

1) Mix together all other ingredients. If filling is too runny, add more almond meal.

#### Chicken:

- 2) Cut a vertical groove in chicken breast in the thickest part.
- 3) Spoon filling into the groove until it fits neatly, then refrigerate for 30mins.
- 4) Gently fry in a little oil, being careful not to spill filling. Cover and cook on low for 5 minutes.
- 5) Transfer to pre-heated (180°) oven, and cook for 20 minutes, or until chicken is firm.

Serve with simple salad e.g. half normal lettuce and half rocket, dressed with 1 teaspoons flaxseed oil, 1 teaspoons olive oil, 1 teaspoon seeded mustard.

### Recipe Alternatives:

Instead of pesto, use chopped olives, sun-dried tomatoes or 1 anchovy. Or you can use all of these.



Paul Blackman

17 Adolphson Ave  
Nth Ringwood 3134  
**9870 4050**

## “BACK TO BASICS ” CLIENT PROFILE: Maxine Collins

54 1/2 yrs old. Works full time. Swims 3 x week. Attends Studio Glo 1-2 x 30 minute sessions per week, depending on her schedule. Began training 20<sup>th</sup> April 2004

Maxine is a woman who, through persistence, hard work, belief in her trainer and the help of a remedial therapist, has been able to relieve back, hip and excruciating sciatic pain which had troubled her for years.

Maxine's back problems started 5 years ago. She was picking up her baby grand daughter when she felt a sharp pain pierce through her back. Straight away she knew something was wrong. On recommendation, she immediately visited a masseuse at a very expensive clinic and left feeling worse, doubled over in pain, and even crying, which Maxine doesn't do too easily.

Still in a lot of pain, she continued her search for relief. Maxine tried a variety of therapies at some very reputable clinics, but to no avail. She spent many an hour tied to racks and various machines- her body being stretched and pulled in every direction. If anything she was getting worse and had to resort to both prescription and over the counter medications to help alleviate some of the agony she was experiencing. She still kept up her swimming, hoping it would somehow help and then started weight training with a personal trainer to try and help strengthen her back.

When I first met Maxine she had already been exercising with another trainer so she was already reasonably fit and strong, though she still seemed to have a lot of problems and pain which hadn't been resolved. When I assessed Maxine and the exercises her trainer had been using I was appalled. She had some major muscular imbalances in strength and flexibility which were definitely being aggravated by the exercises her old personal trainer had made her do. These exercises were inappropriate for Maxine with her back problems. She didn't realise it but she was forced to perform these exercises quite poorly

because they were too difficult for her. Maxine felt her fitness levels were up but she seemed to be getting sorer and sorer, and she couldn't work out why.

I took everything back to basics with Maxine. Every time I saw her I stretched her tight muscles, which I must say were the tightest I'd ever come across, even in my past years experience as a massage therapist. The exercises I chose for her to do were all simple but functional. They were all movement patterns which she would do in everyday life and she found them effective. Maxine's pain started to subside almost immediately. Every time I saw her she was getting better and better. Maxine really started to enjoy her sessions. Her pain was subsiding and she was able to move on to more challenging exercises.

Just recently, I suggested Maxine visit a local massage therapist, to try to clear up the rest of her niggling issues. The results have amazed us both. After only a few sessions with Michelle, Maxine is practically pain free. She diligently performs the stretches that Michelle has prescribed and we continue to stretch every session. (Please see below for more information about Michelle)

Maxine is a pleasure to train. She always has a smile on her face and her laughter is infectious. She is persistent, resilient, and dedicated and it has been my absolute pleasure to have helped Maxine on her road to recovery. I thank her very much for allowing me to share her story with you.



Kylie Pogson

**Michele Ryan**  
Qualified Massage Therapist  
Heathmont - 0407 005 026

I have recently come into contact with Michele and have found her treatments to be very effective with myself and clients.

Michele is an amazing therapist whose services include sports, relaxation, therapeutic and remedial treatments. She has had experience in a clinical environment for 4 years, corporate massage and massaging at sporting events.

Her assessment technique is one the most thorough and accurate I have ever come across. After your treatment she provides a letter to your personal trainer specifying stretches and exercises to suit your particular situation. I have total confidence in Michele's skills as a massage therapist and do not hesitate in recommending her.

### HEALTHY LIFE 10% OFF For All Studio Glo Clients

I am pleased to announce that Healthy Life Ringwood (Eastland) is now offering 10% OFF to anyone who produces their I.D card in store. See your trainer to collect this card next time you're in.

Healthy Life has a dedicated focus on providing quality health food products and superior advice, helping their customers achieve and maintain optimum health and well-being. A comprehensive range of natural health products are available including:

- A wide selection of vitamin and mineral supplements
- Whole foods
- Herbal teas
- Natural beauty products
- Sports nutrition and supplements

In my experience I have found the service friendly, with quality advice available from all the consultants.

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.