

ENERGISE YOUR DAY



1. **Start your day with Vegemite:** Australia's favourite spread is one of the highest sources of vitamin B, which is essential for energy productions. Opt for wholegrain based toast for slow release of energy and to keep you fuller longer.
2. **Boost your Iron:** Red meat, such as steak and lamb, are rich in iron which keeps our muscles energized and helps combat fatigue. A medium serve of lean beef is a third of your daily iron intake. Serve with a spinach salad for an extra boost.
3. **Go crazy for chick peas!:** A great combo of protein and carbs. They are a welcome addition to any soup or salad. They have a slow and steady release of energy which will keep you feeling fuller for longer.
4. **Eat Yoghurt:** Yoghurt is rich in magnesium which will provide an energy boost by activating the enzymes that are fundamental to the metabolism process. Just choose wisely. For a magnesium rich snack combine a small handful of nuts in your favourite yoghurt.

CHRISTMAS IS JUST AROUND THE CORNER!

Lets not even get into the whole festive season challenges this month. We will save them for the November issue! But...some of you may be gearing up for the gift of giving, just don't forget yourself as you frantically shop for everyone else. Give your partner my contact details and we will arrange a tailor made Personal Training Package just for you. Or maybe you would like to give your other half a PT package for Christmas this year.....



A new year....A new challenge

Everyone had such an great time with our Running Group and Park to Park run this year that we are going to extend the season to include other charity runs. The personal results achieved by everyone was just amazing. I was so proud to have been part of the team.....Stay tuned for 2010 dates and events. Due to popular demand we will be running the Clear Day Charity Boot Camp again next year. As with all of these events there is a lot of organizing to be done. To help keep the cost down I am looking for some volunteers to help organize these events. If you are interested in being a part of next years events please let me know.

I am also going to be looking for sponsorship for the Running Group shirts for all of the contenders. This season we had approximately 60 people wearing the shirt at the Park2Park and the Clear Day Boot Camp. People are still wearing the shirts to the gym for a workout. A great advertising opportunity!

12 WEEK CHALLENGE NEWS

Congratulations Theresa Tones for being our fortnightly winner. A fantastic result with 6cm loss from the waist in only 2 weeks! This fortnight's challenge is weight loss. It is worked out on a percentage basis to make it fair! Stay tuned for our winner.



CONGRATULATIONS

An amazing effort Mark Edwards for your first official 10km run. A tremendous effort with a 52 min time. We are all very proud of you. You must know that Mark only started running this year when he joined the Running Group in June.....Well done Mark!

Sarah Shaw—Your Goodlife Personal Trainer

P: 0438 779 177

E: shawfitness@iprimus.com.au W: www.shawfitness.com.au

SHAW FITNESS

RECIPE CORNER We all know that tuna is a great staple in the cupboard when it comes to weight loss but we also know it can be very boring! Try.....

Tuna & Char-grilled Vegetable Pizza

Serves 2

1 x 22cm pizza base

1/4 cup tomato pasta sauce

100g char grilled eggplant

95g Tuna

1/2 cup grated cheese

1/2 cup torn basil leaves

Capsicum and red onion

1. Pre heat oven to 180
2. Spread the pizza base with sauce and top with capsicum, eggplant and red onion
3. Drain and flake tuna, spread over pizza
4. Sprinkle with cheese and bake for approx 10 mins or until base is cooked.
5. Serve sprinkled with basil

Rice and Tuna Salad

Serves 2

2 x tins of light chili tuna

250g package of pre cooked

brown rice

1 tomato, chopped

12 sugar snap peas

1/4 cup chopped olives

1 cup rocket

1/3 cup pine nuts

60g feta, crumbled

1. Flake the un-drained tuna and stir into the rice with the tomato, peas, olives, rocket, feta and pine nuts.

Tuna Pita Pockets

Serves 1

95g of tuna (flavoured if preferred)

1/2 cup tabbouli

1/4 avocado, chopped

2 tbsps tzatziki

1 pita bread

1. Drain and flake tuna, combine with tabbouli, avocado and tzatziki
2. Halve the pita bread and fill with tuna mixture

Do you have a favourite recipe? Share it with us.... Email me

A Balanced Training Program Creates remarkable results

There are so many factors to address when trying to reach our health and fitness goals. Lets look at nutrition, weight training, recovery, intensity,

hydration and mental attitude.

Nutrition goes hand in hand with a great workout program. You can exercise all you like but without the correct nutrition you will never achieve your results. When you break it down, nutrition is nothing but good fuel for your body. The better fuel you put in and the more consistent you are in supplying that 'good fuel' the better your results will be. Don't short change your workouts with poor nutrition.

Weight Training Ok, here it is....listen up.....! **EFFICIENT WORKOUTS WITH EFFECTIVE EXERCISE SELECTION.....** Choose compound exercise. That's exercises using more than one muscle group at a time. Take the concept of working smarter not harder literally. Why do static bicep curls when you can do lunges and bicep curls at the same time!

Recovery Hand in hand with weight training is recovery. The problem is that people underestimate the importance of recovery. Your body does a tremendous amount of work while it's resting. Don't feel guilty—you will perform better if you allow your body to recover. When it's time to train, train. When it's time to recover, pop your feet up and enjoy!

Intensity Now, how much of a recovery period we need all depends on how hard we train or how intense our sessions are. Intensity is based on how hard we push ourselves during every rep of every set in a training session. You must strive to continually train harder to achieve results. We know that we don't push ourselves enough when we train on our own so try training with a friend or enlist the support of a Personal Trainer :)

Hydration This is one aspect which is so often overlooked. After all, your body is 2/3's water and your muscle is approximately 70% water, yet people don't drink enough of the good stuff! Work on 1 litre per 25kg of body weight. The best thing about this is that it's free and your body will thank you for it.

Mental Attitude No matter how well you implement the 5 above points, they all mean nothing unless you have the right attitude and belief in your ability to succeed. Don't give in no matter how hard it is. You have your goal. You have set your target. Now go get it. 'Normal' people will not understand. Those who are jealous of you will try and sabotage you. Keep your eye on the goal and never, never give up. Stand strong to your convictions and believe in yourself. Believe in what you are doing and you will reap the rewards from your hard work. You will have the physique that will be admired and sought after by not only your peers, but from the disbelievers as well.

My thoughts.... As you can see, no aspect is more important than the other. It is only when you put in 100% in all aspects of your lifestyle that you will achieve your goals. Success is here and waiting for you. All you need to do is step up to the plate and take the challenge....**ARE YOU READY?**