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**Looking Good Feeling Great
Weekly Newsletter
Issue 28**

*Welcome valued clients to the 28th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goal setting.*

A New Angle of Incidence

We've discussed the importance of incidental exercise in previous issues. You may have discounted it in your routine due to a busy workload or hectic schedule. But why not use these perceived impediments to help you lose weight? This may sound crazy to some of you, but consider the benefits:

Lose weight while you work

Lose weight while getting paid

Burn more calories without an extra designated workout

Win brownie points at work

“Ok ok” I hear you say, “enough of the sales pitch. How do I achieve this miracle?” Easy.

No matter what the workplace, there are always jobs that people dislike doing. Normally they are the jobs that require energy expenditure, or doing the same repetitive task over and over. Guess what? These nasty jobs burn more calories than sitting there doing the easy stuff!

Volunteer for these jobs, whether it's running up to the top floor to collect supplies, emptying the paper bins, going out to buy supplies for the coffee room etc. I'm sure you can think of the customary thankless tasks within your own workplace.

By undertaking a few of these jobs each day you will quickly find your caloric expenditure increasing. What does this mean? It means you'll increase your weight loss. Incidental exercise can help you burn hundreds of extra calories each day. But that's not all.

Housework also holds the potential to chew up the calories. Many people find that when they cease to regularly do housework, they put on weight. Tasks such as vacuuming, mowing, scrubbing, mopping and hanging washing are all full body activities. The more muscles you use, the more calories you burn. The more calories you burn, the more fat you lose! There had to be an upside to all the nasty bits of everyday life right?



Tasty and Quick Recipe

We all like tasty food. Bust normally, tasty is equated with time consuming. It doesn't have to be so. Why not try the following recipe and let Denver or I know what you thought? As you'll remember from last newsletter, kangaroo has the lowest calories of any meat and vegetables have very few either. So with this delicious dinner, you can satisfy both your calorie budget and your taste buds!

You will need:

- 100g Kangaroo fillet**
- 1/2 chopped onion**
- 1/2 cup cherry tomatoes**
- 2 chopped steamed carrots**
- 1 pinch lemon zest**
- 1 teaspoon rosemary**

Lightly spray a pan with non stick spray.
Place onions and tomatoes on tray. Cook for 5 mins
Add fillet to tray and lower the heat.
Put chopped carrots in a microwave cooking container and cook on high for 5 mins
Prepare garnish, sprinkle over cooked fillet.
Serve with steamed vegetables. Season with spices as required.

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: