



Health for Life

Personal Health and Fitness

Your Monthly Health & Fitness Newsletter: January 2007 Edition

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Health for Life
Personal health and fitness

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38523938**



Looking for a new and improved You this year?

***"Insanity is doing what you have always done
and expecting a different result."***

New year resolution's are an interesting concept and in a world which is encouraging of goal setting, should this not be a powerful tool to achieve our desired health and fitness resolution?

If this is the case, why are 80% of us living in our own Ground Hog Day and have the same health and fitness resolution of years' past, all the same claiming it's going to be different this time. Interestingly still, what are we prepared to do to achieve it this year.

For many, it is thought that a new and improved you is only going to happen under a knife. Cosmetic surgery to change our body shape and to achieve what is perceived as a sexier image, is not without its facts that it can alter physical characteristics.

However, the questions need to be asked ... *Does it make the body stronger, healthier, or magically produce a superb self esteem?*

Cosmetic surgery is a personal choice, however what needs to be recognised is where the motivation is coming from to undertake such a procedure. Not only are you setting yourself up for a substantial investment but as with all operations there are risks involved.

From a new wonder diet, to the newest exercise machine that claims to transform the health industry, to cosmetic surgery, they all bring the same plate to

the table.

Appealing to our nature of finding the 'quick fix', these strategies all predominantly produce the same result: A journey back around to square one, and in some cases being worse off.

The appeal of these strategies is obviously directed to the aesthetic nature of health and fitness. Arguably, a very relevant aspect of becoming healthy and fit - many aspire to feel and look sexy, and is often the emotional reason as to why we exercise at all.

However, we need to remember that this is a by-product of eating well, exercising and strength training, and that the true purpose is to look after the magnificent machine that is our body to help it live a full and active life.

Quick fix solutions do not work in the long term, and it is the long term that we're planning for isn't it? So, if you are prepared to do whatever it takes to fulfil your health and fitness resolution this year, here is a tip:

**Think, act, speak and live NOW as if you
have achieved your resolution.**

From this point, plan how you will eat, exercise and live your life. You'll be surprised how easy it will become your lifestyle rather than a distant goal.

Annie

Go On

Spoil Yourself!

One of the greatest ways to spoil yourself is to stop feeling guilty!

Living a healthy life by exercising and eating the right foods is important, however we've got to learn that it is okay to have treats here and there –90% good 10% not so good

Don't beat yourself up about it - spoil yourself in moderation and don't feel



Has your heart had a good work out lately?

At this time of year there's been a fair bit of focus on the happiness and love shared, and generosity of the heart during the festive season. With all this great stuff going on the heart has certainly had a great work-out!

Seriously, we mention the heart in terms of generosity and love, however the science behind it is that the heart is a muscle (quite an important one) which needs to be looked after in its physical sense as well as the emotional.

The heart has a substantial job description and as such it needs to be well looked after - tips to ensure that it is firing on all cylinders, include:

Exercise

Like all muscles, the heart benefits from being used and given a work out. Exercise can help maintain a healthy cardiovascular system by keeping the muscle strong and blood flowing freely. It also benefits the waist line by burning fat to help keep a balanced body weight.

Try to ensure that you enjoy 100 minutes of huffy puffy exercise throughout your week in any shape or form, as long as it gets you going.

Nutrition

Keep up the veggies and fruit, however nutrients that are now understood to be beneficial to the heart are magnesium for its relaxation effect, vitamin E to help maintain healthy arteries and heart tissue, and co-enzyme Q10 which is a great anti-oxidant and helps maintain cholesterol.

Remember if you look after your heart it will look after you!

... a healthy, yummy, low fat snack or easy meal ...



Summer Pudding

What you will need ...

- 500g of your favourite stone fruit
- 180ml skim milk
- 1 tbs sugar
- 1 tsp vanilla essence
- 75g self raising flour
- 3 egg whites
- 2 tbs coconut
- Low fat vanilla yoghurt



What you will need to do ...

- Wash and stone fruit, then slice
- Mix remaining ingredients until well combined, except yoghurt
- Place fruit in a lightly oiled dish and pour batter over fruit
- Bake 25 mins in 180 degree oven until golden
- Serve warm with low fat yoghurt



Are you a closet couch potato?



It's the little things you do everyday that count.

Want to live and breathe a healthy lifestyle? Don't be fooled that this is about being a regular gym visitor or you have a great eating plan. It is about the little things that you include in your every day life that become part of YOU that make the biggest difference.

How much movement is in your day, week, month apart from the planned exercise?

Here are some tips to ensure you regularly include the little things in your life to encourage a healthy lifestyle:

- Don't always take the closest car park.
- Ensure to have energy breaks at work where you move around
- Stand when you can. You burn more calories than when you are sitting.
- Do some gardening
- Join a sport or recreational club that you would enjoy
- Play with the children

*Easy to do, easy not to do ...
Which is it going to be for you to maintain a healthy lifestyle?*

Optimal Health & Fitness Weekend

Discover the secrets to achieving & maintaining fat loss, increased energy & much more. This action packed weekend includes all you need to know for long term health & wellness success.

- Health & wellbeing seminars
- The latest workouts to guarantee results
- Accommodation
- All meals included

If you've set yourself some health & fitness goals to achieve this year then this weekend is exactly what you need. You will gain the motivation, direction and everything you need to

to know for long term fat loss & increased energy.

You get all this for an investment of:

Cottage for 4 people: \$330 per person

Cottage for 2 people: \$365 per person

Dates: 4th & 5th February

... January Fit Tip ...

It's sale time and everyone wants to get a bargain - which in turn means everyone is rushing around shopping madly and trying to find a car park can be mayhem!

Save your sanity and get fit by parking as far away from the shops entrance as possible. You won't have to fight for a park and the extra leg work will do you good so you don't have to feel so worried about the extra helping of pudding you had over Christmas!

Are You Doing Enough!!

*All fitness Levels are welcome !
Come & join our Friday morning 'Overhaul '
Group session @5.45am*



Great gift ideas!!

Gift vouchers are a great way to get friends and family into personal training.

Final Note for this January Edition:

Start today to become the person you want to be tomorrow!