



**Looking Good Feeling Great
Weekly Newsletter
Issue 14**

*Welcome valued clients to the 14th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

Exercise:

Hot Weather Exercise Tips

As Summer rolls around, we invariably want to look our best. Ironically, Summer is also the season that foils all but the best of exercise intentions. The stifling heat can seem debilitating and the best one can manage is to lounge in front of the air conditioning.

Snap out of it! This is no time to let all your hard work go down the drain. Hours of exercise? All those calories uneaten? Something has to be done to preserve your results. And here's what you can do;

-Pick your exercise times. Early morning and late evening will be the coolest times to exercise. Of the two, early morning will be cooler

-Drink plenty of water. Seems obvious, but if you don't drink enough, your blood volume drops and your body can't cool itself or work at an optimum level.

-Keep the workouts brief but effective. It's easier to start a workout you know only takes 15 mins. It's hard to get enthusiastic about sweating for an hour in the heat.

**Workout of the Week
Indoor Triathlon**

This week the workout is gym based, or at least leisure center based. Quite simply, you're going to take part in your very own mini triathlon. The three events are;

- Swimming
- Cycling
- Running

Luckily all three events can be performed from the comfort of your airconditioned leisure center. Set yourself a goal, either a time limit for each event, or a number you want to hit.

For example;

- 5 laps of the pool*
- then*
- 5km cycled on stationary bike*
- then*
- 5km walked or jogged on treadmill*

Set your own goals and let us know how you do!

Nutrition:

Rabbit Food is Not the Answer

Recently, a friend was complaining of having to eat “rabbit food” to lose weight. This person loves to eat, but having decided to lose weight he felt that this austere diet was the only way. The problem with this situation is twofold.

First, he started out his weight loss plan with negativity. He’s referring to his food as “rabbit food”. Who will stick to a nutritional plan they disdain? Not many.

Secondly, he’s denying himself everything he enjoys eating. I guarantee that he can only hang out for so long before all those snickers, mars, cokes etc he is confronted by every day get the better of him.

The truth is that there is no reason to completely cut oneself off from all bad food when losing weight. For instance, by factoring a snickers into your week, you need not blow the caloric budget. Use the foods you like as rewards for sticking to your plan. I guarantee you’ll have a far greater chance of sticking to them. As long as these foods are planned for, rather than indulged in by chance, there’s no reason to give them up.

"The goal in life is living in agreement with nature."

~Zeno, from Diogenes Laertius~

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: