

Why Won't It Budge?

Hard work/no results = NO FUN!

There can be a variety of reasons why your body isn't changing the way you want it to. No one likes putting in effort for no reward so let's look at a few suggestions which may help point you in the right direction.

- If you have been calorie restricting too much then this can lead to a slower metabolic rate, loss of energy, muscle wastage and weight gain. Cutting corners by skipping meals or not consuming enough calories for your activity level and weight actually makes things harder for you! Regular balanced meals that fuel your metabolism through out the day is the only way to go.



- Have your portion sizes crept up on you? Regularly pull yourself into check and remember the palm rule, that's the easiest!
- Maybe the balance of fats, carbohydrates and proteins in your meals has gone a bit hay-wire? Avoid focusing on fat content only. Remember to eat adequate amounts of protein for you, and plenty of 'good' carbohydrates. If you're confused ask your trainer for some handouts that might help.

- Don't make the mistake of cutting out refined carbohydrates and not replacing them with double the amount of fibrous vegetables/salads. If we don't fill up on enough of the "good stuff" then our blood sugar can drop, we feel hungry, and suddenly we can find ourselves craving all of the things we shouldn't be.



- Hormones can be a major hurdle. Depending on their age, sex, activity level and the quality of the food they eat, this can affect people in a variety of ways. If your lifestyle habits, which include stress levels, nutrition, sleep, and exercise, are at their peak, then you'll be surprised at how you can positively influence your health.



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- Unconscious snacking and picking at foods can lead to over eating, usually of all the wrong foods. Plan and prepare your meals as much as possible. Sometimes keeping a food diary for a short time helps. Otherwise ask your trainer for a menu plan to follow.
- Maybe your alcohol and coffee consumption has crept up, therefore your calorie intake?
- Take a closer look at your exercise routine. Variety in type, duration and intensity is very important. Make sure you're doing enough resistance training to build muscle and enough cardiovascular exercise to balance things out. Remember, if the body isn't challenged then it is never being forced to change!

Kylie

Try to introduce some of the following lifestyle tips into your day. They really make a difference!

- Squeeze in a 30 minute walk. Park 15 minutes away from work, the shops or school.
- Drink water instead of coffee, tea or juice.
- Carry a container of nuts and a piece of fruit with you to prevent bad snacking.
- Catch an extra hour's sleep.
- Put a hot water bottle on any tight, aching muscles.
- Before you go to bed, read instead of watching television.

Kylie

CLIENT PROFILE: HOT STUFF!!

Luke. 25 years old. Attends Studio Glo 1 x 60 min session per week
Started Personal Training in January 2006

For the past six months I have had so much fun training Luke and I am so proud to have helped him get to where he is. He has lost 13.4kg, dropped 11% body fat and lost 57.5cm in total. His strength and fitness is at an all time high and his confidence is even better than I could have hoped for. To his credit Luke had done a lot of the hard work already. Here is his story....

I met Luke in January, half way through his fabulous transformation. At his heaviest and unhealthiest, he weighed 125kg. After a bout of glandular fever, and realising he had to make some serious changes to his lifestyle, he started to exercise and eat less junk. He noticed his weight starting to shed straight away and his energy started to return. Luke's weight loss soon plateaued though, and he became despondent. For a Christmas present he was actually given a gift voucher to come see me (thank you Lisa x o)! He came to me at the end of January and that is when all the fun began!

Luke had been doing a lot of cardio at the gym and going to pump classes whenever he could. I explained how important muscle was in weight loss and that now was probably the time to start working his body harder, with heavier weights. This would stimulate muscle growth, speed up his metabolism and help shift his body fat. Luke was great. He grunted a lot; sweated heaps; but he did everything I asked him to. I even got him out of the pump classes and into the weights room to lift heavier weights. For the first two months we did one 30 minute session per week and now we do one hour together, once a week.

With respect to diet, Luke needed to eat more protein and less refined carbohydrates. He was a big fan of toast and Vitabrits in the morning then sometimes, because of his hectic job, he didn't stop to eat all day! (except for the odd focaccia or pasta). I helped Luke get more organised so he could eat more regularly. We added snacks between meals to keep his blood sugar stable and included more vegetables, salads and good proteins in his day. He just needed to learn how to plan ahead. Don't worry; he's not perfect. Luke still eats junk foods on occasion, but he keeps it real. He is responsible now with his eating and especially his exercise. He knows how hard it is when he takes too long a break in between exercise sessions. He's also very conscious of how unhealthy he feels if he eats too much 'bad' food!

Luke now has much more energy and finds it much easier to exercise at higher intensities. He finds work much easier and is a lot more confident - he has a new lease on life. Now when I call him 'hot stuff' I think he almost agrees with me, almost!

Luke has reached his goal weight of 80kg so now we are focusing on some new goals. Some of his measurements have dropped quite significantly (shoulders 13cm, waist 14cm, hips 10cm). We'll still concentrate on building muscle which will further improve his shape and strength. The next challenge, along with the wash board stomach, is for him to quit smoking. But really, looking at what Luke has achieved to date I think he can do anything he sets his mind to. His dedication is the most important thing.

Kylie

Stay tuned for Lukes before and after snaps on the website!

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Steak Maxine

Ingredients : (Serves 4)

2 tablespoons Olive Oil
1 tablespoon butter
1 onion, finely chopped
2 cloves garlic, chopped
1 carrot, finely chopped
2 sticks celery, finely chopped
1 can crushed tomatoes
1 litre chicken stock
125ml red wine
Piece of orange peel
Salt and pepper
1 tablespoon flour
4 x scotch fillet steaks

Method:

- 1) Sauté onions, celery, carrot, and garlic in oil and butter. Cook on low and cover until soft and browned a little.
- 2) Add wine and reduce until there is barely any liquid left.
- 3) Add stock—remove from pan.
- 4) Dust steak with flour. This can easily be done inside dry plastic bag with no holes.
- 5) Fry steak at high heat, browning only (not cooking).
- 6) Remove and put with vegie mixture.
- 7) Put everything in casserole dish or *heavy cast iron pan* and cook in oven 2 hrs at 130°. Replenish with water if it gets dry. Serve.

Paul

