



In this Issue:

Trial by Fire

**Dial a
Motivator**

**Weekly
Challenge**

**Looking Good Feeling Great
Weekly Newsletter
Issue 25**

*Welcome valued clients to the 25th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

Trial by Fire: A New Take on Portion Control

We all know that calorie control through portion size is the sensible way to lose fat. Here's a new take on the old problem of sensible portions...

People have a habit of eating whatever is on their plate. Even if they don't feel hungry. Perhaps it stems from some primal instinct, not knowing when we are getting our next meal, but it is obsolete in our age of abundance!

Luckily by dishing up smaller portions for ourselves, we can reduce our calories. But what happens when we have our meals served by others? Maybe you're at a family gathering and have been presented with a giant plate of food. Or you're indulging in a rich restaurant meal. You have no control over the portion and human nature is to eat it all!

Fear not, there is a solution. And that solution lies in a little glass bottle. Tabasco sauce. That's right, the garlic chili sauce comes to the gastronomic rescue. Those of you that are familiar with it will know that a little goes a long way.

Step 1: You are presented with a hefty meal, far more than you actually need.

Step 2: Liberally garnish the meal with Tabasco sauce.

Step 3: Eat until your taste buds can no longer bear the burning.

It's as simple as that. If at the end of the meal you find that you have still eaten too much, you'll know to apply more sauce next time.

But what if you can already handle Tabasco with ease? Luckily they come in a variety of intensities. Experiment and find your own level.

Remember, when going out for a meal, a bottle of Tabasco can easily be kept in a handbag or pocket.



Dial a Motivator

Wishing you had the motivation to get up at 5:30 and train at the gym? You're not alone. Many clients have trouble with early workouts. But fear not, there is an answer.

The Wake up Call. That's right. The wake up call still exists. It is possible to book an early morning call. Using this service, you'll be more likely to get up and going. It's easy to ignore an alarm, not quite as easy to ignore a phone call!

Eventually getting up early will become habitual and you won't need the calls. We all need a little motivation sometimes, make use of anything you can.

Weekly Challenge

This week's challenge is a simple one. Pick a step, it could be at your front door, or even the gutter out the front. Perform step ups onto the step as fast as you can. Keep your weight on the balls of your feet rather than your heels to help achieve maximum speed. Continue for as long as possible. Time yourself.

Remember, this is not a relaxed leisurely exercise, but a full on sprint in place. Record your time and let us know how you do. The next time you perform this drill, try and beat your previous time by 30 seconds.

100% effort, No Slacking!

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: