

## 'tis the Season—To be a little bit Jolly!

Welcome to the final newsletter for 2009! Firstly I would like to thank each and everyone of you for a memorable year! I have witnessed some amazing transformations and some heart felt lifestyle changes. You are all to be congratulated on your efforts. It is motivation that gets you started but it's habit that keeps you going. Do not let all of your hard work go to 'wait' and blow it over the Christmas season. I look forward to an exciting 2010. To keep you challenged and motivated there will be additional fun runs on the calendar next year and I can guarantee a massive Clear Day Boot Camp mid year.

The schedule over Christmas for PT sessions and group fitness classes will be scaled down. I will make sure you all get a final timetable and will touch base with those of you doing PT to work out everyone's availability.

I will leave you with this thought.....*You have a very powerful mind that can make anything happen as long as you keep yourself centered.* I wish you and your family a very Merry Christmas and a fit and healthy new year. ....Sarah xxx

### 12 WEEK CHALLENGE NEWS

Congratulations Alex Hood for being our fortnightly winner. A fantastic result with 14.02% of centimetres lost so far in the challenge.



## GIFT GIVING MADE EASY

Personal Training and Evohe Skin Care gift packs available for Christmas Gifts for yourself, family or friends. Packs and vouchers can be tailored to suit your budget and style....



<b>I PT with SARAH</b>	1 x 30 min Personal Training Session Free gym pass for PT sessions 'I PT with Sarah' towel Evohe sample gift bag <b>\$55.00</b>
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**Evohe Trial Pack**  
 Cleanse..Mist..  
 Moisture..369..  
**\$33.00**

**Evohe Gift Pack**  
 Tailor made gift bags from \$55  
 Affordable..Natural..  
 Preservative free..Quality  
 Full range of skin care, body care, mineral makeup and brushes available

### Count the Calories!

Here are some calorie counts you may be interested in over the Festive Season! Don't look too harmless on their own...turn over and check out the Christmas Menu section!

#### Pre dinner nibbles

- 1 x fried dim sim 177 cal
- 1 x fried prawn 73 cal
- 1 x fried spring roll 144 cal
- 1 x samosas 108 cal
- Copperpot chunky basil dip 1 tbs 101 cal
- Kraft sundried tomato dip 1 tbs 43 cal
- Black Swan skinny hommus 1 tbs 18 cal

#### Christmas Treats

- Christmas cake 70g 236cal
- Christmas pudding 100g 292 cal

#### Cheers!

- Champagne, White, Red wine 107-113 cal
- Stubbie mid strength beer 90cal

### Upgrades...

- 30 min PT—\$45
- 30 min train with a friend \$25.00 each
- I PT with Sarah full size towel \$25/sweat size towel \$15

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# SHAW FITNESS

## BEAT THE BULGE THIS CHRISTMAS SEASON!

First things first...you are in control and you do have control! The festive season can take it's toll on our will-power but you have the option to make some choices. It is up to you what they are. Do not use the festive season as a free for all. You are only going to regret it!

Here are some suggestions to get you through the fun and frivolity with minimum damage to your waist-line.

### Cocktail Hour

For those of you with no self control when the pre dinner nibbles platter gets passed around then I suggest you keep up your exercise regime. That will help counter balance some damage done from the dip platter.

Lets look at a basic finger food session..... 2 x dim sim, 2 x spring roll, 4 helpings of dip and crackers, handful of chips 2 glasses of champers....does this sound familiar? That's a whopping 1089 calories!!

Now if you are not a calories counter that figure wont mean much to you so to put it in perspective the average female wanting to lose weight should be having around 1500 calories per day! Now that's before dinner!!!! I am not saying don't eat it but be aware! You may want to have a snack before you go so you are less likely to face plant the dip platter or be prepared for an extra exercise session.....

### Christmas Day Indulgence

While we are talking food lets analyze Christmas Day....seriously it is one day so enjoy! But just so you know what an average Christmas Day meal might 'cost you' calorie wise here it is.

Small serve pre lunch nibbles	100 cal
Roast Pork 2 slices	94 cal
Supreme Gravox	16 cal
Pork Crackling 1 serve 30g	154cal
Mixed Roast Vege	100 cal
Christmas Pudding	292cal
Brandy Custard full fat	169cal
1 Tablespoon thickened full fat cream	69cal
1 scoop ice cream	94 cal
1 alcoholic beverage	110 cal
<b>TOTAL</b>	<b>1198cal</b>

To reduce that try...

- Reduced fat brandy custard—save 59cal
- Extra light cream—save 42 cal
- No crackling—save 154 cal!

At the end of the day, it's Christmas—enjoy but be aware of what you are eating.



### Eat drink and be Merry!

Yes you can! If you simply do not want to curtail your eating over Christmas then you are going to need to up the ante in the gym! You will need to add an extra group fitness class or PT session to counteract the calorie intake. Join up with a friend for a PT session or ask me if there is a group you may be able to join in with over the Christmas Season.

### Go for Goal

To help you stay on track try setting a weekly goal. It may be the number of gym sessions you do for the week, or a weight on the scales you do not want to go over. By having a goal and by staying focused you are less likely to blow out.

### Go Slow

The buffet is not going to run away! Slow down and let your body digest the food you are eating, give your brain time to register you are full. If you slow down you will savour and enjoy your meal and you wont spoil it with that horrible feeling of bloating and overeating.

### I deserve it

For those of you who have just completed the challenge watch the 'I deserve it' approach to eating over the Christmas Season. Yes you have made sacrifices over the past 3 months and yes you do deserve a moderate amount of indulging but remember the commitment you made to yourself. Do not see-saw with the weight, use the information you have learnt during this time and show that you can have control.

### Santa knows when you have been naughty or nice!

When you're good you're good and when you are rotten gee what a lot of fun! That sounds like maintenance to me. Look at your week ahead. Be aware of the days you have an event on and the days you don't be super good!

### Don't sweat it!

Easier said than done when you are trying to buy Christmas presents, plan a Christmas Day feast for the family and keep within budget. Keep the stress level down if you can. It will help with the way the body metabolises fat stores. You are not super human—delegate a task, take a deep breath when you are standing 10 deep from the register or come and do a boxing session!



## MERRY CHRISTMAS & HAPPY NEW YEAR