

**Looking Good Feeling Great
Weekly Newsletter
Issue 2**

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

Exercise:

Cardio or Weights First?

People often debate whether it is best to perform the cardio or weights portion of a workout first. Traditional wisdom holds that it is best to perform the weights first (after a warm-up of course). The logic goes that a person should always lift weights when fresh, thus avoiding unnecessary risk of injury. If the cardiovascular element is performed first, the person will be left fatigued when lifting weights. This can lead to poor form and mishaps are not uncommon.

But what about combining cardio and resistance training together? Some consider this the best of both worlds. Not only does this spice up a dull exercise routine, but it saves time. Consider the following;

- 3 sets of squats with 1.5 mins of rest in between each set
- 3 sets of lat pull down with 1.5 mins of rest in between each set
- 3 sets of lunges with 1.5 mins of rest in between each set
- 3 sets of chest press with 1.5 mins of rest in between each set

This workout contains 12 minutes of rest. 12 minutes of doing nothing and we haven't even started the cardio portion of the workout!

It's no surprise that some people complain of having no time to exercise. Let's throw that excuse out the window. By combining the cardio and resistance training, we can dramatically reduce our time in the gym without reducing our results.

Another benefit of this workout method is the reduced soreness that results from weight training. That soreness is yet another common excuse to miss a workout.

"I have to walk to work tomorrow; I can't afford to be sore".

I won't promise that there will be no soreness the next day, but by keeping the targeted muscles moving between sets, soreness will be reduced.

If this brief style of workout sounds like it will fit your lifestyle, consider the following...

Workout of the Week

The Fast and the (not too) Furious Workout

Perform the following workout three times

12x weighted squats
1 min fast cycling on exercise bike
12xLat pull down or bent over rows
1 min fast on Cross Trainer
12x weighted lunges
1 min fast cycling on exercise bike
12x Chest Press or bench press
1 min fast on cross trainer

This workout should take around 24 minutes. Surely you can find that much time for your health?

Ensure you use correct form when performing all weighted exercises.

Nutrition:

In the last newsletter we examined some quick and easy recipes for a busy lifestyle. This week we'll discuss strategies to help keep your nutrition on track.

Have you ever found your schedule getting out of control? Your intentions of eating 6 small meals a day forgotten in the hustle and bustle of life? Relax, you are not alone.

Here are some facts;

- **Even the best nutritional intentions will fall by the wayside if they are not pre-planned**

If you head off to work without pre packing your food, the chances of you being able to buy a low calorie, healthy lunch and snack is highly unlikely. Generally, the easily available food sold in stores near the workplace tends to be high in calories.

The answer is to plan the foods that will fit into your caloric budget and either know where to buy them along the way, or take them with you.

- **Carrying healthy snacks wherever you go means you will never have to skip meals**

Often people will follow the advice of taking their food to work with them, but will then find themselves too busy to take a designated lunch or snack break. One compromise is to

Looking Good and Feeling Great Pty Ltd

ABN: 85 112 426 052

Tel: 0403 691 855 Fax: 02 4730 1348

Email: denver@lgfg.com.au Website: www.lgfg.com.au

carry a small snack on your person, or leave it on your desk. A health bar, small pack of sultanas or nuts does not take up much room, is impervious to being knocked around and will ensure you always have an easily consumable snack.

- **Eating higher protein foods will leave you feeling full for longer.**

If you are one of the many who suffers from the 3pm munchies, consider not only snacking between lunch and dinner, but making that snack high in protein. A tin of flavoured tuna, a handful of almonds or a boiled egg makes for a quick high-protein snack, keeping you full till you get home. As a bonus, if you are not ravenous when you leave work, the temptation of high calorie foods on the journey home will be lessened!

Goal Setting

In the first edition of our newsletter, we broke down long term goals into manageable steps. But even when taking goals one week at a time, there will sometimes be perceived setbacks, or de-motivational experiences. Let's create some strategies to blow them away.

-Nutritionally giving into temptation

Let's face it, very few can say they have never eaten something outside of their nutritional plan. A food that doesn't fit in with their daily calories. While this situation is less than ideal, it shouldn't mean the end of your hard work.

I have seen people so angry at themselves for indulging in a favourite food that they are ready to give up on nutrition and exercise. The realisation that that are less than perfect equates (in their mind) to absolute failure. We are all human, and as such are susceptible to occasional errors of judgement. The trick is not to give up, but to get back on track. Take every nutritional blunder and an opportunity to learn. In this way, you can sidestep future situations that cause you to falter.

-Intimidation by gym bunnies

Envision this:

You have just completed your final workout for the week. Having stuck to your nutritional plan and pushed hard in your sessions, you feel proud of yourself, proud of the results you are achieving.

Admiring the improvements you are making in front of the gym mirrors, your attention is diverted by the entrance of the Gym Bunny. Sheathed in lycra, sporting a deep solarium tan and with muscles clearly visible beneath a 5% body fat, they draw attention from all in the gym.

This situation is so intimidating for some that they feel like giving up on exercise altogether. If they don't have a physique like the gym bunny, then what is the point?

Looking Good and Feeling Great Pty Ltd

ABN: 85 112 426 052

Tel: 0403 691 855 Fax: 02 4730 1348

Email: denver@lgfg.com.au Website: www.lgfg.com.au

Let's throw this attitude in the garbage right now.

No matter where you are physically right now, from the morbidly obese to the elite athlete, there will always be physically intimidating people. The trick is not to despair of how far you have to go, but to be proud of how far you have come. Give yourself some praise for every small achievement.

Everyone is familiar with the old saying *Rome wasn't built in a day*. Improvements in health and fitness come one step at a time.

Just remember, **you will never regret a single minute you spend improving your health and fitness.**

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:

Looking Good and Feeling Great Pty Ltd

ABN: 85 112 426 052

Tel: 0403 691 855 **Fax:** 02 4730 1348

Email: denver@lgfg.com.au **Website:** www.lgfg.com.au