



## Exercise & Eating For Permanent Fat Loss

Have you been exercising for months and don't seem to be able to get anywhere? Have you been dieting like mad but still don't seem to be losing body fat? Are you actually gaining weight while living a life of absolute deprivation and torture? If you answered yes to even one of these questions then it's time you re-evaluated your eating habits and your exercise program.

First, you need to make a decision that now is the time to start to successfully lose body fat and reshape your body permanently. Next, you must ensure you are eating foods that are nurturing your body and that the exercise you are doing is turning your body into the energetic, toned, efficient fat burning machine that it is supposed to be.

## Increasing the Amount of Muscle Mass You Have Will Help You Burn More Body Fat than You Ever Have Before

When exercising for fat loss you must include weight training in your program to get the most effective results. It is your number one priority! Weight training will increase the amount of lean muscle mass you have, which ultimately increases your resting metabolic rate. This is great news, as it means you are increasing your body's natural metabolism, which is the rate your body is burning calories. As we get older our metabolic rate drops so it is important to stay relatively active throughout life and maintain our muscle mass, which ultimately makes it a lot easier to control body fat levels.

When exercising, make sure you are using maximum effort. Concentrate on your posture and technique throughout your workout. Focus all of your energy; mentally and physically towards the areas you are targeting. Stretch those muscles which require it, during and after your exercise program. Breathe deeply and evenly with each exercise. Keep hydrated with plenty of water throughout the day. Most importantly, please enjoy yourself and remember all your hard work will reap many rewards.

Your personal trainer can guide you in regards to exercising at the correct intensity level as well as monitor your progress towards more challenging exercises. They will monitor your training carefully to ensure you are continuously achieving greater improvements from your workouts.



## Exercise Must Be a Part of Any Successful Weight Loss Program

Participating in low intensity exercises like power walking, slow jogging and low impact aerobics are great ways to supplement your weight training program and enhance body fat reduction. For the best results, don't overdo the cardio vascular

exercise. Too much can cause your body to break down muscle tissue which is exactly what you don't want! Muscle is what will ultimately help you lose your body fat so doing cardio for extended periods will actually be counter productive.

## Reduce Your Body Fat Levels with Balanced and Healthy Eating

Often when people try to lose weight they do it without careful consideration of what they are doing. Usually they drastically reduce the amount of food they eat and often skip meals, like breakfast and lunch, in an attempt to lose weight FAST! Unfortunately things don't quite work that way. Not only does this type of 'dieting' leave you feeling drained and moody, it also causes your body to slow down its metabolism as it goes into starvation mode. You will probably lose weight but it will be mostly muscle and water with a little fat. Eventually, when you resume your normal eating habits, you will regain the fat you lost and maybe a little more. This happens because now you have a slower metabolic rate due to a loss in muscle mass, which means the excess energy your body is not using is being stored as fat. This is why we never advocate 'diets' for short periods as a method of losing weight. We find people achieve more successful and permanent weight loss by adopting sound eating habits they can maintain for the rest of their lives.

Level 1, 156 Maroondah Hwy  
Ringwood 3134  
9870 4050

## General Guidelines for Permanent Fat Loss

- Eat enough food to give you the energy to exercise but no more than your body needs.
- If you consume excess calories, you won't burn them off and there will be no change in your body fat levels.
- Ensure your intake of proteins, carbohydrates and fats are in a balanced ratio.



- Reduce the amount of fats you consume, especially saturated fats.
- Try to drink at least 2 litres of water a day.
- Limit your coffee and tea intake to one cup daily as these beverages are dehydrating.
- Eating a variety of foods in your diet ensures you're getting the appropriate vitamins and minerals your body needs to function.
- Eat regularly throughout the day and **NEVER** skip meals.

Eat foods that are nutritious, high in fibre, and organic if possible.

## Remember

Everything in moderation as a general rule but you will need to be strict with yourself initially. Make sure the eating patterns you plan to follow are realistic and workable into your lifestyle. Don't be too hard on yourself if it takes a while for you to change some things. As long as you persevere and put in the effort you will get there. There is no use trying to eat foods you don't like or find hard to prepare, as you will become disillusioned quite quickly. Remember, you are trying to lose body fat steadily and permanently in the most enjoyable and effective way possible.



So now that you have some knowledge about healthy eating and exercise, let's use this information to give you the great body shape you deserve. You can look forward to an abundance of energy as well!

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.

## Massage Therapist Now Available!

Ask your trainer, check our website or ring the Studio for more details!



## Jarrold's Quick & Tasty Carrot & Zucchini

### Ingredients:

- 1 1/2 cups grated zucchini
- 1 large onion, finely chopped
- 1/2 cup soy flour
- 1 1/2 teaspoons gluten free baking powder
- 1/4 cup skim milk
- 1 cup grated carrot
- 3/4 cup grated reduced fat cheese
- 1/2 cup rice flour
- 3 eggs lightly beaten
- 1/2 teaspoon salt & pepper

### Method:

1. Combine all ingredients in a large bowl, mix well to combine.
2. Place mixture into a lightly oiled and baking paper lined 20cm round cake tin.
3. Bake in a moderate oven, 180° (160° fan forced oven) for 1hour or until lightly brown.

The recipe only takes ten minutes to prepare and is cooked ready to eat in as long as it takes to get through a monster mash class!

Enjoy!

