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Issue 24**

*Welcome valued clients to the 24th in our series of weekly newsletters. Each week we will examine different aspects of exercise, nutrition and goal setting.*

**The Three Keys to Optimum Results**

*No matter what your goals, weight loss, weight gain, muscle building, there are three elements that make or break results. Consider them the three essentials:*

The first essential is sufficient sleep. Sleep is the time your body needs to repair and rebuild itself. It is during this time your get fitter and stronger, not during the workout itself. If you're not getting enough sleep, your body doesn't fully recover. And if you're constantly sleep deprived, the body and mind get more and more run down. Take away sleep and health and results stop.

The second essential in the health trio is water, as we covered in the previous newsletter. Not to repeat myself, water is essential for smooth running of the body. If you become dehydrated, the nose and throat dry out, leaving you more susceptible to illnesses which might otherwise have been stopped. Drink up to remain healthy.

The final essential in our happy trio is nutrition. We all know that we need carbs, fat and protein within our calories for the day. But if you find yourself constantly missing your servings of fruit and veg, the body doesn't receive the vitamins and minerals it needs to run at an optimum level and sickness can often result.

So there we have it: sleep, water and nutrition. If you find yourself run down, consider whether you have been lacking in any one of these areas. No one wants to get sick, but even being run down can halt results.

**Drink Up, Sleep Well, Eat Healthy**



### **BBQ Healthy? Depends on the Meat**

Barbequing has often been considered a healthier alternative to pan cooking. And in some ways, it is. The BBQ allows the oil and fat to escape from the meat, rather than trapping it, which boosts our calories and saturated fat intake. But studies have suggested that burning of the meat, as often results in BBQ cooking could be carcinogenic. The study found that beef tended to be the worst, as it was generally thicker than other meats, and thus required longer cooking and hence more carcinogens. The same problem didn't apply to the quickly cooked meats, such as fish and chicken. Lucky for us these two meats are also leaner than beef! So next time you're firing the Barbie, consider skipping the beef and going for a low fat, carcinogen free alternative, fish and chicken.

### **Weekly Challenge**

This week's challenge won't take much hassle to perform. In fact, you can do it while shopping. Park your car a little further away from the shopping center than you normally would, perhaps 500m or so away. Instead of using a trolley to take your bags of shopping to the car, load up the bags in each hand and walk back. This exercise, normally performed with dumbbells is called a "Farmer's Carry". Athletes use it to develop strength throughout the entire body. With nothing more than your shopping bags, you can develop a strong grip, a toned core and powerful legs without having to perform an extra workout!

### **Final Numbers for 30km Challenge**

Keen to join us for the 30km Woodford to Glenbrook walk? Be sure to let Denver and I know so we can finalise this fun event. With cooler weather approaching, autumn truly is the season for exercising and pushing your limits.



## Award Categories and Winners

- **Client of the Quarter** Tina Matanic

Our client of the quarter award goes to Tina Matanic for her consistent and hard efforts not just over the last 3 months but over the course of her 8-9 months of training. Tina started with us in June/July of last year and her ambitions were like that of a lot of peoples, see wanted to lose weight. But from my first encounter with Tina I could tell she was just sick and tired of feeling the way she was. Tina worked extremely hard and applied everything I told her to do in the area of exercise and made sure she wrote down every little bit of food that entered her mouth in her training journal. Within 6-8 weeks Tina lost a Massive 10kg, considering that Tina was only 80kg that was an incredible effort for someone at this weight. From here Tina created a goal of getting down to 65kg and has at present exceeded this goal again.

Congratulations Tina you truly are an inspiration to me and to all our clients, thank you for being apart of our team.

**Our other Award Winners are very special and have worked extremely hard to get to where they want to be and to win these awards. They are as followed:**

- **Best Arms Award** Marcus Jagan and Louise Toohey
- **Best Legs Award** Helen Southern and Jennifer Blaikie
- **Best Abs Award** Paul Sciberras
- **G.I Jane Boot Camp Award** Kelly Baker
- **G.I Jane Kick Boxing Award** Marian Gonsalves and Lisa Antoa
- **Yummy Mummy Award** Silvana Sciberras



*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:*