

Holistic Lifestyle Coaching Program

C.H.E.K Optimal Health and Fitness through Practical Nutrition & Holistic Lifestyle Coaching

"You are unique! The way we respond to food, exercise and stress varies person to person just like our finger prints". Paul Chek

An Holistic Lifestyle Coach (HLC) will help identify your individual needs and teach you how to address issues that may be preventing you from looking and feeling your best.

The HLC program is complete. It looks at all areas of your life, not just at your exercise program or your eating habits. We are such complex human beings who require more than just a new eating plan to feel, look and perform better. It takes a little more than that and this is where Liz and I can help you fill in the gaps!

Through Holistic Lifestyle Coaching you will:

- Understand how sleep, stress, nutrition, digestion and exercise are all interrelated.
- Recognize the importance of quality foods and their significant role in each function our bodies perform every day.
- Learn about metabolic typing and how to implement the key concepts of eating right for your individual metabolic type.
- Appreciate the importance of balancing the overall stress levels in the body.
- Access the major stressors in your life and learn how to practically lessen the affect of these permanently.
- Comprehend that there is an essential relationship between food and lifestyle habits which can not be avoided or neglected.
- Grasp the relationship between food and lifestyle and their impact on balancing weight problems.
- Learn which foods and exercises are correct to balance your body and its individual requirements.

– Identify common problems that can become roadblocks to health and vitality. They include poor nutrition, dehydration, stress, hormonal imbalance and gastrointestinal disorders.

– Recognize food and lifestyle habits as a therapeutic medium for maintaining and restoring health and wellness.

– Achieve musculoskeletal, hormonal and emotional balance.

As you can see, the program is thorough, and that's just the way we like it! Liz and I have been working in the fitness industry for almost 10 years. During our careers we have met a lot of people of all shapes and sizes. We've watched a lot of these people try a huge variety of fancy diets, funky exercise regimes and designer fat loss tablets. We've even tried some of these things ourselves. Most importantly, we've watched a lot of these people fail at their attempts at weight loss and they've often made their situation worse, gaining weight and losing even more energy.

Liz and I have read many books and attended a variety of different courses in relation to health and fitness. For us the HLC approach, from the C.H.E.K. Institute, is the first comprehensive program that we agree with completely. It's called Optimal Health and Fitness through Practical Nutrition & Holistic Lifestyle Coaching. It was developed by Paul Chek, who is probably one the most inspirational and dynamic health professionals of our time.

We have been learning things from Paul Chek for years via books, videos and workshops. Last year we decided to take things further and we both completed our certification to become C.H.E.K. Holistic Lifestyle Coaches. We've been spending a few months developing the program and are proud and excited to be ready to launch it, along with the opening of the new Studio Glo.

We know this program works as we follow it ourselves! That is why we are so passionate about it. Personally, I know if I don't stick to eating right for

my metabolic type I just don't feel right. My energy drops significantly, my skin becomes spotty, my hormones play up dramatically and I start to gain weight. For me, after being on both sides of the fence, I know how I would rather feel, and Liz feels the same. With our busy lives we find it's just not worth cutting corners when it comes to our health. So when we say we understand believe me we do! If we can get organized and look after ourselves then I really think we can help anyone do the same. If you're willing to listen, learn and change for the better then we can certainly point you in the right direction.

Over the past few months we've been implementing the program with a variety of clients with great results. It's been great for them and us as it has clearly highlighted the importance of consistency. Occasionally we noticed our clients were lethargic or unwell. Some of their old health concerns started re-emerging. That's when we realized they had started cutting corners. We realized that when our clients started to feel fantastic they thought it was ok to cut back on or stop the very things that had helped them get there! It didn't take long for them to realize that it wasn't worth getting slack! Especially when they realized that the extra little bit of time they commit to their health saves them heaps of time and sometimes money. Haven't you noticed when you're stressed and unwell that you end up spending a lot more money on Doctors/Naturopaths, massages, osteopaths, vitamins or medication?

I promise you, a little self care and maintenance will take you a long way and it doesn't have to cost you a fortune. Once you have the knowledge that's it!

Kylie

* To learn more about Paul Chek go to our website and find him in our "We recommend section"

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Our Endeavour to Become a 'Planet Friendly' Business

Over the past few years at Studio Glo, we have been making efforts toward our environmental performance. Basically, what this means is that we realise that our business makes an impact on the environment, and we are trying to reduce it. As we move premises to the new location, there will also be efforts made to become more planet friendly. I'm sure some of you are also doing similar things at home and work - it's important to know that you are not alone. Here are some of the things we are doing:-

Recycling of all recyclables, mainly paper, plastics, packaging and printer cartridges.



We use environmentally friendly cleaning products, (dishwashing, toilet cleaner and washing machine). This reduces harmful chemicals in the studio environment, and also chemicals down the drain.

We reuse waste paper and use recycled paper for printing, and purchase toilet paper made from recycled paper.

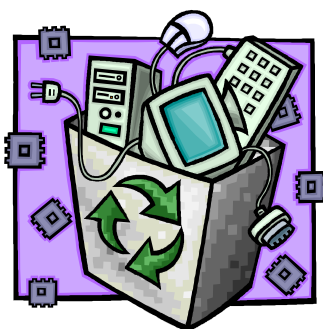
At the new studio, we are purchasing 'Green Energy'. This means that the amount of electricity we use is being produced by renewable resources, like solar and wind power. This means that we are not producing any greenhouse gasses into the atmosphere. The Green Energy option is available from TRU Energy and Origin, and costs a little extra.

Reducing energy usage is also important, and we will be using exercise bikes that do not require power in the new studio. (This also means there are less power cables to trip over and switch on and off).

The new studio needs a new coat of paint, and we have chosen to use plant-based, non-toxic paint. This has



two benefits. Firstly, there are NO chemical odours, particularly volatile organic compounds (petrochemical smells) being released into the studio space. Secondly, the paint is produced from renewable plant sources which are better for our environment. You may not be aware, but almost all paint is made from oil, and petroleum based chemicals, and they place a heavy burden on our world.



We have chosen to undertake the above measure because we strongly believe that it is the right thing to do. In addition, it makes the studio premises a nicer, more pleasant and healthier place to be in. We hope it improves our quality of service to you. If you have any questions about the subject of environmental sustainability, please ask us and we'll be more than happy to chat.

Remember:
REDUCE, REUSE, RECYCLE!

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

Salmon with Nightshades

Ingredients:

- 4 Salmon fillets (or fish of your choice)
- 2 zucchinis
- 1 smallish eggplant
- 1 small can crushed tomatoes
- 1 capsicum
- 1 potato
- 2 cloves garlic
- 1 onion

Method:

- 1) Chop all veggies finely and sauté in olive oil until a little soft.
- 2) Add crushed tomatoes, simmer quickly until everything is quite thick. Stir to prevent sticking.
- 3) Leave sauce to cool a little.
- 4) Cut four pieces of foil, enough to wrap the fish in parcels.
- 5) Place a large spoonful (as much as you want) in the centre of each parcel.
- 6) Place fish on top.
- 7) Drizzle with olive oil.
- 8) Wrap firmly, in upwards direction so no juice can leak out.
- 9) Bake in 180deg oven for about 20mins. (Ovens vary—you may have to experiment.

Happy eating, Paul

A NEW STUDIO GLO!

We are moving to a new premises! Hopefully you have already heard that we are moving to 156 Maroondah Hwy, Ringwood. It's only a few minutes from the current location, and very close to the end of the Ringwood Bypass and Ringwood Lake, in a complex close to Clive Peters and Horseland.

We have definitely outgrown our little studio in Adolphson Ave - you will have noticed that some evenings there can be up to 10 people in the studio. Don't worry, the new studio is at least 3 times larger! Plenty of room to play with!

We will have lots more equipment and for those who want to exercise more often and a little differently, we will be offering group training sessions like spin classes and boxercise.

We will also be offering extra services including massage therapy and possibly an Osteopath.

Stayed tuned, very closely... If all goes to plan our opening date will be Monday 19th March! See you soon!