

## And So It is Christmas!

Kylie

Yes, it's that crazy time of year again. Everyone is frantic trying to tie up loose ends at work, finish (or start) their Christmas shopping and miraculously try and see every single one of their friends before the end of the year.

So just because you are tired, busy and sleep deprived don't slip into that "lose it before Christmas" hole.



This is the one time of year you need your energy. Over-eating, drinking way too much alcohol and not exercising enough are sure fire ways of zapping all your energy, gaining weight and most of all losing motivation as your routine will be thrown out completely!

As well as trying to keep up your regular exercise and eating routine try some of the following tips over the next 6 weeks to get you through the "silly season".

If you want to maintain all the results from all the hard work you've put in this year then keep focused on eating the food you need rather than the food you want. For instance, at Christmas parties there is always a lot of food and alcohol. Rather than eating your meal, snacking on all the treats then drinking as much free alcohol as possible be smart with your choices. If you eat really well and keep your portion sizes down you can afford to have a few more extra drinks than normal.

Or if you decide you want to eat lots of Christmas treats then you shouldn't top it off with buckets of alcohol. You can't have it both ways!

If you know your going to have a blow out then an extra workout before hand can help keep you on track.

If you know you're going to be tempted at a function then sometimes eating a small meal before you go out can help. Turning up hungry to an event isn't a good idea, especially if a buffet is involved! A handful of almonds and even some water should help keep your appetite under control.



When serving up your food concentrate on what you are putting on your plate. As usual you should make sure your meal consists of a good source of protein (hold the gravy), vegetables/salad (unprocessed carbohydrates) and some good fats (probably not crackling!) And only fill your plate once. You don't really need seconds do you? I don't know anyone competing in a triathlon this time of year! There's only one place those extra calories can go if we don't burn them off, and we all know where that is 😊

## Lean Beef Salad

Rosie Webb

### Ingredients:

- 100g piece of steak
- 1/2 tomato, chopped
- 1/2 Lebanese cucumber
- 4cm chopped red capsicum
- Chopped handful wild rocket (or lettuce of preference)
- 30g piece of cheese
- Squeeze of lemon juice
- Sea salt & black pepper to taste
- Drizzle extra virgin olive oil
- Drizzle balsamic vinegar

### Method:

- Slice the steak and combine with whatever ingredients you are using
- Drizzle the oil and vinegar on top and add a pinch of pepper and salt



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## Client Profile: Merv Martin

**Q) How often do you visit Studio Glo each week?**

A) Eight 1 hour sessions per week, consisting of two 1 hour personal training sessions per week with Tom and six 1 hour group exercise classes.

**Q) What is your favourite Studio Glo exercise / activity?**

A) My favourite activity is clock-watching, waiting for each session to finish.

**Q) What is your least favourite Studio Glo exercise / activity?**

A) My least favourite exercise is burpies, which was designed by some rotten masochist, or maybe Jarrod.



**Q) What were your Health and Fitness goals when starting with Studio Glo and how have you gone progressing toward them?**

A) I did not have any goals, I just started to keep my wife Marie company, however due to persistence by both Marie and Liz, our personal trainer at the time, goals started to present themselves. We wanted to climb Mount Kilimanjaro, and Liz structured our training to accomplish this goal, and as a result I lost 20 kg, and managed the trip easily. As Marie and I travel to different parts of the world each year, and trek, we keep training to be able to do this.

**Q) After a big Studio Glo work out what would be your ideal meal?**

A) One of my wife's casseroles dishes that she is famous for (at least in our house) always tasty and nutritious because they can be frozen. This is so that she only has to cook once a week.



**Q) If you could swap bodies for a day with anyone who's would you choose?**

A) Any one of the big losers contestants before they start the program, because that way it would only be a day before I swapped back to my own body.

**Q) If you could do a group exercise class with any 5 people (alive or dead) who would you choose?**

A) Actually, the people that are part of the groups that I train with are the ones that I would choose. Each of them is motivated to do their best, try as hard as they can, and do so with good humour and encouragement for the others, and you can't do better than that in my opinion.

**Q) What is the one Studio Glo exercise / activity you are determined to master?**

A) Fast Feet. I'm completely incompetent at this relatively easy exercise, and because of my incompetence, the group has had to endure countless stair runs, Clive Peters runs, hundreds of pushups, situps and other ridiculous penalties that Jarrod loves to impose on unfortunates.

**Q) Do you have any tips for new Studio Glo members?**

A) Listen to your trainer - You are paying him/her for their advice. Each trainer takes a personal interest in your development and is as thrilled with good results as you are. Always tell your trainer if you have an injury, or minor problem, as they will structure your training accordingly, which is exactly what Tom has done for us. Get to know group members, it helps you with goal setting, and the encouragement you receive terrific. A sense of humour helps, as some very funny things happen, usually during group exercises.



All the staff at Studio Glo wish you a safe & happy Christmas & New Year.

See you soon in 2010!

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