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Superfit Newsletter

10 simple things to reduce stress during the festive season...



Christmas is meant to be a happy time but for many it means more stress and anxiety than at any other time. You need to look after yourself at this time. These 10 tips can help make the festive season more enjoyable:

1. **Recognise that you feel overwhelmed.** Many feel there is too much to do and too little time to do it. What is it exactly that we're feeling? FEAR. Face it, and you're better equipped to deal with it.
2. **Be grateful.** If you think about it, the alternative is that you have little to do and you feel bored and not needed.
3. **You can't do it all.** If you are a person of action, it's likely you'll never have an empty inbox. And if you think about it, that's a good thing!
4. **You can only do one thing at a time.** The girls might disagree with me! But, although you can multi-task, you can only have one thought in your mind at a time. Trying to deal with more than one thought at a time is exhausting.
5. **Be selective.** Prioritize! Make intelligent choices based on what's urgent, non-urgent, important and non-important.
6. **Delegate.** Learn to ask for help. People like to help but they need to be asked. o is equipped to do the job.
7. **Learn to say NO.** Our feelings of being overwhelmed come largely from taking on too much. Don't be too quick to accept the next assignment. It's not worth being seen as "nice" if you're health suffers because you're exhausted.
8. **Take care of yourself.** Eat and sleep well and keep up with your exercise routine.
9. **Breathe.** When we are overwhelmed, we tighten up instead of relaxing. Take some long deep breaths and feel yourself returning to the present.
10. **Focus on the job.** If we're thinking about what isn't done, we can't focus on what we're doing now.

All the best for a healthy and happy Christmas! Nic

Clients of the month. It's Kyle Ellis

Kyle took part in the recent Goodlife 12 week challenge at Bardon. Look at these amazing results:

- FAT Loss: 15.43 kg
- LEAN Mass gained: 6.1 kgs
- BODY FAT loss: -11.73%
- Lost a total of: 28.5cm

This is what can be achieved when someone is highly motivated, eats perfectly and works hard—real hard!!

Fantastic effort Kyle. You are the Man! Congratulations.

Photo: Kyle carrying me at the award party! Great night!



Inside this issue:

Healthy NEWSDESK	2
5 ways to add years to your life	2
Diets tips to prevent Holiday Weight Gain	3
Nutrition Corner- Burn off that booze	3

MADDISON'S HAIR

Sponsors the client of the month with a \$100 voucher! And that's not all. Every Superfit client receives a 25% discount for themselves and their partner on their first appointment!

Call Shaun to book your appointment.

MADDISON'S HAIR

137 Kennedy Tce, Paddington

Ph: 3368 1945

HEALTHY NEWSDESK ..

12 Week Challenge Award Party –Southbank



On December 5 we celebrated the success of two 12 Week Challengers with some, dancing, drinks and a lot of fun!

Fran Van de Meer and Kyle Ellis were finalists in the challenge after losing an amazing 24 kg of fat and gaining 8.3 kg of muscle combined!

I am incredibly proud of what they have achieved and I was so happy to celebrate their success with them. **Congratulations!**



LOSE 4 KILOS OF FAT
IN 4 WEEKS.

IT IS POSSIBLE!

BURN OFF THOSE CHRISTMAS CALORIES. GET LEANER, SEXIER AND HEALTHIER—NOW.

BOOTCAMP.

STARTING:

February 2009

GREAT NEWS!

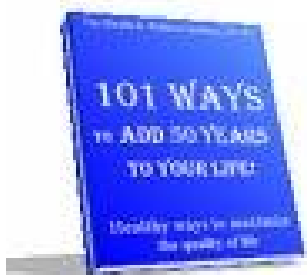
Welcome little JAKE Campbell Ransley!

Congratulations Chris and Wendy on the arrival of Jake, the first addition to their family.

Chris is my website man and trains at Bardon. Make sure you wish him and Wendy all the best. I'm sure Jake will be getting a lot of presents for his first Christmas!

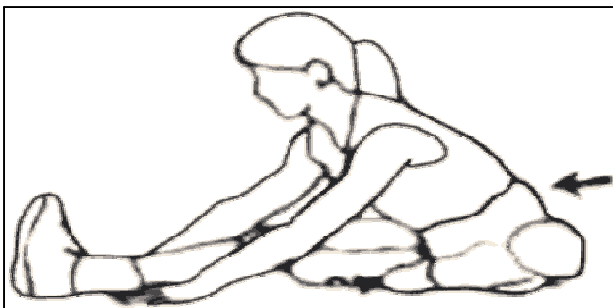


FIVE WAYS TO ADD YEARS TO YOUR LIFE



1. **Next time you are trying to decide between soup and salad—ORDER THE SALAD.** Research shows that eating one cup of raw veges a day can add 2 years to your life.
2. **Learn that the fat you carry around today could kill you tomorrow.** Maintaining a body mass index of 25-35 can shorten your life by up to 3 years.
3. **Crack open the nuts.** Scientists studying lifestyle habits found that those munching nuts 5 days a week earned an extra 2.9 years of life.
4. **Never forget your mates have your back.** Those with the largest network of friends have the longest lease on life.
5. **Repeat this:** There is life after retirement. Those with a positive outlook on life lived more than 7 years longer than those who felt doomed to fading health.

Stretching prevents injuries : stretches for back of leg and



Sit on floor, legs straight out at sides. Bend left leg in at knee.

Slowly bend forward from hips toward foot of straight leg until you feel slight stretch.

Do not dip head forward at start of stretch.

Hold stretch 10 to 20 seconds.

Repeat on other side. Use a towel if you cannot easily reach your feet.

Diets tips to prevent Holiday Weight Gain



Let's face it. The food is really good during the festive season. And there's always a cold beer and a glass of wine at the ready.

It sounds like a guaranteed recipe for packing on some unwanted kg. But not necessarily. Here's a few tips to keep that weight gain under control:

1. **Perform some high-intensity activity before and/or after a big meal.** Ideally you should work out within 30mins before and 3 hours after a big meal for

best results. Try 20 min of circuit resistance training or cardio interval training. Or simply a 30 min walk.

2. **Do NOT fast before a big meal.** This leads to overeating, usually involving food that is full of fat and sugar!
3. **Do NOT stuff yourself.** Eat until you're satisfied, not bursting at the seams.
4. **Eat a high-fibre, protein rich meal an hour beforehand.** You'll be full which means you'll consume less calories when faced with christmas dinner with all the trimmings. Try a protein shake with a bit of flax seed added and a litre of water.



Quick FIT Tip:

3 palm -size pieces of lean, red meat every week, for your iron and vitamin B.
If you do not eat meat you need to eat MORE beans, legumes, nuts and lots of leafy green veggies

Nutrition Corner. BURN OFF THAT BOOZE....

IF YOU DRINK....

One can of light beer

One can of full -strength beer

One glass of white wine

One glass of red wine

One glass of champagne

One vodka shot

YOU'LL NEED TO DO

= 3.75km bike ride

= 17 mins football

= 8 mins skipping

= 15 mins aerobics

= 17 mins walking

= 9 minutes of tennis

Some studies proved that alcohol can contribute to excess energy intake by adding calories to the normal diet and by increasing appetite.

Alcohol can also encourage fat storage by displacing fat and carbs metabolism.

Remember, alcohol breaks down very quick, leaving fats and carbs to be stored because their energy is not needed

