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Make Your New Years Resolutions Work!

Most people set New Year's resolutions for themselves but unfortunately they usually can't seem to stick with them. If you're one of these people then by now you should know yourself well enough to know what motivates you and what doesn't.



If you've been following the same eating plan and exercise routine and still haven't reached your goals then maybe it's time to re-assess what you're really working towards.

One of the first things to do is make sure you say to yourself "I will" instead of "I should"... Should implies you may not follow through with something whereas must is something that you will definitely ensure you will complete.

If you follow through with something you set your mind to there is a tremendous amount of satisfaction to be felt. Your discipline will pay off and results will be obvious. You will have more confidence in yourself and will be more likely to attempt other things in the future.

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You have to be ready to tackle a goal though. The initial excitement and motivation when you start something will naturally fade and this is when the hard work really begins. It takes determination and focus to battle through this stage. When you're feeling vulnerable then distractions are a must. Exercise, reading, socialising with people who aren't a bad influence, and good old fashioned organisation are some ways to divert your attention and keep your focus on your goals.

The most important thing to remember is that you need to take responsibility for your decisions, past and present. If you really have decided that you must achieve your goals this time then you will!



Here are a few ideas for some healthy New Years Resolutions:

- Relax more & stress less
- Spend more time with family & friends
- Commit to a regular exercise routine
- Lose that unwanted body fat

- Start a new hobby
- Read more books
- Quit smoking
- Reduce alcohol consumption
- Cut down on caffeine
- Stop swearing
- Throw out clothes you haven't worn in 2 years

Kylie



Fitness & Nutrition Discussion Forum

Here is the link to Andrew's fantastic new fitness discussion board. <http://andrewtraining.proboards62.com/index.cgi>

Get on there and start posting ideas or questions about anything and everything to do with health and fitness. We are aiming to get all our clients on there so they can easily ask questions or receive information.

You have to register to post.



Diets Road Tested

Almost everyone has tried dieting at some point in their life and most of the time they find it doesn't work.

Low fat, no fat, high protein, low carb, cabbage soup diets and now the popular lemon detox diet are just the tip of the iceberg when it comes to what is popular in diet land at the moment.

In theory I don't like diets anyway. They usually make people think and feel so restricted that they can usually never stick to them anyway. They also seem to make the 'dieter' think that their new eating plan is only for a short time, until they have achieved their weight loss. Then they will return to their old way of eating, somehow never learning that diets don't work.

Here is a brief description of some of the diets that I find are the most popular.

CSIRO DIET: Higher in protein than most diets with a moderate amount of carbohydrate foods, particularly low GI Foods and whole grains. This diet seems to be more realistic than most and a lot easier to adhere to as it isn't too restrictive. It is more likely to result in weight loss as it is simple to follow, especially when socialising.



BLOOD TYPE DIETS: This diet revolves around the belief that different blood types are suited to a range of different foods. The theory is that if you eat right for your blood type then your digestion and immune system will improve, as will your overall health. Therefore your ability to lose weight is increased. Depending on which blood type you belong to this eating plan can be quite restrictive. It may result in weight loss as many foods have to be eliminated.

SOUTH BEACH DIET: This three phased diet plan consists of lean proteins, low glycaemic carbohydrates and low saturated fat intake. Phase one eliminates carbohydrates including fruits and starchy vegetables, removing the desire to overeat. Phase two re-introduces carbo-hydrates and phase three is the weight control phase. Most people lose a lot of weight at first due to the major restriction of carbohydrates and fluid loss. This quickly balances out though when carbohydrates are re-introduced.



ATKINS DIET: The most famous of all high protein diets. Is high in proteins and fats and very low in carbohydrates. Dr Atkins believed that eating fat encourages the body to use fat for energy rather than storing it and that eating carbohydrates promotes fat storage. In the short-term this diet definitely results in weight loss. Due to its restrictive nature it is often too hard for people to adhere to and almost always more weight is gained once people try to resume normal eating patterns.

So maybe diets don't work? Maybe you're just better off being responsible, organised and consistent when it comes to eating healthily. Watch your portion sizes and be conservative when you treat yourself.

Kylie

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.

Breakfast Ham & Egg Pies

Ingredients (serves 4)

- 80g sliced ham, chopped
- 4 eggs, at room temperature
- 1 small tomato, seeds removed, diced
- 2 tablespoons flat-leaf parsley leaves, chopped
- 1 tablespoon ricotta cheese, crumbled (see variation)
- 1 tablespoon thickened cream
- 30g baby spinach, trimmed

Method

- 1) Preheat oven to 180°C. Grease four 1/2-cup capacity ovenproof ramekins and arrange ham to line base and sides.
- 2) Crack 1 egg into each ramekin.
- 3) Top each with a quarter of the tomato, parsley and ricotta.
- 4) Drizzle 1 teaspoon cream over each. Season with salt and pepper.
- 5) Bake pies for 15 to 18 minutes for soft yolks or until egg is cooked to your liking.
- 6) Stand for 2 to 3 minutes.
- 7) Divide spinach between plates. Turn out ham and egg pies and place on top of spinach.

Variation: You could use feta cheese or tasty cheese instead of ricotta.

Kylie

