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## Make It Happen!

Jarrod Pepper

This is my first time writing an article for Studio Glo so be gentle!

As the days become shorter and the cold weather begins to set in one activity becomes more frequent, surfing.

Now before your mind conjures up images of die hard gnarly dudes donning the wetsuit to tackle 6 foot swells I am actually referring to Channel Surfing - Staying in doors, lounging on the couch and watching TV and all the associated activities that go with it, including such favorites as snacking, drinking etc.



As trainers we are acutely aware not just of weather change throughout the year but the change in exercise mentality that accompanies it. As most of you know the Studio Glo training team are supportive and motivating when it comes to making the decision to get back in shape, but all too often that is exactly what happens, people need to "get back in shape" and that is because they have let their enthusiasm for creating a better body and better fitness wane over the colder months.

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In October and November we are flooded with requests to "have a sexy body by summer" or we are told that "the family are going up north and I need to fit into my 2 piece" This is when clients train hard for a few weeks, constantly telling us that they are "Doing everything right" and then moan that they have not recorded Biggest Loser reductions in weight.



Let's go back to the TV for a moment; the problem with the human body is that it doesn't come with a remote. Unfortunately you are not able to rewind calories at the beginning of summer, nor are you able to hit a pause button Friday afternoon allowing you to go out on the weekend and eat and drink your fill without any consequence.

Many people love the mental image of how great they will look after the have made the required changes to their fitness regime but in reality they are just not prepared to put in the work to make that image come to fruition. And without that remote we are not able to Fast Forward to the end result.

So where does that leave us?

It leaves us stuck on play, left to carry on in real time without the help of any special effects.

We now live in a society where the term "on demand" is more and more prevalent, we want things instantly. We want our service to be instant, we want our food to be instant, we want our banking to be instant, we want to be instantly sent through to a check out at the grocer's and if we don't get things that we want immediately we shake our heads, huff and puff and say we are never coming back here again.

Like everything else we want the perfect body immediately but shaking our heads won't help us here. The first thing that we need to do is accept the fact that it is hard work and that there is no magic pill (or magic remote!) out there to deliver results without the effort.



So if you have read this far and have nodded your head in agreement once or twice make yourself a promise to not leave it until the verge of summer this year, turn your collar up against the cold and brave the wind and rain and perhaps do a few extra group classes this winter. If nothing else at least the batteries in your TV's remote will be given a little break.

## Winter Warm Up Special

**\* NEW CLIENTS ONLY \***

**Ready to start your health & fitness program?**

**Is it time to lose weight?**



**Why don't you try Studio Glo's  
Winter Warm Up Special!**



**3 x 30 min Personal  
Training Sessions**

**+**

**3 x 60 min  
Group Exercise Classes**

**\$99\***

## What Grinds Jarrod's Gears!!!

*You know what Grinds my gears:*

- The people that can't manage to park between the lines, I mean really what are we all driving, Semi Trailers?
- The fact that Fluro clothing is back in style, I mean really what kind of guy thinks a pink fluro T-shirt was a good idea?
- The spelling of words like "Lite and Xtra, I mean really did these marketing genius's not have to spell to get through University?"



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.

**4 WEEK UNLIMITED  
GROUP EXERCISE!**



**\$150**

## Spicy Chicken with Bean Salad

Jarrold

### Ingredients:

- 150 grams of Chicken, diced. (I prefer skinless thighs)
- ½ cup of salsa
- Medium Onion, chopped
- ¼ cup of Kidney Beans
- 5 cups of Spinach
- ¼ Black Beans
- 1 ½ teaspoons of Extra Virgin Olive Oil
- 2 Gloves of garlic finely chopped
- 1-2 teaspoons of Chilli powder
- Cracked black pepper to taste

### Method:

1. Heat Oil and brown Chicken and Garlic in non-stick pan, once brown add salsa, onion, beans, chilli powder & cracked black pepper.
2. Wilt spinach in pan for only a few minutes.
3. Remove Spinach from heat and form into a bed on the plate top with chicken mixture & serve.



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