

The Secret Is... There Is No Secret!

Kylie

The weight loss industry is worth millions of dollars a year and it infiltrates our lives through many avenues. For those who are sensitive about their body image this industry quickly becomes something which taps into their vulnerability - fuelling 'quick fix' mentalities, often at a considerable financial cost.

There are new gyms, weight loss centres and weight loss programs popping up all the time. Health food stores, chemists and even supermarket shelves house a multitude of fat burning, energy enhancing supplements that are getting increasingly popular as the public starts to get more and more desperate for answers to their weight problem.



The majority of magazines have articles about losing weight and many are advertising products which provide weight-loss 'better and quicker than ever!' New books released every week claiming to have discovered how to lose weight, 'easier and faster than before!' Some have absurd theories, but still the books and magazines are sold, and the new diet is embraced with faith. Until, that is, the person realises it doesn't work for them. They dump that diet then pounce on top of next new miracle discovery which is launched. And haven't you noticed there is always a new one?

And so the cycle continues. It's frustrating for me to watch people continually try and fail with different products and programs, often self diagnosing or devising their own program mixed, with the best parts of what they've read in a magazine or book and seen on Today Tonight. They spend a fortune on tablets, weight loss programs and different therapists for their endless search for the answer.



I realise many people can become quite desperate for answers, and I pose the question: Are we looking externally for answers when we probably know the answers already? When will we realise that most of the time our body is only a result of its situation and responding to what we are doing to it? If we are stressed, eating poorly and exercising incorrectly then our body is forced to be sluggish, gain weight, develop bad skin, and have digestive problems. Its problems will eventually extend to include muscle and joint problems and other symptoms of distress like raised blood pressure and high cholesterol.

Weight loss and health don't need to cost a lot of money or consume our lives. It just takes commitment, organisation, and most importantly, a lifestyle approach. Many attempts often fail as people try to cut corners, often eating well and not exercising, or the reverse which is eating whatever they want

and over exercising to try to compensate. Both these tactics often don't have the desired effect and leave people feeling like a failure; disillusioned again.



So, I ask anyone who is struggling and chopping and changing with their approach to better health, STOP! Stop avoiding reality. There is no secret tablet or food which burns double calories when eaten with other foods. I promise you, everything falls into place if you follow the rules of health which leads to real weight loss:-

- Increase nutritional value in everything you eat
- Increase daily physical activity
- Decrease consumption of dead calories (packaged and processed foods)
- Manage stress levels
- Increase water intake
- Sleep and rest enough
- Increase your knowledge in health and fitness

If you follow these rules then I'm sure you will notice a vast change on many levels, not just in the shape of your body.

PILATES & YOGA
Classes start July!
BOOKINGS ESSENTIAL

Client Profile: Chris Streader

Q) How often do you visit Studio Glo each week? Six times per week

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

My favourite exercise would be "The Plank". My equal favourite activities are "Monster and Mini Mash" and "Gladiators"

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

My least favourite exercise is "Chin Ups". JUST CAN'T DO THEM!!!!

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

The "Commando" From the biggest looser OR : "The Cheese".

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

This is where the rubber hits the road! Two strong coffees and Mud Cake! Yes I still have a bit of improvement to go.



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

The "Iron Cross", In my mind I say that this should be the easiest exercise ever and although I have made significant improvements, I still cannot master it. Eventually my arms stop listening to my "positive talk" and just drop to my sides. This exercise is and will remain Merv's for a long long time.

Q) What were your Health and Fitness goals when starting with Studio Glo and how have you gone progressing toward them? My initial goals were to improve my general fitness with a strong emphasis on losing weight, with a long term goal of minimizing my chances of strokes and other age related conditions. I attribute this statement to my parents, both suffered ill health. It is essential to review your lifestyle at some stage in your life and take ownership for it.

I believe I have a good attitude towards my exercise, however I still have trouble controlling my food and coffee intake at times. Apparently the "SEE FOOD DIET" is no longer suitable for me.

Q) If you could do a group exercise class with any 5 people (alive or dead) who would you choose? There appears to be a trend in a number of previous profiles, so I shall be following their lead! The core group of members that attend the Wednesday morning "Gladiators" (Yes! You know who you are) are a fantastic bunch of friends, I believe that we inspire each other to try just that little bit harder each week. Although each one of us hate to lose any particular challenge we all feel pleased that someone else has improved to the point of not only challenging us but also being the best. (if only until the next rematch)

I am indebted to this group, the exercise and improvements are great but even better than that is our friendships and support. (Even better than a "Berlei Sports Bra")



Q) Do you have any tips for new Studio Glo members? If you have decided to come to Studio Glo, you have just made a wonderful step forward for your health and fitness.

If you are doing Personal Training Sessions, listen closely to your trainer and perform each exercise to your absolute best.

Don't look around at others and think "I will never be able to do what they are doing" Focus on yourself, set realistic goals and review your achievements at regular intervals.

REMEMBER! EVERYONE AT THE STUDIO HAD TO WALK THROUGH THE DOOR FOR THE FIRST TIME AT SOME STAGE.

For me it is four plus years since I walked through the door, believe me it is the best door that I have opened, I trust you also get that feeling.

If you are doing "Group Training" Don't feel self conscious, of course work to your level and enjoy the support. **GROUP TRAINING WORKS AND IS GREAT FUN!**

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.

REWARDS PROGRAM

Refer a friend & receive:

25% OFF your next purchase once they've purchased 5 sessions

OR

50% OFF your next purchase once they've purchased 10 sessions

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