

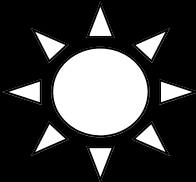


Your Monthly Health & Fitness Newsletter: FEBRUARY 2007 Edition

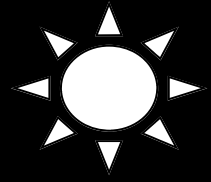
Proudly brought to you monthly by:

Health for Life personal health & fitness
Email: darren@hflwellness.com.au

**Call us on
38523938**



Big is beautiful - but is it killing you?



Do a quick survey of your friends and family and there won't be too many people that disagree with the philosophy that true beauty comes from within. Your size, shape, fitness level or athletic ability cannot change or alter the beauty of your soul, but sadly it can take it away from your loved ones too soon.

Obesity is now unfortunately a planetary health epidemic with the world health authority coining the phrase 'globesity'.

The reality of the effects of obesity are as scary as they are upsetting. Being obese will cause heart, kidney, and liver disease and will shorten your life. By the year 2000, there were over 300 million obese adults in the world and even more upsetting was the 1995 statistic that there were 18 million children under the age of 5 who were classified as over-weight. There has never been more access to scientific research on nutrition, fitness, exercise, training methods and weight loss - so why does it not seem to be working?

The blame could be pointed at a number of reasons but consider this, do we over complicate things and do we focus on beauty as being the physical only? Nothing would be more pleasing than being able to wave a magic wand and remove the social stereotype that health and fitness is all about looking good.

The reality is that this will not change anytime soon, however is it safe to hide behind this stereotype in an indignant stance of "I don't have to be thin to be beautiful?"

Well, you're more than right because you don't, but do you want to risk your health and life expectancy in the process? It certainly isn't fair, just or correct to say that all thin people are healthy either. A high junk food diet just because you have a fast metabolism is still a recipe for disaster, regardless of this, the decision to reach a healthier lifestyle must come from within.

Start with simple, easy steps like playing and being more active with your kids, make small easy changes to your diet like introducing one piece of fruit a day. One drop of water will merge to form the mightiest waterfall and one small change to diet and exercise will begin the journey to massive health gains.

Remember don't do it because thin is beautiful - do it because your health is vital & can dramatically change the way you live your life, there's no doubt about an increase in energy & health gives you a better quality of life.

Sharon

A dear friend & her daughter who have a personal trainer at HFL suggested I should give personal training a go. So I did and was introduced to the wonderful programme of HFL personal training. Although apprehensive, I so enjoyed easing into my exercises with the help, patience & guidance of my trainer & quickly realised how much better I feel. I also became aware of the necessity at my age, to remain fit given my future intention of continuing to travel well into my old age. It has already had a positive effect on my health & well being & am now & happily enjoying a little weight loss.

My main interest apart from travel is gardening which

has made the transition to regular exercise easier & conversely helped me garden longer due to my increased fitness level.

My husband is concerned that I may eventually enter 1/2 marathons for seniors!! Though that is many gasps away!!!

Sharon has come a long way in a short period of time considering the gym & weights is a totally new concept, she continues to make improvements each week. Well done champion keep up the excellent training—Who knows the next holiday maybe Mount Everest.



Run Club is Coming!

Enjoy the benefits of jogging regardless of age, fitness level or ability.

If you're sick of training on your own with no direction, motivation or goals then the run club is for you.

The sessions are held in some of Brisbane's most beautiful locations we will teach you how to run effectively, improve your fitness levels & give you running programs to do on your own, all this while making friends & having fun.

If you have any questions please feel free to contact us anytime.

...Vitamin A -

Remember when Mum use to say "eat your carrots so you can see in the dark." Well, she was right.

In fact, vitamin A deficiency is the leading cause of preventable blindness in children and can lead to night blindness, particularly during pregnancy.

Night blindness is when you become over sensitive to light when it's dark so oncoming traffic looks like all their headlights are on high beam. The main sources of vitamin A are found in liver and fish liver oils, so good luck in trying to get children to eat those!

Surprisingly, vitamin A is not found in plant material, but carotene is. Carotene, also known as pro-vitamin A, gives plants their yellowish colour. This is absorbed into the body and converted to vitamin A.

Some nutritionists consider vitamin A to be the most important vitamin in the body due to its role in growth, reproduction and sight. Deep yellow fruits and vegetables such as carrots, broccoli, pumpkin, peas and spinach provide vitamin A in the form of carotenes while grain products, milk and milk products also provide vitamin A.

Vitamin A can be lost from foods during preparation, cooking or storage so one of the best ways to maintain it is to eat your fruits and vegetables raw. (Of course if you don't like them raw then yes cook them)

So, to keep up your vitamin A intake (and be able to see in the dark!) chew on a carrot - who knew Mum would be right AGAIN!

... a healthy, yummy, low fat snack...

Darren's Smoothie

What you will need ...

1 banana
2-3 Table spoons protein powder
2 teaspoons flaxseed oil
1/2 a mango
4 Strawberries
2 Table spoons low fat yoghurt
2 1/2 cups soy milk

What you will need to do ...

- Mix all the ingredients together in a blender
- **Keep in the fridge as a snack. The smoothie is for sipping not guzzling in one sitting.**



Are you getting your H2-Go?



In today's wellness climate, we often hear about how important water is for us and how much we should be drinking.

And considering that our bodies are predominantly composed of water and that a large amount of our bodily functions take place in water, it is fair to say that water is vitally important for our health and well-being.

However, how much do we need and do we need to consume copious glasses of H₂O to satisfy our bodies need for hydration?

On average we lose around a litre and a half of water per day so yes this needs to be replaced to stay alive. If you enjoy water, great drink it - it's great for you! However, if you Don't enjoy water just aim to drink more than you drink now, begin by having a glass with every meal & then aim to increase on that daily.

Like us many fruits &, many vegetables contain a large percentage of water. So, our fruits, vegetables and meat contain water that when eaten will re-hydrates us.

Eat and drink well and you'll satisfy your thirst needs.

Body Overhaul Update....

Group 1

We are half way through the overhaul with the majority of participants giving 110%.

The sessions have been tough with plenty of abuse & cheek been directed at myself.

Punctuality has been good, unfortunately the group learnt the hard way in the first week with extra coat hangers for late comers.

The group took on the killer hill, stairs & ramps at Kangaroo point this week toeing their beloved rope. Everyone's attitude & dedication on Thursday's session was awesome with everyone pushing to their limits especially 1 particular chef who has been giving all he has each session but reached the limit with a vomit on Thursday but nothing will stop him he finished the session what a machine.

Keep up the awesome training guys you'll love the results in 3 weeks when we do the fitness assessment.

Group 2

Overhaul at Rosalie is in full swing with the group on the verge of finishing it's third week. The members have battled their way through hill sprints carrying disc weights, tackled the Suncorp Stadium stairs and slugged their way through resistance circuits. It is pleasing to see there is a real bond between the group with everyone encouraging and willing each other through the tough challenges.

With only 3 weeks to go it is imperative the commitment level continues to rise in order to achieve the results we are all aspiring to accomplish. Well done and great effort to all thus far and hang in there.

... February Fit Tip ...

Keep fit - clean your house!

Who would have thought that house work was a great way to burn calories?

Whether you're vacuuming the floor, cleaning the windows or just making your bed you are actually burning energy!

Why?

Because you're moving. To lose more you must move more! So, next time you're doing the cleaning, don't look at it as a chore but as a productive

WEIGHT TRAINING FOR WEIGHT LOSS

Weight training is a fundamental process and is imperative for all populations to be doing as part of their weekly routine. There is a major misconception especially among ladies that weight training will have 'weight gaining effects'.

Here are the facts and your motivation to get strength training.

After the age of 20 adults who do not strength train lose between 2.2kg-3.2kg of muscle every decade. Cardiovascular exercise does not prevent the loss of muscle. Only strength exercise maintains our muscle mass & strength throughout our mid life years. Muscle is very active tissue in fact 1kg of muscle requires 50-100 calories a day, so the loss of muscle can dramatically reduce the amount of energy you burn therefore increasing the chances of fat accumulation & decreasing your metabolic rate - Your metabolic rate is the amount of energy your body requires to function at rest 70% of the total energy you burn off during the day is from your resting metabolic rate.

The more lean muscle you have the higher your metabolic rate will be so you will burn more energy at rest and during every bout of cardiovascular exercise you perform. Your body will be a more efficient energy burning machine than if it did not lift weights.

