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Dear Clients

Welcome to another new year hopefully filled with a lot of fun and success with weight management and fitness. I hope everyone had a fantastic Christmas, New Years and Holiday season and that your all ready to Kick Start your Exercise and Physique goals for 2009. This edition will focus on some helpful hints for battling the festive season weight gain for those of us whom have enjoyed their food a little too much. Have a good read and let me know any feedback that you have.

Battling that Festive Season Weight Gain

Welcome back everyone I trust you all had a great Christmas and New Years and that you're refreshed and ready to get right back into your training and healthy eating habits. Many of us struggle with our weight around this time of year especially after Christmas and New Years and other festivities. For that reason in this edition we will focus on 5 helpful hints on Nutrition and Exercise to help you with your festive season weight gain.

Learn 5 tips on Nutrition and Exercise to combat the festive season weight gain

Nutrition

1. Make sure you eat breakfast, studies have chose a clear habit of those who reach their goal weight and keep it off all eat breakfast
2. Keep a food journal, the more you are accountable of what you eat the better your food choices will be
3. Keep snacks on hand, keeping foods such as muesli bars and fruit around you will curve your appetite and energy leaving you less likely to eat fast foods



4. Focus on having a little bit of protein with your mains meals, foods such as weat bix, baked beans and eggs, chicken, tuna, yoghurt are a few examples
5. Focus on low GI carbs such as multi-grain bread, wholemeal pasta and plenty of fruit and veg

Exercise

1. Start walking, if your facing a plateau with your weight focus on walking an extra 10 mins a day
2. Start exercising with weights or performing weight bearing exercises. Those that perform these exercises often lose fat faster then those who only walk or jog and they look more toned. Look at our articles section for more details
3. Focus on the intensity of your exercises if a walk currently takes you 40mins try do it a little quicker or start brisk walking or jogging. You burn more calories at a higher intensity and you fitness improves more rapidly
4. Start planning your exercise time throughout the week, plan your time around your work and family commitments and focus on 40 minutes 3-5 times a week
5. Focus on looking at activity as an opportunity not as an inconvenience. Take the stairs instead of the elevator, park your car 100 metres further away from you destination, get up and change the TV channels instead of using the remote control.

CLIENT OF THE MONTH

Congratulations

Ashley George



When I first started training Ashley 4 months ago, he hadn't exercised in years. At a weight of 130kg, he had decided to make a change to his health and fitness. In our first session, performing 10 bodyweight lunges proved highly challenging. Pushups were out of the question, as Ashley had suffered shoulder and knee pain for years due to an old motor accident. 4 months on Ashley had lost close to 20kg, was able to perform 40 pushups without any pain, 300 calf raises, 500 squats and a staggering 1100 hamstring raises! That's right. 1100 consecutive reps of bodyweight hamstring raises.

Since beginning this article, Ashley has achieved his goal of 1100 consecutive bodyweight squats and 60 consecutive pushups. These numbers are impressive in themselves, but bear in mind that performing 60 pushups at a weight of 110kg requires enormous strength.

How did Ashley achieve this transformation? Regular small steps towards his goal. Through consistent effort he stripped fat and built muscle. Bear in mind that his arm measurements are larger than they were when he started. The actual amount of fat lost is greater than 20kg, but the scales only show a 20kg difference because of the extra muscle gained.

I hope everyone can take heart from Ashley's example. No matter where you are starting from, you CAN make positive changes to your health and fitness. Whether your goal is to lose 20kg or to tone you legs, by consistent effort, you can achieve anything.



Group Exercise Classes Start back on Monday 2nd of February

For those who are currently 'Group Exercise Clients' and for those whom may want to come to our classes I have timetable below which you can view and choose which class you may want to attend.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Kick Boxing</u>	<u>Boot Camp</u>		<u>Kick Boxing</u>		<u>Boot Camp</u>
7:30pm	6:30pm		6:30pm		7:00am
Penrith Sports Stadium Herbert St Cambridge Park (Opposite High School)	Jamison Park (Opposite the Netball courts near the little hill)		Penrith Sports Stadium Herbert St Cambridge Park (Opposite High School)		Jamison Park (Opposite the Netball courts near the little hill)

Yours sincerely

Denver Oliveux

PS. Remember – To Look Good you have to Train Ugly!

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: