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Superfit Newsletter

My 7 top tips to boost your metabolism and turn your body into a fat burning machine!



So, here's my top tips for kick starting your metabolism and reaping the fat loss rewards!

- 1. Get plenty of aerobic exercise training.** Exercise in the morning will reap the benefits of a faster metabolism throughout the day. Your metabolism is ramped up for 4 to 8 hours after you stop exercising.
- 2. Increase the resistance training and build more muscle.** Muscle burns calories just by being there. Your muscles burn calories even when you are asleep. How good is that?! It has the added bonus of speeding up your metabolism up to 32 hours after you stop exercising.
- 3. Eating 5 or 6 meals a day** will boost your metabolism because your body will activate the digestion and absorption process more often.
- 4. Eat more protein.** Make

sure you eat good quality protein at each of your 5-6 meals a day. By high quality I mean poultry, eggs, lean red meat or fish.

Proteins have the highest TID which is an indicator of how much energy the body needs to expend to simply digest. Proteins have the highest TID at 25%, followed by carbs at 5% and fats at 2%.

- 5. Drink more water** (3-4 litres each day. Why?

Drinking a large amount of water helps get rid of water retention and will increase metabolism by 30% within minutes of drinking it. Not a bad deal again!

- 6. Consuming more spicy food** helps boost your metabolic rate but only for a short time!

- 7. Drinking green tea** on regular basis has been shown to accelerate the metabolic rate.

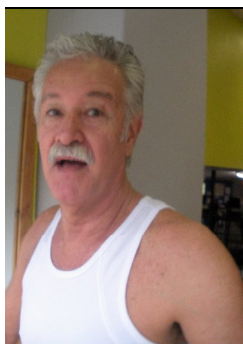
Stay fit and lean! Nic

Everyone wants to know how to increase your metabolism like it is some type of magic bullet for fat loss.

But what is this mysterious 'metabolism'? And how can you control it and manipulate it to work for you to burn fat and build muscle?

The word metabolism refers to how many calories you burn each day. It is controlled by many factors, including your hormone levels, your activity levels, the amount and type of food you eat, the amount of rest and recovery you get, your stress levels, and your genetics.

CLIENT OF THE MONTH: It is ALF FORSTER



Alf is one person I really admire. He has suffered a condition that saw his weight increase dramatically. But through determination and motivation, he's fought back and is now looking amazing at 58 years. He never misses a session, he enjoys every moment and he takes everything on with full commitment. The famous hairdresser is also the "King of the Step Class" and is someone we can all learn from. Well done, Alf.

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It's your birthday!

Congratulations to all who celebrate their birthday over the coming month

- Glenn Faulkner 7th June 50th!
- Lauren Barton 17th June
- Ivor Timmins 19th June
- Sherilee Bright 20th June
- Susan Horne 10th July
- Judie Phillips 11th July
- Gary Kelly 22th July
- Elizabeth Dangerfield 23th July

ONLY 9 weeks to Bridge to Brisbane

See how you can achieve the best fun run of your LIFE!

FUN RUN Bridge to Brisbane Sunday 30 August



Get the smartest preparation!

8 week program

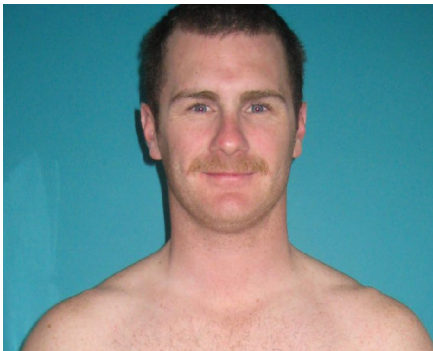
Starting 6 July 2009

Join this running group and you can expect the best fun run experience of your LIFE!

When? Each Monday at 6 am, Bowman Park, Bardon

How much? Only \$155 for all 8 sessions. That's less than \$20 per session.

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



Wishing Luke a fast recovery

All the best to Luke Moxon following a knee operation recently.

Luke is known at the gym as someone who trains hard, so he'll be missing his training sessions!

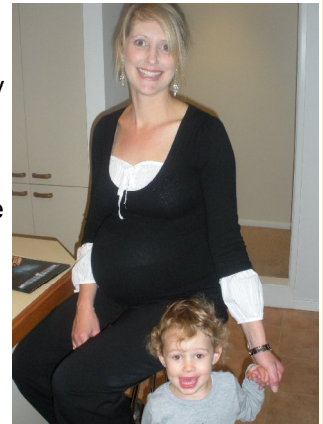
All the best for a really fast recovery. We're all ready to give you a hard time at the gym when you're back on deck!

ANY DAY NOW—A NEW BABY FOR THE PILLONELS!

It's a very exciting time for me as our little family is about to welcome one more addition in just a couple of weeks time!

My lovely wife, Michelle, is more than ready for the baby to arrive and two-year-old Jasmine seems to know there's a baby on the way but still thinks I'm going to be the "big sister" and not her!!

Thank you to everyone who asks how we are going. I promise to let you all know when it happens!



The magic Blueberries— sweet, juicy and so good for your health!

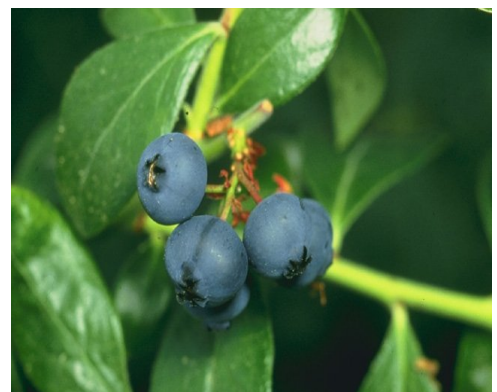
Everyone knows blueberries are delicious. I eat them myself nearly every day.

I also make sure my two-year-old eats blueberries a few times a week for her boost of Vitamin C, Vitamin A, Potassium, Folate, Iron, Manganese and Vitamin K. On top of that, just 140 gms of fresh blueberries contains 3 grams of dietary fibre.

More importantly, an added benefit

are the antioxidants they contain in abundance. One type of antioxidant particularly prevalent in blueberries has lots of health benefits, including being anti-inflammatory and even helping to arrest the mental decline that occurs with Alzheimer's Disease.

The best way to eat them is raw and fresh, but the frozen product is also great. So get some blueberries in your diet and reap the health benefits!



Boot Camp warriors achieve amazing results!



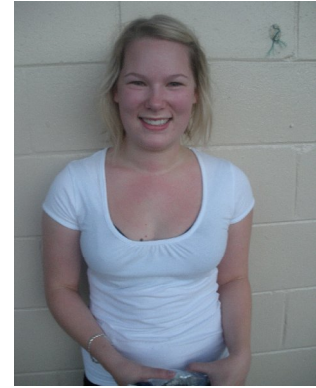
Megan Hutchinson



Emily Verdouw



Chris Ransley



Lauren Barton

An amazing group of motivated and enthusiastic people turned up for the latest Boot Camp challenge—and they all kicked butt!! This group of 13 people was one of the fittest groups I’ve trained and I was constantly impressed with how they coped with the increasingly difficult training challenges I was dishing out, session after session.

And because of their persistence and commitment, everyone has walked away with great improvements in their overall fitness and quite a few kilos lighter.

Well done to everyone who participated, particularly on those few very cold mornings. I’m Swiss and I didn’t enjoy those mornings!

Our Weekly Winners	What makes them winners.
Megan Hutchinson	Gives the best of herself every time. I’ve even had to stop her when she was sick. Great result on the beep test, reaching level 9, an improvement of 33% in overall fitness.
Emily Verdouw	The fastest runner of the group. Great attitude, never complains and never missed a session. Became a morning person with her sister, Melissa!
Chris Ransley	Scored “Excellent” in his 36-45 age group on the final beep test. The man who gives 120% all the time! And he’s looking great.
Lauren Barton	37% improvement in fitness on the beep test at the end of Boot Camp. When she is ON, nobody can stop her! Fantastic boxer, great punch.

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.

2009 Boot Camp Calendar

FROM	TO
Monday 12 October	Friday 6 November
Monday 9 November	Friday 4 December

