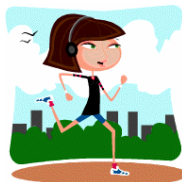




Volume 2, Issue 10
October 2006

No Choice But to Change

Often people start to exercise to change their body shape or size. Sometimes they want to improve their function in everyday life and some just want to feel better.



Quite often people will stick to the same exercise routine, with the same repetitions/sets/weights, for months on end. They exercise at the same pace on the treadmill or bike, do the same aerobic classes every week, or walk the dog the same way around the block everyday. Actually, these regular routines may not help to improve fitness. These people aren't challenging their bodies; they're

often just warming up! The body will only change if it is forced. A body will respond well to physical exertion, and that's what exercise is (or should be). The body will get fitter, stronger, bigger or smaller when it is forced to adapt. When our body is challenged then it has no choice but to change!

If you want to maintain your current shape and fitness levels then you should perform similar exercises for body parts with medium intensity and volume.

A more progressive program is one where the intensity, duration and the volume varies. This way you are constantly stimulating the body to change and adapt. This is a very effective way of training.

Sometimes we need to vary our fitness training between what we enjoy and what our body needs. Some people never stretch as they find it quite uncomfortable due to

their inflexibility. These are the very people that need to be stretching everyday. Other people love cardio-vascular exercise and will run and run for miles and miles. These type of people hate getting into the gym to do resistance training, the very thing which is vital to strengthen and support their body for the demands of running.



It's a common belief that following the same routine or program will help you maintain current fitness levels. Often your fitness won't improve, it may actually deteriorate! Remember, as with everything in life, balance is the key.

Kylie

Water—The Most Crucial Health Habit

Our body is made up of approximately 70% water and without it, humans would die in a few days. Every cell and organ in our body depends on water for its functioning. Water provides a stable environment inside and around our cells, allowing us to acquire nutrients and eliminate waste in cells. The human brain is made up of 95% water, blood is 82% and lungs 90% so regular intake of water is vital.

Consuming the required amount of water ensures our body is able to function at optimal levels. It is recommended that you consume your body weight (in kg) x 0.033 litres per day. [eg. 65kg x 0.033 = 2.15L]. If you don't drink enough water over the short term you will

experience fatigue, dry skin, headaches and constipation. Long term lack of water can lead to every body function degrading more quickly.



Water cleanses, detoxifies and purifies. It forms the base for saliva, forms the fluids that surround the joints and acts as a lubricant. Water regulates body temperature, as the cooling and heating is distributed through perspiration.

Adequate consumption of water regulates metabolism, essential for fat loss and eliminating toxins and poisons from our body.

If you wait until you're thirsty to

drink it's already too late. You're already dehydrated. If not enough water is drunk then our body will go into self preservation mode. Fluid retention will most likely occur as will less efficiency of burning body fat.

For maximum muscle growth, maintenance and recovery, water must be consumed.

In addition to maintaining health, water also plays a key role in the prevention of disease. It's amazing how many health disorders can be lessened in severity or even occurrence when adequate amounts of water is consumed. Water is best consumed at room temperature. Cold water actually sits in your stomach until it reaches body temperature.

THE BENEFITS OF WATER ARE ENDLESS!!

Kylie

CLIENT PROFILE: Foxy Mama !!

Sarah Thompson. 39 years of age
Attends Studio Glo 1 x 60min session per week. Started Training April 2006

Yes - as I'm sure you read above, Sarah only started training in April this year! There is a reward for training hard and regularly; and as you will find out, quick results are possible.

Sarah first came to see me as somebody who had lost a bit of motivation and put on a few unwanted kilos. See - I was very lucky with Sarah; she is a seasoned exerciser, who enjoys it but goes through ups and downs like all of us. She was on a bit of a downer when she first came to the studio. Her parents had just gone back home after visiting from England, which had thrown Sarah's exercise routine out the window. Sarah's goals were to tone up and lose the extra kilos that she had put on.

I couldn't have asked for a more determined client; everything that I asked Sarah to do, she did. From cutting out no nos in her diet and getting back into a regular exercise program. Sarah enjoyed running, so I asked her to run twice a week, and she also has a membership at a gym, so I wrote her a program and asked her to do that twice a week; plus the one-hour session with me. No complaints at all—Sarah jumped in. She also complained of back trouble; just some aches and pains.

Throughout the last five months, Sarah has been a pleasure to train. She is always happy and not once have I heard her complain. She does everything with a smile, which of course makes my job so much easier, honestly I couldn't ask for a more motivated client. Sarah has put in the hard yards and it has definitely paid off. Sarah started at 74.4kg and 39% body fat. She is now 66kg and 24% body fat. WOW, what a super mum!

She has lost a total of 48cm over her body including a loss of 12.5cm off her chest and 12.5cm off her waist; not to mention Sarah now has legs to die for. And yes, it wasn't a misprint—only 24% body fat. Sarah is an absolute ball of muscle and she looks and feels great.

Not only has Sarah had these visual results her strength is incredible. I work Sarah to 100% and she absolutely smashes anything I put in front of her. Last week Sarah was even doing chin-ups. As for her back pain - what back pain?? All gone! And her cardio fitness, Sarah is more than above average. She comfortably runs a 6km circuit around Ringwood and whatever I throw at her in her sessions, she does with ease.

Sarah has referred her husband Phil, who I am also training. Phil has made some huge sacrifices to his diet, and has improved his strength and fitness ten-fold.

I thank Sarah so much because I love training her and spending an hour not only sweating but gossiping too, of course. Sarah - to your credit, you have obtained some fantastic results and I'm sure you will continue to kick goals with your health and fitness. Congratulations!!

Lucy Milkeraitis

I have always exercised and maintained a good level of fitness. But earlier this year I let things slip, I gained some weight and became lazy with my exercise regime. I approached Studio Glo and was introduced to Lucy. I was looking for someone to give me a kick up the backside and some motivation; and that's exactly what Lucy gave me. She works me to my full potential, keeps my workouts interesting and I now have a renewed and enthusiastic approach to exercise. I have lost almost 10 kilos and feel great.

Sarah Thompson

Pollo con Langostinos

Ingredients : (Serves 4)

8 pieces of chicken (either 1 whole chicken, chopped, or 8 thigh cutlets)

450 g raw green prawns

2 tablespoon olive oil

1 onion, finely chopped

2 cloves garlic, chopped

1 can crushed tomatoes

1 bay leaf

2 tbs butter

150ml dry white wine

30 ml Ouzo or Pernod if you have some

Salt and pepper

Handful chopped flat parsley

40g almond meal

1/2 teas cayenne pepper

Method:

1) Brown chicken in large pan with oil, garlic and onions.

2) Add wine, tomatoes, bay leaf. Cover and simmer on low for 30 mins.

3) Meanwhile, in separate pan, cook prawns with butter. Add Ouzo and set alight if you're game. (this burns off the alcohol and makes it taste better.

4) When barely cooked, add prawns and pan juices to chicken pot.

5) Stir in almond meal, parsley, salt and pepper, and cayenne.

6) Serve.

P.S. Regarding last months recipe for Mediterranean Lamb. It is extremely important that exactly 16 sun-dried tomatoes are used.

Paul

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.

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