

Keep it Consistent & Keep It Real

Everyone knows (or they should know by now) that they should maintain a regular exercise program and healthy eating regime as it is beneficial for our heart, waist-line & even our minds!

So keeping that in mind you must decide to be determined to get moving, stay active, organize your meals and stick to a plan if you want to achieve results.



If you know what your stumbling blocks are then try and avoid them. For instance if you know you never feel like exercising after work or use the weather as an excuse to skip your daily walk then either book an appointment with your trainer at night so you have to show up, walk in your lunch break or attend a group exercise class. If you're continuously making bad food choices and eating out then make sure you shop regularly and have a fridge and pantry full of all the right foods. Plan all your meals and snacks and prepare them every night, the day before you need them. Try and catch yourself out before you fall into a situation which you know will hold you back from achieving your goals.

Maybe some of the following ideas might trigger something and help you to head in the right direction.....

Keep yourself interested and invigorated by making variety an important and essential part of everything in your life. This doesn't just mean food and exercise it includes friends, social activities and hobbies.

Keep specific records of your weight and body measurements. If you must weigh yourself then only do it once per week and take your measurements every 6 weeks. This helps you keep perspective and objectivity when you may think you aren't progressing towards achieving your goals.

Set yourself specific & scheduled activities. Whether these are with yourself or a friend for a walk, a training session with your trainer or a group exercise class with friends make it a priority to stick to your routine.



Be realistic. I meet people everyday that put off starting exercise programs or eating well until after something is over. For instance they're job is stressful, Christmas is coming, they're kids are sick, and the list goes on. The reality is there is always going to be something. Life continuously throws us side balls which we need to learn to dodge.

That's what it's all about. Things are never going to run smoothly no matter what we may tell ourselves. So it's all about learning how to cope with different situations and how to adjust our lifestyles slightly so we can still exercise and eat well.



Essentially it's all about looking after ourselves and taking responsibility for that. It's not being selfish, it's being realistic. We all want to grow old graceful and not be riddled with health problems, and I think most of us want to be around long enough to enjoy our lives, spending time with the ones we care about.

If a happy, healthy lifestyle is something you strive for then don't put it off any longer. It's something you can start right now. It's just the decision that you need to make for yourself and no one else.

Kylie



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***The will must be
stronger than the
skill....***

Muhammad Ali

Pre-Eating Saves the Day

Ever thought of pre-eating before you go out? Birthday parties, cocktail hour with your friend's, dinner at your parents house or even simply meeting friends for coffee are all occasions that can wreak havoc on your best laid plans to control what you eat.

I always think that prevention is better than cure. Catch yourself before you slip up. So what can you do? Pre-Eat! Heading to a social event on an empty stomach is a bad idea. If you think you'll rely on your fabulous will-power but honestly know you don't have any then don't bother trying to test yourself. Proper pre-eating will put a little food in your stomach, curb your hunger, and slow your digestion down when you do eat something later.



So next time you find yourself heading out to a social event or even if you're hosting your own, pre-eat and you'll find yourself having more control. An apple and some nuts or even some yogurt or even an egg or small salad is just enough to take the edge off.
Kylie

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Breakfast BLT Salad

Ingredients (Serves 6)

- 250g punnet cherry tomatoes
- 2 tbs extra virgin olive oil
- 1 garlic bulb
- 3 (about 175g) bacon rashers cut in half widthways
- 1/2 cup (125g) whole-egg mayonnaise
- 2 tablespoons lemon juice
- 6 cups (100g) wild rocket, washed, dried
- 1 avocado, halved, stone removed, peeled, thinly sliced
- 1 bunch chives, coarsely chopped

Method

1. Preheat oven to 250°C. Place cherry tomatoes on an oven tray, drizzle with 2 tsp of oil and season with salt and pepper. Roast in oven for 8 minutes or until tomatoes soften slightly. Remove from oven and set aside to cool.
2. Meanwhile, wrap garlic in foil and cook in oven for 20 minutes or until soft. Set aside to cool. Cut in half widthways and squeeze pulp into a bowl. Discard skin.
3. Heat remaining oil in a large non-stick frying pan over medium-high heat. Add bacon and cook for 2-3 minutes each side or until crisp. Transfer to a plate lined with paper towel.
4. Place garlic, mayonnaise and lemon juice in the bowl of a food processor and process until smooth. Taste and season with salt and pepper.
5. Combine tomatoes, bacon, rocket and avocado in a bowl. Sprinkle with chives and drizzle with dressing to serve.

Kylie