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My Diet Starts Tomorrow!

Why does everyone say that? What's wrong with today? And when can we stop saying the 'diet' word and start thinking about new eating habits? We all know diets don't last forever and even if we lose weight or finish a cleanse, if we don't adopt new eating patterns then our health will most certainly return to where it was before the 'diet'.

When someone simply healthy eating, they often have a few stumbles before they get it right. But sometimes these stumbles can feel like a crash. Often called 'falling off the wagon', the best thing you can do is pick yourself up straight away, and take up where you left off, at the next meal. Try not to wipe the rest off the day off, let alone the week. You won't even notice the occasional slip up. The best thing you can do is to try and keep it real and not be so hard on yourself.



A situation I often hear from my clients is that they severely restrict calories on Monday and Tuesday, usually because they ate so badly on the weekend. They smile at me and say "its ok though, it's Monday so my diet starts today!" So they hardly eat anything for two days then by Wednesday they are basically over it. They are hungry and tired and can't be bothered exercising. On Thursday they go out for lunch or dinner and decide to cheer themselves up, ordering from the menu with total abandon. On Friday they feel terrible as they've broken their 'diet' and the guilt and disappointment they feel leads them to having another night of splurging with friends. So then it's the weekend and they think "I've deprived myself all week, and I really did try. I'll just relax about things over the weekend and start again on Monday". And so the Merry Go Round continues!

If you can identify with this you may be wondering why you have no energy and struggle to lose weight. Because your body isn't in a routine you feel crappy all the time due to lack of nutrients and inconsistent meal times and lack of exercise.



Try to treat yourself to one meal on one day of the week. Steer away from daily treats which really aren't that good for you but also make you feel guilty, an emotion which is probably not healthy to feel everyday! Your body will thank you and you'll definitely enjoy your little splurges when you actually start to feel healthier and more in control of your lifestyle.

Kylie Pogson

Bye, Bye Bunny....

I hope everyone had a nice break over Easter. As always It's been and gone before we realise it.



It can often be a busy time of year with lots of social activity and time away from home. So I'm hoping everyone is slipping back into their routines with ease.

Now, dear clients, from your trainers at Studio Glo.... Please if you have any chocolates left, don't finish them. Do yourself a favor and give them away. Take them to work and share them around. The last thing you want is a draw full of chocolates you know you can go to whenever you like!

* 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.

Mystery Salad

Ingredients : (Serves 4)

400g green beans
1 rasher lean bacon
100g small, ¼ tomatoes
100g snowpeas
2 boiled eggs
Some olives
Chopped Parsley
4 x small tuna steaks

Dressing:

1 tablespoon Dijon mustard
2 tablespoon Balsamic vinegar
2 tablespoon olive oil
1 tablespoon flaxseed oil
1 anchovy, mashed
1 small clove garlic, finely minced
Salt & pepper

Method:

- 1) Chop bacon finely and fry until crisp, drain on kitchen paper.
 - 2) Add chopped beans and snowpeas and blanch for 3 mins only.
 - 3) Rinse with cold water until beans are cool, then drain.
 - 4) For the dressing, whisk all ingredients together.
 - 5) Mix together all ingredients, then refrigerate.
 - 6) Fry fish to your liking (try just cooked), then place on top of salad, with eggs on the side.
- * Any other fish is ok, or try it with chicken.

Trivia Question: By what name is this sort of salad usually called?

Paul Blackman

“NEW BEGINNINGS”

CLIENT PROFILE: Mrs Frances Pogson: 17-11-1944

Attends Studio Glo 2 x 30 min sessions per week. Started Personal Training 12 months ago

My mother has worked hard all her life and has been the sort of person who never sat still. You know the sort of woman I'm talking about don't you? Puts everyone else first and never complains. Mum would often get aches and pains but would shake them off after a few days.

Mum thought she was healthy because she felt fine. She ate her meat and vegetables and didn't eat much take-away. She didn't think there was a problem with drinking 10 cups of coffee a day instead of water, smoking a packet of cigarettes a day and drinking a little too much wine to help her get to sleep. As she kept saying, she felt fine, and was still getting up at 5:30 or 6am everyday to get Dad off to work!

When Mum turned 60, suddenly things weren't as good as they used to be. Her entire body was in pain and she could hardly move. She could hardly get out of a chair or car, couldn't lift her arms to hang up washing and couldn't vacuum. She could only sleep for 20 minutes at a time until she had to get up and walk around to stop the pain in her neck and shoulders. She was nauseous and couldn't stomach food and we noticed a dramatic weight loss; 20kg in total. We actually thought she had cancer but, thankfully, after months of visiting various GPs, consuming buckets of pain killers and anti-inflammatories she was diagnosed with a condition called Poly Myalgia Rheumatica. It's an auto immune disorder which typically affects people between the ages of 55 and 70, lasts about 2 years and its major symptoms are muscle wastage, joint stiffness and weight loss.

In the medical community, lifestyle is overlooked as a possible contributing factor, but I'm not convinced of that. One of her doctors had wanted her to have an operation to fuse the vertebrae in her neck! Fortunately, my mother took a more alternative route, and started visiting an osteopath and a Dr/Naturopath in Integrated Medicine. She removed all refined foods and caffeine, and consumed only meat, vegetables and clean filtered water. She did use medication for a short time when her pain was

unbearable but also fed her body the nutrients and extra supplements which she was advised.

It's been about 2 years since mum was diagnosed. She is definitely in recovery and looks better than she did 10 years ago. I'm so proud of how she has pulled herself through this health crisis. I think she has learnt to respect her body and realises that she needs to look after herself if she wants to sail into old age, or older age!

Kylie Pogson

When I first met Frances she was very thin, her posture was stooped, she walked slowly and very stiffly. Frances weighed 60kg at the beginning and every movement was an effort. She found it difficult to lift the weights, light though they were, found difficulty in walking, could hardly get down onto the floor and then found it very challenging to get back to her feet. It was going to be a slow process.

Now 12 months on, Frances has put on muscle, is able to walk for longer and at a faster rate, her posture is far more erect, she has more energy and improved flexibility and she has put on 5kgs. She is off her medication, can get up and down off the floor more easily, and is feeling so much better in herself. To add to her list of successes, Frances has cut down her smoking habit to less than half what it was, drinks far less coffee and her alcohol intake is non-existent.

If anyone is an inspiration it is Frances. She has gone through pain from her condition, her workouts, withdrawals and medication side effects. She has made an effort to make exercise a routine and has changed her eating habits. All of this has been done with a smile, a great sense of humour and more than her fair share of phrases: "I don't want to do this", or "is it over yet", "isn't that the end of the session", or "I can't walk because it's raining and I'll get my hair wet"!

Frances is a delight to work with. We have had many laughs and I look forward to many more.

Liz Yochum

What a difference a year has made to my health and wellbeing since I changed my lifestyle. I didn't realise just how bad I had been treating the 'old bod' over the years. Looking back now, I wonder how I survived!

It all started changing for the better by doing a 12 week cleanse to get rid of all the toxins which I had been happily feeding my body over the years. No coffee (that was hard) but plenty of meat and vegies complemented by vitamins and minerals. Over time I realised a lot of my aches and pains were diminishing and I was able to do things that I used to be able to do. All this happened without having to go 'under the knife' as I was threatened with by one GP. She thought that might take away all the pain in my neck. What about all the pain everywhere else! Drugs were her answer. Not an option said my daughter Kylie most adamantly and she dragged me off to her favourite osteopath for treatment. The osteopathic treatment was great. But although I was feeling better I was very scrawny and also very weak. Up steps Kylie again (talk about role reversal!). One day out of the blue she informs me she had made an appointment for me to see Liz. It's definitely one of the best things she has done as I wouldn't have done anything without a big shove!

Liz has been fantastic, and patient. Over the months we have steadily built up my strength and fitness and we have even had a few laughs along the way. My Doctor is very impressed with my vast improvement. I still have symptoms of my condition but they are so far removed from this time last year that I'm not constantly thinking about how bad I feel, like in the past. Amazing what a difference the right advice can make to your life. Proper diet and exercise is definitely the answer.

Frances Pogson

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