

**Looking Good Feeling Great**  
**Weekly Newsletter**  
**Issue 9**

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

**Exercise:**



## Cardio in Confinement

This week we will be looking at the various workouts that can be designed around the humble skipping rope. Many of us grew up with skipping ropes, or took part in the Jump Rope for Heart events each year. Time to dust off that old rope and remaster the lost art! If you're in any doubt of the effectiveness of skipping as a workout in itself, examine the following link.

<http://www.youtube.com/watch?v=MD3uicAYtdw>

Ross Enamait is a man who has obviously been training with the skipping rope for many years. His training style involves many modalities, of which skipping plays a big part.

To start out, ensure your rope is the correct length. When you step into the center of it, the handles should come up to your armpits. If they are too long, many ropes enable you to unscrew the handles and tie knots in the rope to shorten it. Once the rope is the correct length, begin by familiarising yourself with the basic coordination of skipping. Try 1 jump over the rope, if this is successful, try 2. If not, you may need to lift your feet higher with each jump. Though your first few sessions with the skipping rope will be mainly technique based, before long you will be skipping easily. Once you can perform 100 jumps without stopping, it is time to incorporate new patterns into the workout.

The best part of this training style is that all you need is a small area to stand with good overhead clearance. This can be a veranda, indoors, outdoors, anywhere! Confined spaces are no longer an impediment to exercise.

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## Workout of the Week



### “10 Reasons not to Skip a Workout”

Skip for 1 min  
Rest 30 secs

*Repeat x10. This workout can be as hard as you want it to be. If you are not feeling challenged by 1 min of skipping, try performing double unders, as seen in the video for 1 min! Who would have thought such a simple workout could be so exhausting?*

#### **Nutrition: A Snack in Need**



If you're like most people, you're most susceptible to snacking on less than ideal foods at certain times, for me, it is when I'm in the service station. Surrounded by snickers bars, it takes a fair bit of willpower to say no. But it's even worse when I haven't eaten for three hours. Going this long without food makes you think with your stomach. My stomach craves sweet foods. For this reason, I believe it's a great idea to stock your car with snacks.

When you're heading out the door, take an apple and leave it in the car. That way, when you're about to drive home, you have something to satisfy your cravings. But it's also wise to stock your car with foods that won't easily perish. An apple will lose its appeal after a few days of sitting in a car. Muesli bars, nuts and dried fruit won't.

If you can take the edge of your hunger with these foods, you'll find it easier to say no to the snickers.

#### **“Failing to Plan is Planning to Fail”**

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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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