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**Looking Good Feeling Great
Weekly Newsletter
Issue 19**

*Welcome valued clients to the 19th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

What's Your Trigger?

We all have certain triggers. Triggers that make us angry, that make us happy, even triggers that make us eat. Learning to identify your triggers is a valuable skill, particularly when it comes to food.

The only trigger we should have for eating is hunger. Food after all is fuel for our bodies.

But how many of us can honestly say that we only eat when we're hungry?

Take a minute now and reflect on what you've eaten today. Were you hungry when you ate? Were you satisfied when you finished? Full? Feeling sick even?

Truth be told, very few of us only eat when hungry, and even then, only eat till our hunger disappears.

A common trigger is advertising or packaging. Manufacturers do a good job at making their products look attractive. This packaging can be so appealing that we buy and eat things even if our stomach isn't demanding food! Think back to the last time you bought a chocolate at a service station, were you hungry?

Emotions can also act as triggers. Everyone is familiar with the term "comfort eating". We often eat when feeling sad or frustrated. Hunger doesn't enter into it.

Boredom is another trigger. When bored, it is not uncommon to go to the cupboard or fridge to peruse, eating for something to do.

For some, television is another trigger. The process of watching t.v is linked with eating. The problem is that when our attention is diverted by t.v, we can often eat far more than we realise!

Be aware of your triggers. Before eating a meal, take note of your mood. If you are upset, bored or similar, ask yourself how hungry you really are.

You Turn into Your Friends?

Bizarre title right? Bear with me and I'll explain.

The behaviour of those you spend time with have a significant effect on your own behaviour. Take eating for example.

-If you are in a social circle that regularly eats fast food, chances are you will also eat fast food.

-If your coworkers snack from a biscuit barrel at work, chances are you too will snack from the biscuit barrel.



-And most importantly of all, if the people you live with prepare unhealthy food for dinner, chances are you will eat similar food.

I'm certainly not suggesting quitting your job, housemates and social circle! Simply be aware of the patterns that develop:

If you are going to lunch with a friend who eats badly, chose what you will order beforehand, or suggest a venue that caters to both your tastes.

If your workplace provides high calorie snacks, have some nuts, fruit or even a museli bar to take the edge of your appetite. You're less likely to give into bikkies if you're not hungry.

Incidental Exercise and OVERLOAD!

In past issues we have discussed the calorie burning benefits of adding incidental exercise to your daily routine. But as your body gets used to an exercise, the calories burnt during the activity will decrease as the weeks progress. You see your body gets more efficient at performing tasks it has to do regularly. Part of that efficiency is burning fewer calories.

What does this mean for incidental exercise? It means that while it can help you lose weight initially, after a period of time it will simply help you maintain the results you have achieved. If you want to continue to burn excess calories, read on...

When we perform a weighted exercise in the gym, it will eventually become easier. *At this point we will either perform more reps or increase the weight.*

When jogging on the treadmill, it will eventually become easier. *At this point we jog for longer or increase the speed.*

This is known as overload. You can use this technique in your incidental exercise too. If you walk to work, or to the station, consider carrying a heavy backpack, as discussed in our last newsletter. If this idea doesn't appeal, consider timing your walk and trying to beat it every day.

If you take the stairs instead of the lift, try taking the stairs two at a time.

If you park further away from the entry to the shopping center, consider parking even further away!

As you can see, the possibilities for overloading incidental exercise are endless. Use your imagination and tell us what you come up with!

If you do what you've always done, you'll get what you've always got

Consider
coming to one
of our
Bootcamp or
Kickboxing
classes!



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: