



## Your Monthly Health & Fitness Newsletter: November 2007 Edition

Proudly brought to you monthly by:

Health for Life personal health and fitness  
16 Brookes St Bowen Hills  
QLD 4006

Call us on  
38523938

[www.hflwellness.com.au](http://www.hflwellness.com.au)

## Move More - Eat less!

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 it is really simple for the majority of the population we don't need to over complicate things. EAT LESS MOVE MORE! 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. Health & fitness is about what you're doing to prevent life threatening preventable diseases & illnesses such as; Type 2 diabetes, heart, liver, kidney disease etc.

Unfortunately the reality is that a lot of people who need to take care of their health use every excuse & see exercise as a waste of time & money - "I'm not wasting my money on a personal trainer or gym membership"

As a trainer this frustrates the hell out of me, people will spend excessive amounts of money on cigarettes & alcohol but when it comes to taking care of their health & well being they choose not to see the value of it. But when you take life threatening diseases like Type 2 diabetes which is largely associated with a sedentary lifestyle & poor nutrition it can usually be prevented by eating healthier & moving more. Exercise has been proven to be twice as effective as medication in the treatment of Type 2 diabetes. By moving more & improving your eating habits you are improving 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.

Start with simple, easy steps like playing and being more active with your kids, increase your incidental activity, make small easy changes to your diet like introducing one piece of fruit a day. It is hard to get started but implementing small changes one step at a time to diet and exercise will begin the journey to massive health gains & a better quality of life.

## Angus Commins

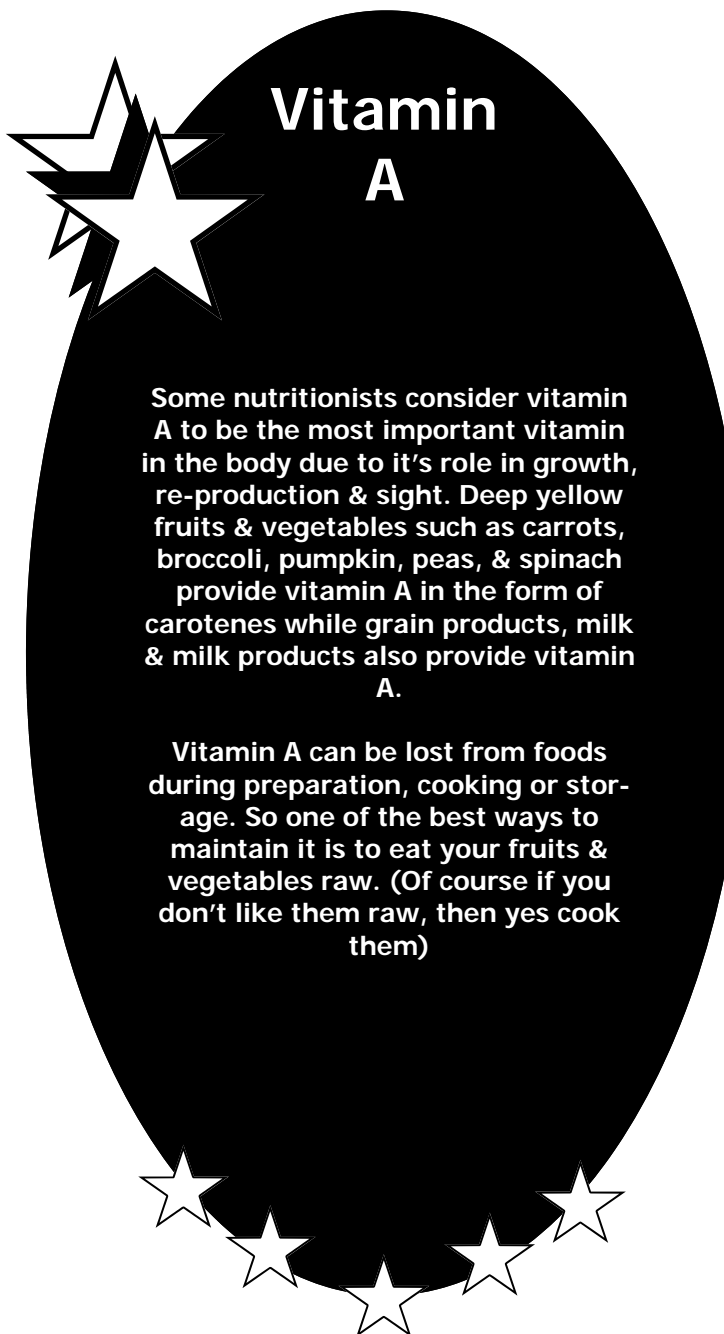
Over the last few months the stresses of my life consumed me again resulting in excessive partying, unhealthy living and not to mention smoking. My training suffered obviously and whilst I did not put on any large amounts of weight (8kgs) , I felt cumbersome, blunt and not full of life and energy. Your perseverance with me and continued reminding of where I had been in fitness levels was the pillar of support I needed to cling to to get back on track.

Today I have shed the 8kgs of body fat, have not had a cigarette for some 8 weeks , I am feeling calm & my fitness is BACK!

People are again noticing the spring in my step and calm nature, thanks mate you guys provide a fun environment to get belted in!

***Well done Gus it's great to have you back into your training & living a healthy lifestyle again. The effort you've put into your training over the last 8 weeks has been sensational.***

***Read about Gus & James's fitness challenge below.***



### James & Gus's 'Ultimate Fitness Challenge'!

It all began about 7 weeks ago when James & Gus ran into each other at a local bar. They began discussing their training & how much they could lift, row etc. After a few drinks the challenge was issued to each other to have a 'Ultimate fitness challenge' so Chris & I come up with a fitness regime that involved 3 events they are as follows;

1. The greatest number of Kangaroo Point stairs in 20mins.
2. Rower 6 x 1min efforts 40 sec recovery between sets.
3. 1min Push—ups  
1min squats  
Max bodyweight chin-ups

The loser is to shout lunch for the winner, Stu & the Health for Life trainers at a restaurant of the winners choice.

It was meant to be 6 weeks from when the challenge was set, but due to Gus being away for the last 2 weeks & James injuring his shoulder the challenge has been extended to a date yet to be confirmed.

The boys have been training very hard with each having strengths in different areas it is going to be a very close battle.

The best thing about it is they have both given up smoking which is a great accomplishment well done—just make sure you stay off them when the challenge is finished.

... a healthy, tasty, low fat snack ...

**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 or low fat 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 when hungry 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.

*Fat Cell How Does it Work?*

We can get an idea of how the fat cell operates if we imagine it has an 'IN' door and an 'OUT' door  
The IN door is regulated by an enzyme called Lipo Protein Lipase (LPL). LPL is responsible for the opening of the IN door of the fat cell to let circulating fatty acids in the blood enter the cell to be stored.

The OUT door is controlled by another enzyme called Hormone Sensitive Lipase (HSL). This enzyme works in the opposite way, by opening the OUT door to release stored fats in to the bloodstream to be used for energy.

The Fat Cell

Our aim is to promote the activity of the HSL (fat releasing enzyme)

- and inhibit the activity of LPL (fat storing enzyme)
- Insulin increases the action of LPL and inhibits HSL
- Alcohol has the same effect

- Failing to eat more than 1200 - 1500 calories a day increases LPL action

- Fitter people have higher levels of HSL

Eat Breakfast

Helps to kick start metabolism for the day and helps promote fat burning

Body has been in fasting mode, will stay this way until food is taken (start the action of LPL)

Eat Regularly

We are designed to graze (the body doesn't like to go longer than 3-4hrs without food)

It is important the right kinds of food are consumed.

... July Fit Tip ...

Breakfast is the most important meal of the day, your body has gone 12 hours without any nourishment so it is important when you wake the first thing you do is have a nutritious breakfast including carbohydrates, protein & essential fats. Having a healthy breakfast will give you more energy & will kick start your metabolism.

It is important to note a healthy breakfast does not include crackling from last nights roast—ok Dave.

**Health for Life Personal health & fitness now has a website.**

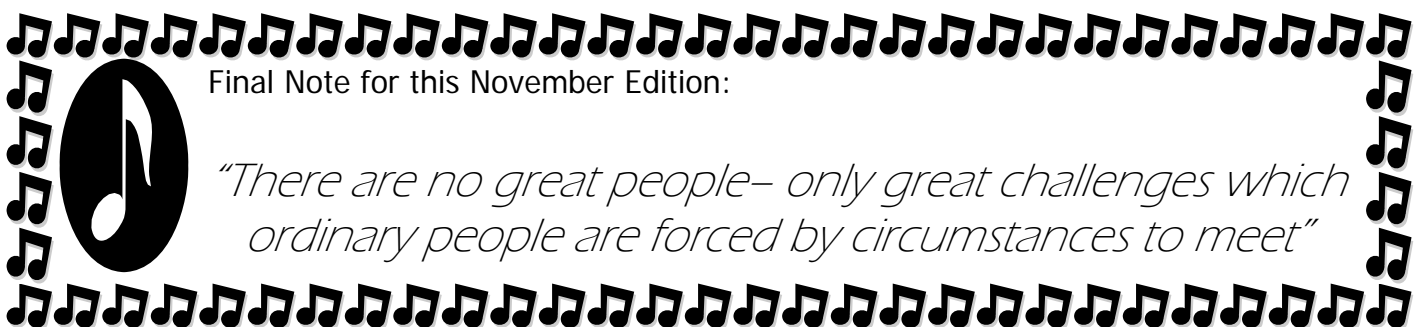
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**Please jump on & tell us what you think, we would really appreciate your feedback.**

**Please note it is not yet completely finished.**

**Check out the photo gallery link, there could be an action shot of you.**

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Final Note for this November Edition:

*"There are no great people— only great challenges which ordinary people are forced by circumstances to meet"*