



**Looking Good Feeling Great
Weekly Newsletter
Issue 15**

*Welcome valued clients to the 15th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

Exercise:

How long do you have to do something before it becomes habitual?

When a person first starts exercising, the thought of getting up at 6am to complete a workout is anything but welcoming. But if they want the benefits badly enough, they will brave the crisp morning air and get on with it.

But the question is, how long does it take before morning workouts cease to be a chore and become routine? Where they are as standard as brushing your teeth or combing your hair?

Depending on where you are starting from fitness-wise, it could be anything from 2 weeks onwards. An online search told me that after you do something 21 times, it becomes a habit. Rather a precise number I thought.

Obviously after the first few sessions a person will begin to feel the benefits; increased energy, better sleep, increased fitness and so on. These benefits can help to continue a person's resolve to stick with their training.

Whether you're just starting out, or are getting back into training, stick with those first two weeks. Your mind can so easily toss up excuses- ignore them! After a while, it will become second nature.

Workout of the Week

This week I'd like to make a recommendation rather than prescribe the customary workout. In your workouts, have some form of entertainment. If you're going to be there for half an hour, chances are it can be made more enjoyable in some way.

- If you're in a gym, watch the television provided
- If lifting weights, listen to the radio
- If outdoors, put on an ipod
- Best of all, if working out with a partner, talk to them, urge them on, or even compete with them!

I guarantee that employing these techniques will help the workouts fly by.

Nutrition:

Why Are You Eating?

Next time you put food in your mouth, stop to consider why. Are you truly hungry? Often we eat for reasons far removed from hunger. We may be bored, emotional, upset or even worse, snacking without realising!

As enjoyable as eating is, food is first and foremost fuel for the body. If your car had a full tank, you wouldn't try to jam more petrol in it. You certainly wouldn't put more fuel in because you were bored. Yet this is exactly what we do to our bodies.

The trick is to examine yourself before you eat. If you are hungry, go for it. But more often than not you'll find that other factors are in effect.

If you're bored, put the food away and do something enjoyable.

If you're upset, chances are you'll still be upset after the chocolate.

Drink a glass of water before you eat too. Often dehydration is misdiagnosed as hunger. If after a few minutes the hunger returns, your body probably does require food.

Food is certainly one of the great enjoyments of life and with the above tips, we can continue to enjoy it, at the appropriate times!

"The doctor of the future will give no medicine, but instead will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

~Thomas Edison~

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: