

The Secret Is... There Is No Secret!

The weight loss industry is worth millions of dollars a year and it infiltrates our lives through many avenues. For those who are sensitive about their body image this industry quickly becomes something which taps into their vulnerability - fuelling 'quick fix' mentalities, often at a considerable financial cost.

There are new gyms, weight loss centres and weight loss programs popping up all the time. Health food stores, chemists and even supermarket shelves house a multitude of fat burning, energy enhancing supplements that are getting increasingly popular as the public starts to get more and more desperate for answers to their weight problem.



The majority of magazines have articles about losing weight and many are advertising products which provide weight-loss 'better and quicker than ever'! New books released every week claiming to have discovered how to lose weight, 'easier and faster than before'! Some have absurd theories, but still the books and magazines are sold, and the new diet is embraced with faith. Until, that is, the person realises it doesn't work for them. They dump that diet then pounce on top of next new miracle discovery which is launched. And haven't you noticed there is always a new one?

And so the cycle continues. It's frustrating for me to watch people continually try and fail with different products and programs, often self diagnosing or devising their own program mixed, with the best parts of what they've read in a magazine or book and seen on Today Tonight. They spend a fortune on tablets, weight loss programs and different therapists for their endless search for the answer.



I realise many people can become quite desperate for answers, and I pose the question: Are we looking externally for answers when we probably know the answers already? When will we realise that most of the time our body is only a result of its situation and responding to what we are doing to it? If we are stressed, eating poorly and exercising incorrectly then our body is forced to be sluggish, gain weight, develop bad skin, and have digestive problems. Its problems will eventually extend to include muscle and joint problems and other symptoms of distress like raised blood pressure and high cholesterol.

Weight loss and health don't need to cost a lot of money or consume our lives. It just takes commitment, organisation, and most importantly, a lifestyle approach. Many attempts often fail as people try to cut corners, often eating well and not exercising, or the reverse

which is eating whatever they want and over exercising to try to compensate. Both these tactics often don't have the desired effect and leave people feeling like a failure; disillusioned again.



So, I ask anyone who is struggling and chopping and changing with their approach to better health, STOP! Stop avoiding reality. There is no secret tablet or food which burns double calories when eaten with other foods. I promise you, everything falls into place if you follow the rules of health which leads to real weight loss:-

- Increase nutritional value in everything you eat
- Increase daily physical activity
- Decrease consumption of dead calories (packaged and processed foods)
- Manage stress levels effectively
- Increase water intake
- Sleep and rest enough
- Increase your knowledge in health and fitness

If you follow these rules then I'm sure you will notice a vast change on many levels, not just in the shape of your body.

Kylie Pogson

CLIENT PROFILE: Trevor. 42 years old, husband and father with 2 young boys.

Attends Studio Glo 2 x 60 min sessions per week. Started Personal Training 9 months ago.

Trevor now weighs around the 77kg mark. He has some great muscular shape coming from muscles he didn't know he had, a fitness level he didn't have at any stage of his life, and fantastic health that was inevitable with the positive changes in nutrition and exercises. Rewind 6 months, and Trevor was 96kg, very unfit and sluggish looking. He had barely exercised in 15 years, and his food intake was typical of someone in his work environment. A lot of big business lunches, with not a lot of food for the rest of the day.

Training someone, I find you need to give the client motivation and or knowledge. I simply laid out the changes we needed to make for Trevor and without a fuss, he made them, knowledge was all he needed. The motivation came from within, seeing the results from his work. In the end, all the credit and rewards go to him. I see Trevor 2 hours a week, the other 166 hours are all his.

What surprised Trevor through the process is just how easy it was for him to make such a dramatic change. He started with the big advantage of being a virtually untrained individual, meaning the body will respond very well to the new stimulus of weight training, and energy system work, coinciding with changes in food intake. Weight training has been a very important part of his exercise regime, doing 2 sessions a week with me, and one at home. With the added protein, fats, and well timed carbohydrates combined with the weight training, it has meant Trevor has added about 4/6kg of muscle, while losing fat at the same time.

More often than not, I find it's what people aren't eating, than what they are eating that is the problem, and once you start to include the important foods that are missing, there isn't as much room, want, or need for the other not so nutritionally compliant foods. We added a small morning and afternoon feed to his daily intake, simply some fruit to start with as well as a protein serving before bed. This ensured his body was continually working to digest and use the food he was taking in. Carbohydrates weren't consumed so much for dinner and onwards, concentrating more on protein and fat in these evening times. As time has gone on, we have slightly adjusted to get Trevor eating more protein, and better quality foods to

replace the old ones. But the key for him was to take on one habit at a time, to make it a smooth adjustment, one that didn't seem so drastic.

Trevor has done very well so far, and accomplished a lot, but looking at the bigger picture, there is still a lot more to accomplish, and this is our focus now.

Nick Canavan

Trevor and I have been together for 20 years. He has always been a little overweight but as the years have gone by his weight has slowly increased - to the point that I was seriously concerned about his rather large 'beer gut' and wondering if he would make it to old age and see our two young boys grow up.

Last year I began to notice that Trev would always come home from work tired and grumpy, not his usual relaxed self. He would be short-tempered with the boys and have no energy to wrestle with them, one of their favourite 'Dad' activities. On Saturday mornings he would get up for a few hours then fall asleep on the couch, which used to annoy the hell out of me! In desperation I rang Studio Glo and booked him in for a session, hoping that he wouldn't be mad at me! Much to my surprise he happily went along and to my delight he was so impressed with Studio Glo and his personal trainer Nick that he happily booked in for 2 sessions each week.

I am amazed at Trev's transformation over the past 9 months, to me it is nothing short of miraculous. I have a happy, relaxed and motivated husband who is slimmer than when I met him (wow!). Our boys have their 'fun' Dad back again who has plenty of energy to wrestle them in the evenings. Even a work colleague of Trev's said she had noticed he is a lot less grumpy! I want to thank Nick for helping to motivate Trev to exercise and lose weight, he has completely changed Trev's eating habits (something I've been trying to do but failed at!). Trev really enjoys his sessions at Studio Glo and acknowledges that his new exercise and nutritional routine is a way of life, not just a quick fix. I am very proud of what he has achieved in such a relatively short amount of time.

Bronwyn

Bouillabaise

Ingredients : (Serves 4)

4 tablespoons Olive Oil
1 onion
4 cloves garlic
1 carrot
2 sticks celery
1 potato
2 zucchini
20 green beans
Handful fresh peas
3 ripe tomatoes
1 can crushed tomatoes
2 litres chicken stock
Salt and pepper
500g premium marinara mix
(about \$20 a kilo from fish shops)

Method:

- 1) Chop all ingredients (except oil and stock, and peas).
- 2) Sauté onion, celery, carrot in oil, until brown and soft.
- 3) Add everything else and simmer for 1 hour.
- 4) Turn heat to low when you are happy with soup consistency.
- 5) Add seafood and stir until seafood is cooked (only a couple of minutes).
- 6) Eat with generous side salad.

Paul Blackman

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