

Message from Nic



The 9 reasons why we never get in shape and stay that way!

1. **We start things we won't maintain.** Yes, we are models of inconsistency. We have great ability to start and stop 10 new programs/diets, etc every year. For many of us, the biggest barrier to permanent results is simply the reality that we never finish what we start.
2. **Reacting emotionally rather than plan logically.** When it comes to exercise, diet or lifestyle, we are reactive, emotional creatures. If we add a bit of logic into the picture, we might see some better results.
3. **Generic exercise programs.** If we had the same genetics, same goals, same fitness level, then generic exercise programs would be fabulous. Fortunately, we are all different. Our exercise programs should be too.
4. **We are big babies!** The fact is that many of us simply don't train hard enough to get results. We are maintaining rather than progressing. The idea is to stimulate your body physically. It will need to adapt (get fitter, leaner, bigger, smaller, faster, more flexible). The problem is we need to get uncomfortable to adapt. Do not do what feels comfortable, do what works. Look for effective - not EASY.
5. **NO variety in your workout.** We train the same, we look the same. So of many of us are creatures of habit. When we exercise we should be creatures of variety if we want our body to change. Try a new workout and you will discover how fit you are!
6. **Too much fuel the tank.** We eat too much and everybody knows this. We do not eat what we need. If we could reduce our food intake by 30%, we'd have next to zero obesity. Sadly, that seems too complex for some people in our consumption-obsessed world.
7. **We get in shape just for events.** Wedding, birthday, parties, a new season but not for life.
8. **We talk crap.** When it comes to the state of our body, we talk crap. We constantly rationalize, justify, explain and blame away our fat selves. If only we'd be honest, responsible, accountable, proactive and consistent – then we'd get in shape and stay that way.
9. **Attitude.** When I talk to people in my role as a personal trainer, I am actually more interested in their attitude than I am their genetics or their physical potential. Experience shows me when it comes to creating life-long change, PSYCHOLOGY plays more of a role than physiology.

Superfit Client of the month ! It's Tony Phillips



I have been training TONY for a while. He runs his own business and is a pretty busy person but he finds the time to exercise on a regular basis. Tony has all the ingredients to gain permanent results because:

- he always finishes what he starts
- he is progressing and not maintaining
- he is not afraid to get out of his comfort zone
- he decides to be in shape for his life not only for events,
- he decides what lifestyle he wants
- he is consistent and disciplined

Results: Tony looks great. He is a fit, strong man – can bench press up to 100kgs, run fast and long. He is successful. Congratulations, Tony!

Nutrition Corner:

SNACK ATTACK. Did you know?

You know all the pros and cons of consuming a few extra snacks. But how much exercise would you have to do to work off these indulgences?



To eliminate ONE Original Smiths Crisps Crinckle Cut 100gr

YOU NEED:

to walk 3hours or cycle 1h 40 mins or swim 1h 20mn or run 1h 5mn

MESSAGE:

Think before eating an easy SNACK with plenty of calories and fat. You know now the efforts it takes to work off of this crappy food!

SOLUTION : GUILT –FREE SNACKING !

Prepare your snacks in advance (the day before). Here are some ideas for some good healthy guilt-free snacks :

Raw Almonds , Raw Mixed Nuts, Dried Fruit , Mini Rice Cakes, Mandarin, Apple, Banana, Grapes, Tuna, Dried Peas, Baby Carrots, Celery & Hummus, Cherry Tomatoes, Whole-grain

Crispbread with Cottage Cheese, Low fat yoghurt, Protein Shake



**SUPERFIT Group fitness solutions on the market!
GREAT OFFERS! Let's have a look.**

12 Week outdoors challenge is booked out!

Want to get ride off of that belly fat and look sensational by Xmas?

A new 12 week challenge starts early September and is just what you need to look good for summer.

Includes 3 outdoor sessions a week at an affordable price!

Make a decision but BE FAST !

SPECIAL Early birds

Sign for the 12 week challenge before August 31st and you will save \$100.

Do not wait, make a decision and you will not regret it! See my website for details on what's included: www.superfit.com.au

Running group session Saturday morning at Mt Coot-tha



When : Each Saturday morning

Time: 08.30am

Venue : Different each Saturday but centred around Mt Coot-tha

How many sessions to go: 3 sessions

Suitable for all level of fitness. Do not worry!

Saturday 30th August: Last running session . We will run a 10 km lap of Sir Samuel Griffith . **YEAH !** Do not miss it. Imagine having this challenge under your belt! You will well and truly be ready for the Bridge to Brisbane.

Call NIC 0413 899 077 or email via my website www.superfit.com.au

The atmosphere is great and it's coffee for all after training at Mt Coot-tha Restaurant with a lovely view of Brisbane. The perfect start to your weekend!

Friday morning group session (cardio/strength)

Time: 6 am.

Where: Bowman Park, Bardon – meet at the parking close to the soccer house.

Duration: 55mins

Intensity level : medium to high

Motivation: Group training is the best!

Other: It is fun, innovative, challenging

Your commitment: Pack of 5 and 10 sessions only.

Price: \$100 for 5 sessions, \$200 for 10 sessions (includes 11th session for free)

INTERESTED? NOT SURE IF IT SUITS YOU?

CALL NIC 0413 899 077 or email me via my website: www.superfit.com.au

OR just come along and check it out.

Upcoming events

For the full list of upcoming events and activities, check out the **Events and Training** sections of this website:



Sept 7 - Bridge to Brisbane Fun Run

Superfit News update!

CORPORATE 13 week Tradelink challenge–

Award ceremony 27th July 2008 at Banyo. Congratulations to the champions! Here below are the results :

FEMALE



From left: Helene Neel, Carol Gerber, Kylee Flack

MALE:



From left: Roger Haslam, Tony Guelen , Jim Maiolo

SUPERFIT TROPHEES

Most inspiring Female: Carol Gerber

Most inspiring Male: Roger Haslam

Gold Coast Marathon 6th of July 2008. Well done Anna!

Congratulations to Anna McCormick who completed her FIRST 10 kms fun run. Great effort Anna . You had one million reasons to not dot it but you DID IT. Fantastic effort!

Pro Windsurfing tour in Europe- Poland

Well done Sean who just placed 11th overall in the European cup with the big guns of the World. Well done! We'll keep cheering you on during your tour in Europe.

Sailing - South pacific regatta laser masters - 25th 28th of July

Jan Kemp finished 8th overall and second in the female category after 4 days of regatta in Manly. Her husband, Greg finished 16th. Congratulations to both you!

Happy news! New baby!

The small Jayden was born on June 26, 2008! Congratulations Lorne Fullwood on your third child. He will keep you busy!