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**Looking Good Feeling Great
Weekly Newsletter
Issue 22**

*Welcome valued clients to the 22nd in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

Mixing It Up

Want to make your workouts more interesting? Trying to juggle multiple interests? Read on to find out how to combine different exercise disciplines...

Often people would like to be involved in numerous activities such as group exercise, swimming, bushwalking, weight training, jogging etc etc but will feel that they don't have the time to do justice to any of them. There is a way! By determining which muscles are being worked in which activity and which activities are more demanding, all of them can be combined into a routine!

Let's spread out the activities into a weekly exercise routine:

Monday: Boxing Class
Tuesday: Weight Training
Wednesday: Swimming
Thursday: Spin Class
Friday: Weight Training
Saturday: Bushwalking
Sunday: Rest

"Woah! That's a lot of exercise", I hear you say. Let me explain why this isn't quite as demanding as it sounds.

-The boxing class on the Monday uses mainly the muscles of the upper body. Sure, there will be some lower body involvement, but it will be minimal. Not enough to leave you sore.

-The weight training on the Tuesday will be lower body. Your upper body is likely to be sore from the boxing, so we'll stick to things like squats, leg press and lunges.

-As you'll remember from a previous newsletter, swimming by its nature doesn't leave us too sore. It can even act as active recovery, helping us recover from the previous two days of exercise.

-Thursday is the Spin class. Your lower body has had a good rest and should now be fully recovered for a workout on the bike!

-Friday is weight training again, but this time upperbody.



-Saturday is bushwalking, back to lower body and some good cardio.

Consider coming to one of our Boot camp or Kickboxing classes!

Come along to our Quartile Get Together at 'King Henry's Court' on 28th of March at 7pm

When examined in this way, our workout looks like this:

Monday: Upper
Tuesday: Lower
Wednesday: Recovery
Thursday: Lower
Friday: Upper
Saturday: Lower
Sunday: Rest

Not too bad right? All of the muscles are getting plenty of time to recover in between workouts. And you've combined your different interests while exercising six times a week!

This workout plan is just one possible solution. Think about what you'd like to be doing each week and talk to Denver or I. We can certainly help you fit it into a schedule. Remember, workouts should be enjoyable. The best way to ensure this is to mix it up!

Lemon Detox? There's a Better Way

I'm sure you've all heard of detox diets. The Lemon Detox is the most popular at the moment. The idea seems to be that you deprive yourself of nearly all nourishment and the body has a chance to rid itself of toxins, leaving you feeling refreshed, with better skin, more energy and less fat.

Sounds great right? The awful headaches and low energy while on the detox apparently signify the toxins leaving your body.

Here's another take on it. Your brain runs on carbohydrates. It likes them, just like your car likes petrol. It runs best when it has fuel. What would you think if your mechanic told you to run your car with no fuel to rid it of toxins? What if he told you that the poor performance of the car was due to the toxins being removed? You'd find another mechanic!

It's the same with your body. When you run your body without fuel, it becomes unhappy. Your thinking will become sluggish, your energy will drop and grumpiness will occur. After a couple of days, your body will find another fuel source: your fat and muscle. Your energy and the headaches will go and you will perk up, at the expense of your body being used for fuel. This doesn't signify the toxins leaving left your body, it signifies the next stage of starvation!

Here's the thing, **starvation is free! You don't have to pay \$70 per bottle of lemon detox juice to starve!** Of course starvation isn't really healthy, so maybe there is a better way.



By eating healthy natural foods like lean meat, fish, brown rice, fruit and veg, your body doesn't have an intake of "toxins" that need to be removed. At the same time, you're giving your body exactly what it needs! And with this diet, you will have the clear skin, energy and lean physique the lemon detox diet pretends to offer.

Quarterly 'Get Together'

Our quarterly 'Get Togethers' are a fun evening where clients from our Personal Training and Group Exercise programs and associates can get together and have an enjoyable dinner with like minded people. During the course of the evening there will be fun activities, prizes and awards given to those who have achieved great results and efforts over the course 3 months. It will be a fantastic evening and not one to be missed.

The dinner will be a 5 Course meal for \$35 per head, if you would like to book in yourself, your partner or a few friends please do so before the 15th of March. This event will be limited to 40 people and we will have a first in best dressed policy.