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**Looking Good Feeling Great  
Weekly Newsletter  
Issue 32**

*Welcome valued clients to the 32nd in our series of weekly newsletters.  
Each week we will examine different aspects of exercise, nutrition and goalsetting.*

**Can You Eat Junk Food and Still Lose Weight?**

*As a follow up to the last newsletter (Can you eat healthy and still be fat), we will examine the opposite. Namely, can you eat the worst of the worst and still lose weight?*

Let's take a typical nasty food day:

**Breakfast:**  
**Bacon and Egg McMuffin 301calories**  
**Coffee w. milk, sugar 35 calories**

**Lunch:**  
**Quarter Pounder 545calories**  
**Coke Zero 1 calorie**

**Dinner:**  
**Fillet of Fish 301 calories**  
**Coke Zero 1 calorie**

**Total: 1184 calories**

Believe it or not, this near 1200 calorie diet would make most people lose weight. That's right. Eating nothing but McDonalds nasty food can make you lose fat. But....

**There is a difference between weight loss and health.**

Just because you are losing fat does not mean that your body is receiving all the nutrients it requires to function at an optimum level. What do I mean functioning at an optimum level? I mean feeling energetic, getting out of bed without feeling tired, having the ability to concentrate for periods of time and perhaps most importantly, not getting sick.

Your body tends to be more susceptible to illness when it has less than adequate sleep, food and exercise.



**“I’m confused. Does this mean I can eat junk and still lose weight or not?”**

Yes you will lose weight as long as you are eating a prescribed amount of calories. But you will feel terrible while you do so. It’s up to you to decide whether enjoying the taste of fatty food is worth the feeling of awfulness it brings with it.

So what’s the purpose of this article? To inform you that you can occasionally have the bad food you crave. Just make sure it fits in to your daily calories.

### **Group Exercise**

For those of you that have not yet tried a group exercise class, the current cool weather is the perfect opportunity.

Many people found exercising throughout the heat of summer difficult. But the autumn temperature provides enthusiasts with the ideal training conditions.

No matter what your current fitness level, either the Kickboxing or Bootcamp classes can be tailored to your abilities. Plus you will find yourself feeding off the energy and enthusiasm of others, which helps you to push harder.

Ask any participant- it’s easier to push yourself in group exercise than alone.

**So call Denver and inquire about our group exercise options.**

***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:***