



SELF SABOTAGE

It is time to reassess your goals. It's not too late... sit down with a cuppa and refocus. What has stopped you from achieving the goals you set at the beginning of the year?... 'Excusitis' is not an answer. Tomorrow is going to be just as busy as today and as yesterday. The subconscious mind has so much power, this is frustrating to understand from our logical mind. While we are consciously making daily decisions many are subconsciously, being made like we are on auto pilot.

Some of you have done an amazing job 'almost' reaching goal. The key word is almost and the most important thing for you to do right now is sit down and re-evaluate your goals. I know you are feeling comfortable, your clothes are feeling looser and you are receiving compliments on your great body—good for you, you deserve it! But do not let the comfort factor stop you from going all the way. Throw out the fat clothes, there is no going back, turn up the heat and keep going! Don't fall into the comfort zone, keep moving the bar and re-setting your goals until you are where you want to be. You may have dropped 4 dress sizes and that is amazing, but don't stop if there is 1 to go. The most important thing to remember is to believe in yourself and expect that you will achieve your goal. Our beliefs and expectations determine our success. The good news is that you do have the ability to change, up the anti and reset your comfort zone.

Questions to ask yourself while you have that cuppa.....Be honest with yourself...

1. What do I really want? Don't be vague, be clear about exactly what you want.
2. What is stopping me from achieving this and how am I going to change it?
3. Connect a sense of pleasure with how you are going to feel when you achieve your goal....now create a sense of urgency and make changes now.
4. Focus on the positive and surround yourself with like minded people. Join a PT group and train together.
5. Don't connect to the parts of your body you don't like. Don't dwell on how you think they make you feel. Focus on how great you are going to look and feel when you achieve your goal. Without positive attachment you are already setting yourself up for self sabotage! Don't give yourself that opportunity.
6. Be consistent and be persistent. If you fall off the wagon at morning tea don't write the whole day off, start again at lunch. Follow an action plan, don't rely on willpower.
7. Make small changes and take one step at a time.



Unless you change what you do, you will always have what you have got.....



WAYS TO BURN OFF 100 CALORIES

- 13 mins X-Trainer
- 11 mins Sculpt/Pump/Step
- 30 mins cleaning
- 9 mins jogging on 10 kph
- 10 mins boxing
- 8 mins Squash
- 20 mins Golf

SNACK IDEA'S UNDER 100 CALS

- 2 Paradise date and ginger bikkies - 66 cal
- So good passionfruit icecream - 100ml
- Small tin of tuna 81cal
- Mini tub Philly cheese & veggie sticks
- air popped popcorn - 25 cal for one cup
- Sakata Minis Rice Crackers 40 cal per 15g bag
- Le Snak Corn Chips and Salsa 28 cal per snak pack
- mini paddle pops - only 35 cals!!!!
- 15 almonds- 104cal
- 1 jelly cup- approx. 100cal
- tub of low fat yogurt (80cal)
- 2 corn thins with ricotta and tomato
- Aero chocolate mousse - 66 cal
- Microwave lite popcorn, mini bag.
- 3 vita weets, lite philly and tomato

HEAPS MORE TO SHARE AT THE EASTER FOCUS GROUP

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SHAW FITNESS

**EASTER
FOCUS
GROUP**

YOU ASKED FOR IT!!! 3 WEEK EASTER FOCUS GROUP

A number of you have asked if there was going to be an Easter Focus Group, my plan was to wait until winter. But.....If you want it you got it! I know Easter can be tough for some of you, I won't be touching a Lindt bunny after researching Easter calorie stats! (see below) There have also been many requests to do some follow up on nutrition and label reading so we will incorporate that into the Easter Focus Group.

If you are wanting to learn more about nutrition and label reading then you will love the first session. If you are looking for variety or would just like some support then this is the group for you.

Session 1 Monday 6 April 4.30– 6.30pm

- Nutrition Labels, How much fat, carb, sugar, sodium is too much. What does lite, low fat and reduced fat mean
- Off to the supermarket to compare some of your favourite products
- Regroup and discuss nutrition and the changes we are going to make

Session 2 Friday 17 April 9.45—11.15am

- Lets recap on our nutrition labels and share what we have learnt about healthy choices with the group
- Group Fitness session—lets burn some calories!!!!

Session 3 Monday 20 April 4.30pm –6.00pm

- Group Fitness session
- Compare notes and assess our goals for the coming weeks.

**BRING A FRIEND TO THE
FOCUS GROUP AND SAVE!**

1/2 PRICE

Introduce a friend to our Focus Group (someone who did not attend the Christmas Focus Group) and the second person will only pay half price which means you will only pay \$33.75 each!



Your Easter Focus Group Includes.....

**3 sessions—total of 5 hours with a qualified trainer—yours truly :)
In Health book with great tips
and recipes by Dr Tim Crowe**

**Total investment—\$45 per person
Great Value!**

**FIT
KIDS**

What a great
success!
Term 2 starts in
May



Each week the program is different, it engages the kids. Lani especially enjoyed the boot camp session...Telena Blackman

Sarah is a very interesting - and interested person; her professionalism, extensive knowledge and enthusiastic commitment to her work and ultimately her clients, provides the perfect scenario for success - setting the foundation for a new healthier lifestyle!"

With all our thanks the Campbell-Peut family.

The FitKid program has been a wonderful fitness session. My daughter looks forward to the weekly sessions...Rondelle Dowling