

**Looking Good Feeling Great
Weekly Newsletter
Issue 1**

*Welcome valued clients to the first in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

**Exercise:
Training the Whole Body for Overall Wellbeing.**

Walk into any gym and three exercises will stand out; the bench-press, bicep curl and stomach crunch. These exercises dominate most workouts due to the quest for a defined chest, toned arms and hard abs. renowned Coach Ross Enamait refers to this approach as “mirror crazy”¹. No one seems to want to train the muscles you can’t see when you look in the mirror. Now there’s nothing wrong with wanting to look good, but this approach is a little short-sighted. Let’s examine why;

If we were to work bench-press for an extended period of time, our chest, triceps and shoulders would become stronger. “Surely this is a good thing!” I hear you say. It certainly is, but if these muscles become stronger than the opposing muscles in the upper back, posture can become slouched. Are rounded shoulders in keeping with a good physique?

Here’s the solution; train your upper back with exercises like lat pull down, seated row, chin-ups, reverse flys and many more. This will even out the musculature. Good posture does wonders for the physique!

Similarly with the abs. everyone wants to train the abs, but I rarely see people training the opposing muscles in the lower back.

If the abdominals become too strong for the lower back, back pain and even injury can result. I regularly hear of people injuring their lower back performing day to day tasks. I rarely hear of people injuring their abs in this way. Lower back training is the answer. Exercises like back extensions, superman’s and deadlights performed correctly will go a long way in preventing injury.

So here’s my exercise tip of the week, don’t forget the backside of the body. Even if you can’t see these muscles, remember that they playing an important role in good posture and keeping you free from injury.

¹ Infinite Intensity, p61 Ross Enamait

Workout of the Week

Stairs Workout

All that you'll need for this workout is a set of stairs and a towel.

Perform the following workout as a circuit. Rest briefly before repeating x5

- 10 Step-ups (each leg)
- 10 Dips
- 10 Hamstring raises
- 10 Towel Pull-ups
- 3 Jogs up and down the stairs

This workout when performed to your own intensity should provide both cardiovascular and resistance training benefits. It also trains opposing muscle groups for the front and back sides of the body. Enjoy!

Nutrition:

This week we'll be discussing easy to prepare recipes. Too often will people find themselves snacking on high calorie processed foods, rather than preparing their own meals. Hopefully the following will provide some fresh ideas.

Chicken Stir Fry

You will need:

- 300g chicken breast fillets, sliced
- 3 tbs. Sweet chilli sauce
- 3 tbs. hoisin sauce
- 3 tbs. soy sauce

Cook sliced chicken in a pan on high. Add other ingredients and stir well.
Add vegetables or brown rice as desired.²

Steamed Broccoli Scattered with Pine Nuts

You will need:

- 2 heads of broccooli
- 1-2 tbs. olive oil
- 4tbs pine nuts, toasted

² 4 Ingredients. p119 Kim McCosker & Rachael Bermingham

Separate broccoli florets and steam just until tender. Place in serving dish, mix with olive oil and scatter pine nuts over the top. Add pepper if required.³

Wholemeal Quick meal

You will need:

- 1 handful of wholemeal spaghetti
- 1 tbs. olive oil
- 1 tbs. chopped pine nuts
- 1 tbs chopped sundried tomatoes
- 1 tbs. shredded light ham

Cook spaghetti as preferred, drain and drizzle with olive oil. Mix through nuts, tomatoes and ham.

Goal Setting

When you began your training, you probably set yourself some goals; get in shape, tone up, lose some weight and other vague terms.

Unfortunately, even the best intentions can get sidelined if they are not specific. Set yourself at least one specific goal. Here's a hypothetical.

Philma has decided to take control of her health and fitness. She wants to run the city to surf next year, but Philma currently gets puffed walking up her driveway. Clearly, unless she sets herself small short term goals, Philma's motivation will run out of steam, A year is a long time and the city to surf is a long way, so Philma sets herself the following goals;

By the end of the week, be able to briskly walk to the end of the street and back in under 5 minutes.

By the end of the month, be able to jog from one light post to the next, then walk from that one to the next etc and continue along a street for 10 mins.

By the end the next month, be able to jog 2km without stopping

By the end of the third month, be able to jog the same 2km in under 20mins

Etc.

By setting herself short term achievable goals, Philma has sidestepped the denominational pitfalls that most of us encounter.

³ 4 Ingredients. p103 Kim McCosker & Rachael Bermingham

So set yourself at least one short term goal this week. If you are having trouble motivating yourself to work out, start small. Here's one solution; Pick a doorway in your house. Make a deal with yourself that every time you pass through this doorway, you will perform 5 repetitions of an exercise. This can be anything you like, lunges, squats, jumping jacks, mountain climbers etc. By the end of the day, you may have passed the doorway many times and performed numerous repetitions of your exercise, without having to psyche yourself into the exercise mindset. After achieving this, you might set yourself a harder exercise for that doorway or assign yourself more repetitions. Either way, this is a great tool to build up your caloric expenditure throughout the day. It all adds up!

We hope you have enjoyed the information carried out in this issue. Here at 'Looking Good and Feeling Great' we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below:

Bibliography

Infinite Intensity. Ross Enamait. Self Published
4 Ingredients. Kim McCosker & Rachael Bermingham. McPhersons Printing Group
2007