

LGFG Newsletter Issue 8

Overcoming those weekend obstacles

We often get many of our clients that claim to have problems with their nutrition and exercise over the weekend. They train hard and eat well Monday o Friday but for some reason on the weekends their healthy habits fly out the door. More than often there are social events with usually have very poor food which is high in fat. Alcohol also seems to sneak its ugly head in the door and before you know it you feel sluggish and because you feel this way your training is put on the back burner. Can you see what's happening here?

How do you feel on Monday morning when you're starting your new week? Do you feel your goals are on a treadmill and that your weekends spoil a lot of your success?

Well not to worry there are many things you can do to turn this around. But firstly do understand that the weekend is your time to relax so I am not trying to spoil this for you, I'm just trying to help you modify some basic habits.

1. If your going out to a function or party always eat something 30 – 60mins before you get their this will help eliminate your hunger for food's their which more than likely will be high in Fat
2. If you don't get the time to eat try drink a large glass or bottle of water. Next to protein, water is amongst the best appetite repressant you can have.
3. Be socially active: walk to the shops, take the stair, park your car a 100 metres further away from your destination, go for bush walks
4. Have one guilt free meal which you have earned. Knowing that you have this meal will make you feel better about your weekend this way you don't starting bingeing on other foods on this nature because you think 'Well I have already broken my diet so theirs know point being good I'll just start on Monday
5. Always carry a bottle of water with you this will keep you hydrated which will make you feel more energetic and full at the same time.

Try some or perhaps all these habits for your weekend and see how you pan out on Monday morning, odds are you will feel great about your weekend victory and work harder during the week.

If you would like more information on creating goals that are specific to you and then an action plan to achieve these goals please feel free to contact me on the details below.

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:

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