



**Looking Good Feeling Great
Weekly Newsletter
Issue 11**

**In this Issue
we will cover:**

**Top 10 reasons
why people
achieve weight
loss and fitness
success**

**Benefits of high
intensity
exercise on
metabolism**

**Workout of the
week**

Welcome valued clients to the 11th issue in our series of weekly newsletters for the year. Each week we will examine different aspects of exercise, nutrition and goal setting.

Top Ten Reasons for Success

Ever wondered why some people achieve the results they want, while others feel they have stalled? Read on...

- 1.) Failing to plan is planning to fail. You've all heard this little ditty before. Organising your strategies is half the battle. No one succeeds by chance, or rarely. Rather, they succeed by defining a goal and creating step by step strategies to achieve it.
- 2.) Surround yourself with supportive people. The people around you can make or break your success. If they are jealous or lacking courage to make changes themselves, they will try to sabotage your efforts. Surround yourself only with those that are honest and supportive.
- 3.) Get into a routine. Sporadic bursts of enthusiasm aren't going to cut it. You need to get serious. Slow and steady wins the race. Keep making efforts with your nutrition and exercise and the results will come.
- 4.) Join an exercise group. Whether it is a Step, Spin or Group Aerobics class, participation with others can make exercise fun.
- 5.) Don't surround yourself with temptations. If you know you have a chocolate addiction, don't leave chocolate in the house! Why make things harder than they need to be?
- 6.) Be accountable for your actions. If you have a personal trainer, they will check up on you, to ensure you're keeping on track. If you don't have a trainer, ask a friend to check on you once a week to see that you're still exercising.
- 7.) Keep an exercise diary. By recording what you do every workout, you can see if you're getting fitter and stronger.
- 8.) Keep a food journal. It's amazing the things we forget we eat. You'll be less likely to eat badly if you have to write it down.



9.) Do exercises you enjoy. There's such a wide variety of exercises out there to help you achieve your goals. Don't continue to use a treadmill if you know you'd rather be running outside! You're more likely to stick with something you enjoy.

10.) Lastly, you have to WANT to achieve. You must want to see results more than you want to sloth on the lounge, more than you want to eat fast food, more than you want that extra half hour of sleep. Decide what your priorities are and achieve the results you want!

High Intensity Exercise Boosts Metabolism and Controls Insulin Levels

Researchers from Heriot Watt University have discovered that 7 minutes of combined sprint training per week had a 23% improvement in how the body used insulin to clear glucose from the bloodstream. The test subjects performed numerous 30 second sprints on an exercise bike. The effects were found to last for up to ten days after an exercise sessions. Since type 2 Diabetes affects 246 million adults in the world each year, and accounts for 6% of global death, this research has presented good news.

However it has been known for years that high intensity interval training is more effective than long, slow endurance style training for fitness and weight loss. Though you might only spend 10 or 15 minutes exercising with this method, the calories you burn AFTER the workout is over will be greater than traditional slow paced training.

Not only has that but high intensity training helped maintain muscle tone while losing fat. Clearly this style of training is superior.

Is there any bad news? This training is hard. A 30 second sprint may sound easy enough. But a sprint does not mean a fast cycle. It means pedaling as fast as your legs are capable of moving. Absolutely 100% maximal effort!

If you're ready to try this style of training, read on....



**Workout of the Week
“Sprint for Your Life”**

30 second sprint on exercise bike
30 seconds rest

Repeat x5

30 seconds running on spot (sprinting)
30 seconds rest

Repeat x5

30 seconds sprint on rowing machine
30 seconds rest

Repeat x5

Can you achieve a quality workout in 15 minutes? Try this one and find out!

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: