



WWW.SUPERFIT.COM.AU TEL : 0413 899 077

# Superfit Newsletter

## ARE you really ready to BEAT your BAD HABITS?



So, here you are, a few weeks after the New Year and those sincere resolutions. But nothing has really changed. I can hear you saying; I will cut down my drinking; I won't eat bad food or my bad snacking; I will go to the gym 3x a week; and, and, and.

Here's what you can do:

Stop making resolutions that you don't stick to and START making changes in your life today.

1. **TALK TO YOUR-SELF.** In the next 3 minutes, you have to

confess to yourself that you have an addiction. And now, you have to establish why you are doing it? For example, are boozing because you are lonely, bored or need to escape? FIND this answer and you are over half way to beating your bad habits.

2. **PLAN it out .** For all the D Day. If you want to beat your addiction to food, smoking or negative behaviour, you need a plan. If stress and anxiety triggers your smoking, plan to give up when you aren't stressed.
3. **READ UP.** The more you know about your habit, the easier it is to beat and the more motivated you will feel. Call Quitline, Google it, buy some books.
4. **YOU FEEL GOOD.** Satisfying an addiction makes you feel good. So, if you are going to give up some-

thing that makes you feel good, replace it with something else that feels good too (exercising, relaxation, stretches, massage). When you feel the need arise for you addiction or bad habit. Exercise. Do 30 body-weight squats, 30 push ups and run 400 meters and I guarantee your "need" is gone afterwards.

5. **CLEAN** your house, your car, your desk, everywhere you are. The first positive step is to remove anything from the environment that will tempt you on D-day. .
6. **FINALLY,** enjoy your **NEW LIFESTYLE** and each progress you made. Be proud of yourself and it is just amazing how you will influence your family or friends to do it. You will be the inspiration. Yeah!

Stay lean and fit. See you at the gym Nic

*(Men's Fitness, April 09)*

### Bardon 12 week challenge starts Saturday 29 Feb

After training and advising clients through seven 12 week challenges, I can say that this program is one of the best I've seen.

If you are serious about losing weight, toning up, changing your lifestyle and looking better than you ever

have, the 12 week challenge is for you.

Nutrition, motivation, training, support—it's all included.

Contact Nic at [nic@superfit.com.au](mailto:nic@superfit.com.au) or call on 0413 899 077 to get started.



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#### 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.

#### MADDISONS'S HAIR

137 Kennedy Tce, Paddington

Ph: 3368 1945



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# Need fast results ? BOOTCAMP is for YOU.

**LOSE THOSE  
EMBARRASSING  
XMAS KILOS BY  
EASTER.  
  
IT IS POSSIBLE!  
  
Don't just "talk about it"  
do it NOW!!  
  
BEGINS:  
  
Monday 2 March 2009.**


  
**Boot Camp will help you  
to:  
Increase physical fitness  
Develop motivation  
Learn to push yourself  
Improve energy levels  
Improve sleeping patterns  
Improve muscle tone**

**The details:**  
**How many sessions:** 12  
**How long is a session:** 1 hour  
**When:** Monday-Wednesday-Friday  
**Time:** Starts 6am sharp  
**Where:** Bardon ,  
**Who can attend?** Everybody from 12 to 75+ . Take your partner, your kids and your friends. Suits all levels of fitness.  
  
**GET STARTED TODAY FOR LESS  
THAN \$20 PER SESSION.**  
  
**Special price for couple and family!**  
  
**EMAIL NIC at [nic@superfit.com.au](mailto:nic@superfit.com.au).**  
  
**LIMITED PLACES. BOOK NOW TO  
AVOID DISAPPOINTMENT.**

## HEALTHY NEWSDESK !

**OFFICE HUNGER BUSTERS**  
**Dried prunes** have a higher level of antioxidants than most berries.  
**Brazil nuts** are rich in protein to keep you fuller, longer.  
**Sultanas**— sweet enough to satisfy the sweet cravings of sweet tooths.  
**Miso soup**— calorie controlled and full of flavour.

**High intensity interval training—try it !**  
If you want to burn fat without spending hours in the gym, the high intensity interval training is what you need, said the American College of Sports Medicine. It is highly effective, more time efficient and yielding tremendous fat burning benefits.  
**Frequency:** 2-3 per week for 15 mins.  
**Beginners:** 10 sec@100%, 30 sec

@65% x 18 (12 minutes total)  
**Advanced:** 15 sec@100%:  
20sec@65% x 26 (15minutes in total).  
Use the bike, elliptical, xtrainer, rower, skipping, boxing or running outside!  


## Hot chips temptation!

Do you know how much exercise you would have to do to work off some hot chips?



**To eliminate a medium Mac Donald fries you need:**  
To walk : 2hours 16 mins  
To cycle: 1hour 15 mins  
To swim: 58mins  
To run: 49 mins

**GUILT-free snacking:**  
5 snacks under 100 calories  
1. 10 cashew nuts, 10 almonds  
2. 1/2 small avocado  
3. 4 mini rice cakes  
4. On orange, apple  
5. Ricotta cheese with 4 wholewheat crackers

# Nic's holiday souvenirs of Switzerland and Paris!

As you know, my family and I have just returned from a holiday in Switzerland—with a side trip to Paris. And, we had a fantastic time!

We spent lots of time with my family in the French part of Switzerland, celebrated our little girl, Jasmine's, second birthday and her baptism (on the same

day) and enjoyed beautiful weather—lots of snow and lots of sunshine.

As you can see, the skiing was fantastic. We stayed one week at Leukerbad in the German part of Switzerland. Not only was the skiing great but the area is also famous for thermal baths, perfect after a long day skiing.

We traveled by the speed train to Paris for five days of seeing all the wonderful architecture, culture and that special charm that only Paris has. The Eiffel



Tower, Notre Dame, the famous artists area of Montmartre, and more.

And how good are the espressos and chocolate croissants? Luckily we were walking all day to burn them off!

Thanks to everyone who wanted to hear a little of our holiday story. I hope you enjoy the photos!



## Client's Corner, starring Penelope Benson

### Personal Training? "You must be crazy!"

At a visit to my doctor last year, she commented (not unkindly) that I seemed to be putting on weight. The surgery scales alas proved that she was right. Welcome to middle-age spread! I had always enjoyed exercise, playing a lot of squash until a sore knee - coupled with not wanting as many late nights with fixture matches - meant I was playing less. My doctor suggested I sign up with a personal fitness trainer to lose weight, tone up and strengthen the muscles.

"You must be crazy" I thought to myself! I only visited the gym once a week for Saturday morning spinning. I had absolutely no inclination to be chaperoned by a fellow in a blue T-shirt, urging me to lift weights, do press-ups, and toss medicine balls in the air.

Nevertheless, I inquired about trainers at the Goodlife front desk. Nicolas was recommended and I can honestly say that I have not regretted my doctor's advice! It's a double bonus as not only does Nic encourage me to spar with him in boxing gloves and venture into the scary territory of the weights room, but I also get to practise speaking French with him! (Sit-ups in French are just as tough and unglamorous as in English!) Thanks, Nic! I appreciate your guidance and shall keep trying hard.

*The photo shows me with my other personal trainer, my dog Emma.*

