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**Looking Good Feeling Great
Weekly Newsletter
Issue 30**

*Welcome valued clients to the 29th in our series of weekly newsletters.
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

Exercise Excuses

At some time or other, we have all made excuses as to why we can't exercise. Perhaps we have an ache or a pain, or we are just too busy.... Whatever the reason, it's an excuse, not an obstacle. Let's examine some of the more common excuses and see if we can work around them.

Excuse 1: I have no time.

Really? No time at all? Try the following exercise. Take paper and pen and draw 7 columns. Put the days of the week at the top of each column. Now plot your week into the table.

Write your "getting up time" at the top and your bedtime at the bottom.

Now put in the time you work, including transit time.

Now put in any other absolutely essential tasks you have to do during the week. Shopping or picking up kids.

Now look at how many hours are left in your day.

If your week is anything like most people's, you'll have more free hours than you first thought. It's so easy for time to be stolen by non essential tasks or "pottering about". Why not plot exercise into your timetable?

Excuse 2: I can't get to the gym.

Whatever the reason is for not getting to the gym, you can always work out at home. Glancing through previous issues of our newsletter, you'll find dozens of exercises that require little or no equipment. As an example:

Instead of Legpress, do squats.

Instead of Benchpress, do pushups.

Instead of Shoulder Press, do Pike pushups.

Instead of Lat Pulldown, do towel pullups.

Instead of Leg Curls, do hamstring raises.

All of these exercises can be performed from the comfort of your own home. Don't have time for the treadmill? Go for a walk, a jog, a ride, do some stepups, or even some burpees!



Excuse 3: I've got a bad knee, a bad back, a bad neck, a bad ankle, a bad wrist.
I'm sure there is at least one part of your body still functioning. If that bodypart is your hands, try boxing as a workout. If boxing hurts your wrists, there is a solution. An apparatus like a bicycle's pedals is available. You sit it on a table and pedal with your hands. This can provide quite a workout! I'm sure that you will be able to work around your injuries to achieve results.

Excuse 4: I'm too tired to exercise after work.
What about exercising before work? Put the alarm on 15 mins earlier. Even 15 mins of exercise is better than no exercise. What about a brisk walk round the block when you get home? A walk will not tire you out too much, will not take up too much time and is certainly better than sitting in front of the tv!

These are the 4 most common excuses for lack of exercise. Don't let them come out of your mouth! If you want results, you know what to do.

Back to Basics: The Golden Rule

It's easy to overcomplicate the business of weight loss. There are so many diets. Atkins, Southbeach, Lemon Detox, LiverCleansing, Zone, Tony Ferguson, etc.

There are so many exercise classes. Body Combat, Body Pump, Spin, Boxing, Bootcamp, Group Aerobics etc.
But let's not forget the Golden Rule of weight loss:

Eat Less, Move More.

Sure, it's a slight oversimplification. But basically, to lose bodyfat, you have to be burning more than you consume.
Obviously there are exceptions to the rule. People who eat too little can drop into the starvation zone where the body doesn't want to burn any more fat than it has to. Some people suffer from Polycystic Ovarian Syndrome which can halt weightloss. Others respond to different foods in a bad way, halting their progress. But these are a minority. The majority will benefit by keeping things simple: remembering the Golden Rule!

People will sometimes ask my clients how they've managed to lose weight. When they receive the answer "Exercising more, eating healthier foods", they seem disappointed. Surely there must be some new fad for instant weight loss that can account for their new body?

If your results have stalled, examine your exercise routine and diet.
Are you following the Golden Rule?



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: