



## It's Up to You!

Andrew Dixon

How do you get results? Hard work and discipline, that's how. It amazes me that people can expect top results while putting in mediocre effort. If you drag your lazy butt into the gym 10 minutes late for your 30 minute appointment and complain about doing an exercise because it's hard, can you honestly expect to get results? It's bloody hard work changing the shape of your body from Mr. Blobby into a finely tuned fat burning powerhouse. Do you think Lance Armstrong rolled up to training with anything other than a vision of success in his mind? Can you imagine the seven time Tour De France champion complaining that he had to do sprints? Hell no!



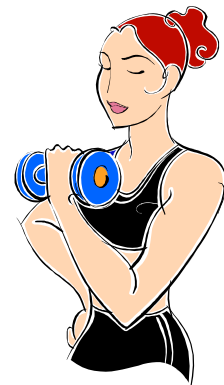
Even if you do all the right things with your diet, lifestyle and rock into the gym with a "let's do it" attitude it's still damn hard work. Sometimes you give it your all in the gym, but don't get the food right so you miss. Sometimes you think you're doing it right, but the formula isn't right for you so some trial and error is necessary. You have to take the bad with the good and

keep moving forward. Never give up and always look for a solution, it's often a learning experience for both the client and trainer. Tackle your goals with 100% commitment and save the half arsed wining to the ones who find it easier to blame others for their problems. If it wasn't for the sheer determination of Sly Stallone to sell his story only on the condition that he played the lead role in Rocky, he could be a nobody today. After seemingly endless knock backs and constant reminders that no one wants to see someone with slurred speech and a droopy eye star in a movie, he kept on coming back until he got what he wanted. No excuses.



It's a shame when a client seems stuck on learning the fundamentals because they don't really care if they improve, yet still somehow, still want the result that comes from constant and never ending improvements. Do you even care about progressing your exercises to bigger weights or more complex variations or are you happy doing the easy stuff? If you've been in the gym for a year, and your knees are good, yet still can't do a full unsupported split squat or static lunge, then I suggest you take some time to re assess your goals.

With clear goals you have your target. Nothing should stand in your way. It may take more than 2 sets of 15 reps to get there and you have to be willing to get uncomfortable. Are you the one who complains about the fourth set or demands it? Do you see it as a hassle or a challenge? If you spend your lunch times bitching about the fat on your thighs while eating your whole meal ham and cheese sandwich sipping on your diet coke that fourth set is most likely not on your to do list.



Your trainer is not there to be your source of motivation, that's up to you. They're not there to drag your sorry butt from the leg press to the pec dec and force you to move. They're not there to move the weights for you, that's also your job. The only one who can reach your goals is you! You may need some coaching along the way but if you're not there, how can your trainer be? I can't be more motivated than the client is to reaching their goals, it's just not possible, but if you come in pumped up and keen to take on the world, I'll be right there with you.

Level 1, 156 Maroondah Hwy  
Ringwood 3134  
9870 4050

## 4 WEEK CHALLENGE!

### Your Own Personal 4 Week Challenge!

Learn: commitment, dedication & discipline!

Shape up 'Inside & Out' for summer!



### WHAT YOU GET:

- \* Initial weigh & measure & goal setting
- \* Menu Plan & lifestyle guidelines
  - \* Weekly exercise plan
  - \* Weekly weigh ins
- \* 4 x 30 min high intensity training sessions with your Personal Trainer
  - \* Final weigh & measure
- \* 100% support & motivation from your Challenge trainer



### WHAT YOU COMMIT TO:

- \* Following your menu plan & lifestyle guidelines
- \* Following your prescribed exercise program
- \* Moving every day
- \* 4 weeks of 100% effort!



\$135



## Ain't It The Truth....

Age is a high price to pay for maturity.

Going to a church doesn't make you a Christian any more than going to a garage makes you a mechanic.

If you must choose between two evils, pick the one you have never tried before.

If you look like your passport picture, you probably need the trip.

Artificial intelligence is no match for natural stupidity.

A conscience is what hurts when all your other parts feel so good.

No husband has ever been shot while doing the dishes.

Opportunities always look bigger going than coming.

It is easier to get forgiveness than permission.

Experience is wonderful. It enables you to recognize a mistake when you make it.

By the time you can make ends meet, they move the ends.

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.

## Eggs Belvedere

### Ingredients (Serves 2)

- 4 eggs
- ½ medium zucchini, grated
- ½ cup parmesan cheese, grated
- salt & pepper
- 8 cherry tomatoes, quartered
- 2 tablespoons fresh chives, chopped
- 150g packet smoked salmon, (or smoked trout)
- 4 teaspoons sour cream
- Butter

### Method

- 1) Pre heat grill.
- 2) Gently beat the eggs, and fold in 2 teaspoons sour cream.
- 3) Add zucchini, cheese, salt, pepper, tomatoes, chives and mix thoroughly.
- 4) Thoroughly grease pan with butter, add omelette mixture.
- 5) Heat gently until the occasional bubble comes through.
- 6) Transfer pan to under the grill, grill until just firm.
- 7) Top with slices of salmon and a teaspoon of sour cream. Dress with chopped chives and pepper.

Kylie

