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Superfit Newsletter

Are you busy making resolutions for 2009?



Happy New Year everyone! I hope you all had a wonderful Christmas and celebrated your New Year with lots of friends and family!

Are you busy making resolutions for the New Year?

I have to admit that I don't tend to make New Years resolutions. I just find that most people who make a resolution end up not keeping to the resolution and then start beating themselves up about failing.

I do not think these people fail. I just think they made a resolution that they did not believe in.

Instead to make huge resolutions that you are not going to keep it, why not set yourself small weekly or monthly goals?

By doing this and making the goal manageable it means that you have more chance of reaching that goal.

And by taking small steps over a small period of time (say 12-16 weeks) you can make BIG changes.

For example, I always talk about nutrition, nutrition, nutrition! 70% of your lean body mass comes from good nutrition.

So, make one or two small, healthy changes to your diet, not one big drastic overhaul that is too difficult to maintain. Maybe start with cutting out soft drink and replacing it with water. That's a huge step forward for your health and will have weight loss benefits also.

A great idea is to follow my Training and Nutrition Diary.

This 12 week guide helps you record everything that you eat so we can get a complete picture of your nutrition. The guide also helps you with easy-to-follow tips on eating well. Just ask me for more information.

Also think about committing to a fitness goal. It could be as simple as turning up to a fitness session at least twice a week and fitting in a 30 minute walk every chance you get. It's not a drastic change but you'll get real benefits from regular, targeted exercise.

Remember, it won't change anything just sitting there and thinking about it. If you are having trouble setting your goals give me a call. If you want help to achieve your goals then I can assist.

Have a great 2009. If you implement a couple of simple goals you'll be reaping the rewards. Stay lean and fit. Nic

Nic is on holidays!

The hours of a Personal Trainer aren't always family friendly, so I am very excited to have nearly three weeks with my wife and daughter holidaying in my home country—the beautiful Switzerland!

It's the first trip to Switzer-

land for two-year-old Jasmine and I am very excited for her to see snow for the first time!

Time out is important for everyone so while you are training hard and eating well over the next few weeks, think of me on the ski slopes! Au revoir!

(Nic is back February 3).



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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.

MADDISON'S HAIR

137 Kennedy Tce, Paddington

Ph: 3368 1945



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BOOTCAMP— IT'S BACK!!

**LOSE THOSE
CHRISTMAS KILOS!
UP TO 4 KILOS OF
FAT IN 4 WEEKS.**

IT IS POSSIBLE!

**Don't just "talk about it"
do it NOW!!**

BEGINS:

Monday 16 February 09.



**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.**

EMAIL NIC at info@superfit.com.au.

**LIMITED PLACES. BOOK NOW TO
AVOID DISAPPOINTMENT.**

HEALTHY NEWSDESK !

Laughter Therapy



You can laugh off those extra kilos—really! According to experts, 20 seconds of laughing can produce the same results as 3 mins on a rowing machine. So which one would you choose?

My little Jasmine—turning two this month!

Thanks to everyone who has asked about my little girl, Jasmine. Here's a picture of her on Christmas Day. She decided she wanted to wear the "santa hat"! I think she's showing great restraint not opening the presents immediately. Jasmine turns two in January while we are visiting my family in Switzerland. It will be a big celebration for everyone!



Mars bar attack!

Do you know how much exercise you would have to do to work off a Mars Bar?



To eliminate a 60g MARS BAR you need:

To walk : 1.5 hours

To cycle: 50 mins

To swim: 38mins

To run: 33 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

Grumpy and miserable = fat and unhappy

Fat or skinny, short or tall, old or young, if you are grumpy, miserable, negative, moody or unhappy it will be very difficult to set goals and achieve results.

Your state of mind has everything to do with how you think, how you perceive a situation and how you react to it. It is not possible to be negative, miserable and grumpy and then believe that you can achieve your best.

If you start a positive, healthy lifestyle plan that will make you feel great, look great and stay strong but continue to insist on hanging onto your negative attitude and grumpy miserable moods - "I will try this exercise stuff but it probably won't work. It never has before" - do you think you think you will ever achieve your goal?

If you really want something to work for you, the first step is achieved by really wanting to be happy and **really wanting to get the negative feelings and negative thoughts and even the negative people out of your life.**



Then comes the Happy Action Plan:

- "I am going to be happy, positive and fun to be with." Write it down and stick it up where you will it regularly.
- Smile at every person you see, even if the last person didn't smile back.
- Talk to strangers. In the lift, at the supermarket, in the queue at the bank. Be interested in what they have to say.
- Try to make people laugh.
- Genuinely compliment or praise people. Not just your family or

friend, try it with strangers.

Do you think you will be miserable and grumpy if you are always trying to make other people laugh, other people happy, other people feel good about themselves?

If you are a negative person, **your negative VOICE** inside your head is saying "What a dumb idea. I do not want to make other people feel good about themselves, I just want to have a thinner waist, I just want to lose weight!" **Maybe you need to change your inner voice.**

REVAMP YOUR PANTRY!

SWAP Chocolate biscuits **FOR**

Dried fruit

SWAP Chips **FOR** Rice crackers

SWAP Mixed lollies **FOR** Licorice

SWAP jam **FOR** Vegemite

Sean conquers Europe on pro Windsurfing tour!



From Sean O'Brien:

In 2008 I travelled to Europe to compete in all the European stops of the Pro-Windsurfing World Tour. It was a successful season for me and I travelled to some great new countries and saw some beautiful beaches! Here's my results:

- 1st place, Greek Windsurfing Championships
- 2nd place, Nordic Windsurfing Championships
- 11th, Pro Division, Euro-Challenger event in Poland
- 24th, World Championships in Poland.

I was a bit disappointed in the last result, but overall, the season was a success. I finished up **ranked number 13 in the world** for "Formula Windsurfing"!

Now back in Australia, I travelled to Sydney in early January to help organize and compete in the Australia Formula Windsurfing Championships. I won 8 out of 11 races and now have claimed the Aussie Title for the third time. All of my achievements could never have come into fruition without the guidance and conditioning from Nic, who is the man behind my fitness now for the past two seasons.