

Why Won't It Budge?

Hard work/no results = NO FUN!

There can be a variety of reasons why your body isn't changing the way you want it to. No one likes putting in effort for no reward so let's look at a few suggestions which may help point you in the right direction.

- If you have been calorie restricting too much then this can lead to a slower metabolic rate, loss of energy, muscle wastage and weight gain. Cutting corners by skipping meals or not consuming enough calories for your activity level and weight actually makes things harder for you! Regular balanced meals that fuel your metabolism through out the day is the only way to go.



- Have your portion sizes crept up on you? Regularly pull yourself into check and remember the palm rule, that's the easiest!
- Maybe the balance of fats, carbohydrates and proteins in your meals has gone a bit hay-wire? Avoid focusing on fat content only. Remember to eat adequate amounts of protein for you, and plenty of 'good' carbohydrates. If you're confused ask your trainer for some handouts that might help.

- Don't make the mistake of cutting out refined carbohydrates and not replacing them with double the amount of fibrous vegetables/salads. If we don't fill up on enough of the "good stuff" then our blood sugar can drop, we feel hungry, and suddenly we can find ourselves craving all of the things we shouldn't be.



- Hormones can be a major hurdle. Depending on their age, sex, activity level and the quality of the food they eat, this can affect people in a variety of ways. If your lifestyle habits, which include stress levels, nutrition, sleep, and exercise, are at their peak, then you'll be surprised at how you can positively influence your health.



- Unconscious snacking and picking at foods can lead to over eating, usually of all the wrong foods. Plan and prepare your meals as much as possible. Sometimes keeping a food diary for a short time helps. Otherwise ask your trainer for a menu plan to follow.

- Maybe your alcohol and coffee consumption has crept up, therefore your calorie intake?
- Take a closer look at your exercise routine. Variety in type, duration and intensity is very important. Make sure you're doing enough resistance training to build muscle and enough cardiovascular exercise to balance things out. Remember, if the body isn't challenged then it is never being forced to change!

Kylie

Try to introduce some of the following lifestyle tips into your day. They really make a difference!

- Squeeze in a 30 minute walk. Park 15 minutes away from work, the shops or school.
- Drink water instead of coffee, tea or juice.
- Carry a container of nuts and a piece of fruit with you to prevent bad snacking.
- Catch an extra hour's sleep.
- Put a hot water bottle on any tight, aching muscles.
- Before you go to bed, read instead of watching television.

Kylie

PILATES & YOGA
Classes started!
BOOKINGS ESSENTIAL

Client Profile: Sharon Knott

Q) How often do you visit Studio Glo each week? 3-4 times a week, sometimes more if I am feeling extra motivated! I have one PT session with Jarrod and the rest group exercise classes. The 6am classes are what suits me best – it is a great feeling to start your work day knowing you have already completed a work out.

Q) What is your favourite Studio Glo exercise / activity? I enjoy the competitive nature of Gladiators (although I don't always think that at the time!), I admire the commitment of the other participants and their encouragement to help you do your best! – it is so much more rewarding to know that you have pushed yourself instead of just participated in a class.

Q) What is your least favourite Studio Glo exercise / activity? THE ROWER! I have nightmares about the ROWER! I try to will Jarrod not to make me do the ROWER and feel a sense of achievement after a session where I haven't had to do it!



Q) If you could swap bodies for a day with anyone who's would you choose? I would really like to swap bodies with someone a little (no a lot) taller. It would be nice to know what everything looks like from up there.

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

I usually exercise in the mornings – so I really enjoy my breakfast when I get home. Muesli, fruit and yoghurt tastes great after a work out

Q) What were your Health and Fitness goals when starting with Studio Glo and how have you gone progressing toward them? I had been going to a big gym for a few years and had become bored and unmotivated. My goal when I started at Studio Glo was to find the motivation to improve my fitness and lifestyle. I have teenagers and think it is important to show them (not just tell them) how important and worthwhile it is to lead a healthy lifestyle.

Q) If you could do a group exercise class with any 5 people (alive or dead) who would you choose? This is a tough question – I can't think of anyone I would like to do a class with that doesn't already belong to Studio Glo.

Maybe we could have a "Train the Trainer" and Kylie, Jarrod, Lucy, Michelle & Ben could do a class instead of run one – the fun that could be had!!!

SO YOU THINK YOU CAN!

Starting soon!

Stay tuned for more information

STARTS 1ST SEPTEMBER

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

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

As much as I hate to admit it - the ROWER. Perhaps I have created a mental hurdle now as well as the physical one! Maybe I should stop thinking of it in capital letters?



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

It is important to set goals and try and maintain a routine for your exercise - it took me a while to get into the routine of morning classes and now it is just habit and I feel guilty if I miss one! Book your group exercise classes in advance and GO- this is a great advantage of attending Studio Glo - with a traditional Gym you are not obligated to attend it is too easy to make excuses. The small class sizes create a competitive yet supportive environment to help achieve your fitness goals. Make the commitment - There is a HUGE difference in how you manage a busy lifestyle when you are fit & healthy.

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.

Level 1, 156 Maroondah Hwy
Ringwood 3134
9870 4050