

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

Superfit Newsletter

Detox diets are no quick fix!



After a bit of indulgence over the festive season, plenty of people line up to try the latest detox diet product. The choices are huge! It seems every time you turn on the tv or read a magazine, you find a fast, lazy solution for a quick detox.

The other day I met a member of the gym who told me with enthusiasm about her detox plans. This is how it goes. For the first 7 days of the year, she buys a detox kit and follows the instructions to cut out all alcohol, caffeine, sugar, and refined carbohydrates - all while taking some supplements to help "detoxify" the liver and kidneys and extra fibre to help cleanse the colon.

Is the detox going to

significantly improve her health? In my opinion, no, not really. How can 7 days make a difference to someone who is generally healthy but over-indulged over the festive season?

And I don't believe 7 days of detox can undo years of eating fatty foods, drinking too much alcohol, snacking on sugar-loaded foods or thinking exercise is walking back and forth from the fridge.

On top of that, the detox diet is such an extreme change for most people that I bet only 3 or 4 brave souls out of 100 unhealthy persons would even finish it.

The sugar cravings and caffeine withdrawal would cause such severe withdrawal symptoms that most people wouldn't last 72 hours.

The long-term fix is dumping those bad eating habits, getting fit and keeping check on your stress levels.

The fact is, you can't get rid of toxins in your body. Just living—breathing, moving—creates toxins in your body.

Just remember: 1 week of the cleanest living can't reverse 51 weeks of laziness in your eating and exercise habits.

So here are your tips to move towards **lifelong healthy habits**.

1. Make a real decision about what lifestyle you want. Confront the issues.
2. Make a change, face your fears, be honest with yourself and make a commitment to improve your health.
3. Decide to eat properly and ask a professional for the right information.
4. Commit to an exercise regime with a plan and a goal.
5. Fight to change your bad habits and replace them with healthy ones.
6. Drink lots more water.
7. Stop flavouring your food with sugar and fat—enjoy the real taste of food.

Stay fit and healthy. Nic

CLIENT OF THE MONTH: IT'S



Les Simonsen truly deserves to kick off this decade as Client of the Month!

Les joined Boot Camp in October 2009 and in just 10 weeks lost an incredible 10kgs! With focus, dedication and great determination, Les did not miss a session (even when his new baby was born!) and stuck to the Boot Camp Nutrition Guide right down to the last detail. And he got the results.

Congratulations Les. You are a great inspiration to others!!

Inside this issue:

Superfit Client News	2
The Big 3—a new challenge!	2
The 2010 Moet Challenge is on!	2
Boot Camp is BACK!!	3
3 generations of Pillonel family!	3

Congratulations to all who celebrate their birthday over the coming month

Scott Williams 4 January

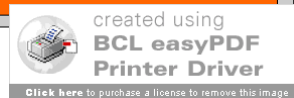
Sean O'Brien 6 January

Peter McArthur 13 January

Adam Podrowski 18 January

Paula Heathcote 24 January 50th

Peny Benson Fraser 2 February 50th



Click here to purchase a license to remove this image

Make 2010 the year to get fit **FAST!**

Finish the "BIG 3" Fun Runs and celebrate your achievements with Nic at his house!



Are you looking for some exciting goals to achieve in 2010? This could be the year you complete three of SEQ's most exciting running events:

- **Gold Coast Marathon**—July 4 (4km, 10km, 21km, 42km)
- **Brisbane Marathon Festival**—August 1 (5km, 10km, 21km, 42km)
- **Bridge to Brisbane**—August 29. (5km, 10km)

Whether you do the shorter or longer distances and whether you walk or run them, just to complete these great events will be something for you to remember!

Join Nic and Michelle for these three events and everyone who participates is invited to join us for a celebration at our house in early September!

Call Nic to discuss on 0413 899 077
or email Nic @superfit.com.au.



Take on the 12 week challenge: starting 27 February



Bardon Goodlife's 12 Week Challenge has had an amazing track record getting results for clients who want to lose weight fast and get fitter than ever before. For Challenge details, go to www.goodlifehealthclubs.com.au. Or to sign on, call Nic on 0413 899 077 or email

15.4 kg of fat loss in Just 12 weeks

Kyle Ellis, 21 - Security Officer, Ashgrove QLD



Fat Lost: 15.43 Kg
Lean Mass Gained: 6.03kg
Body Fat Lost: 11.73%
Lost total of 28.5cm

HERE'S YOUR BIG CHANCE!

Enter the 12 Week Challenge and get a

15% discount

On personal training with Nic!

The MOET CHANDON challenge—5kg off in 28 days = FREE bottle!

Let's face it, we're all motivated by different things. So if a bottle of Moet Chandon does it for you, then read on!

Last year I launched the Moet Chandon Challenge—lose at least 5kgs in 4 weeks and you'll win a bottle of Moet to enjoy! But if you lose, then you have to buy me a bottle of Moet!

It can be done. Last year, Andrea lost 5.7kgs in four weeks after her weight plateaued at 85 kgs. I proudly presented her with a bottle of bubbly!!

Entering is simple! It's just \$20 to enter and I will take your weight and measurements. You then weigh in for the final result at the end of the four weeks.

Call me on 0413 899 077 or email nic@superfit.com.au for more info or to register. Cheers!!



BOOT CAMP season has started!!

It's hard to believe we've started February 2010 already. Are those Christmas kilos still hanging around?

Boot Camp can help you lose those kilos of fat!!

The last Superfit Boot Camp in 2009 achieved some amazing results for my Boot Campers. Here they are:

- Les Simonsen **lost 10kgs** by turning up to every training session and following the Boot Camp Nutrition Guide (free for anyone who joins Boot Camp).
- Nearly all other participants **DOUBLED** their fitness levels (measured by a specific test)
- Weight lost across the group was **38kgs!**
- Members of the group still train together—thanks to the friendships made during Boot Camp.



Check out the testimonials at www.superfit.com.au.

Be part of the next Boot Camp experience and enjoy these results for yourself!

Why Boot Camp? Everyone is there for the same reason—RESULTS. It will challenge you, motivate you and you'll be disappointed when it's over. And to top it off it's GREAT VALUE FOR MONEY.

What can I expect to achieve? On average, everyone who participates drops an average of 2 to 4 kgs. Fitness goes up by at least 50%.

How do I book? Contact Nic at nic@superfit.com.au or check the website: www.superfit.com.au.

NEW BOOT CAMP ON NOW—SIGN UP . IT'S NOT TOO LATE!!

WE'RE RECRUITING NOW!

Boot Camp kicked off on Monday 1 February, however, you can still join this group or sign up for any of the SEVEN Boot Camp Challenges for the year.

And if you really want 2010 to be your year to feel fit and amazing, you can buy a special

ONE YEAR MEMBERSHIP to Boot Camp.

Cost: \$1399

Includes: All 7 Boot Camps

Savings: AN AMAZING \$344

Call or email Nic for more information.

FROM	TO
Monday 1 February	Friday 26 February
Monday 8 March	Friday 2 April
Monday 12 April	Friday 7 May
Monday 17 May	Friday 11 June
Monday 23 August	Friday 17 September
Monday 4 October	Friday 29 October
Monday 8 November	Friday 3 December

3 generations together for 5 weeks!

The last five weeks have been very special with my parents visiting from Switzerland. In their late 70's, they are great examples of what a healthy lifestyle means for us as we age. My parents are out every day walking for at least three hours. They don't take the car to the supermarket, they walk. And the hot weather wasn't used as an excuse not to go!

Back in Switzerland, my parents eat organically—from their own garden—and eat very small amounts of meat. My dad's favourite indulgence is his home-made Schnapps. We enjoyed a 40 year old bottle of his best Schnapps on this visit! It is fantastic for my parents to spend time with another generation of Pillonels—my girls Jasmine and Claire, and of course my wife, Michelle. And to celebrate their 50th wedding anniversary with us while in Australia! Felicitations!!

