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**Looking Good Feeling Great
Weekly Newsletter
Issue 23**

Welcome valued clients to the 23rd in our series of weekly newsletters. Each week we will examine different aspects of exercise, nutrition and goal setting.

Are You Sick, or Thirsty?

We all know that to stay hydrated, we need to drink 8 glasses of water, or roughly 2 litres of water per day. But did you know that the recommended 8 glasses is just for inactive, sedentary lifestyles? If you're active (and the chances are good if you're reading this) then you may need far more. The tough part is that when you feel thirsty, you're already dehydrated. "What's the problem with being dehydrated"? I hear you ask. Read on...

- 1.) Bursa are fluid filled sacks that occur in the body where muscles and tendons slide over bones. Think of how many of these little guys there are, how many places that muscle, bone and tendon meet. Now think about what happens to these fluid filled sacks when you get dehydrated. Not enough fluid for smooth operation.
- 2.) Blood volume is also an issue. You see, the amount of blood you have is reliant on how much water you drink. If you get dehydrated, the volume of blood drops. This means there's not enough to go round, so your heart has to work overtime to spread it round the body.
- 3.) Headaches are another issue of dehydration. If you lead a busy lifestyle, it's easy to forget the fundamental things like drinking water. But if you reach 3pm and are feeling the onset of a headache, water could be the answer.

How does this all fit into health and fitness? Like this: Pain in joints, or the spine could be a sign of dehydration. Rapid heart rate at rest, or faintness could too. And that afternoon headache could be a recipe for a glass of water.

No, water isn't the cure to all the world's ailments, and it's certainly not the answer to every headache, joint pain and rapid pulse. But it's the easiest cure to some problems.

Do your body a favour, drink up!



Don't Give Up the Exercise You Love!

Do you have a favourite exercise? Maybe it's jogging, or pushups, or burpees. As you'll already know from a previous issue, it's important to change your routine regularly to avoid plateaus. But there's no reason to perform exercises you enjoy.

The trick is to change the exercise slightly, not to give it up completely.

Suppose you enjoy jogging round the block every day. Rather than switching to another activity, why to vary your running course? Throw a hill in there to get the heart pumping, or vary the speed.

If pushups are more your thing, switch them up too. Elevate your feet, or raise one foot. If you like sit-ups, count to ten at the top of each repetition.

These little changes can be enough to break a fitness plateau, while allowing you to enjoy the exercises you love.

Weekly Challenge

This week, I challenge you all to accomplish a small goal. Pick an exercise you do weekly. Maybe it's a forearm plank. I want you to focus on this exercise for the next week, striving to do better than you've ever done.

If you've picked jogging on the treadmill, I want you to jog faster, or longer, or on a steeper incline than ever before. Push your limits! And don't forget to tell us how you go.

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 their 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.

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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



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: