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Superfit Newsletter

The 7 best Habits for a Highly Effective Eating program



These aren't the newest techniques from the latest cutting-edge plan.

Rather, they are simple, time-tested, no nonsense habits that you need to get into when designing a good eating program.

1. **Eat every 2-3 hours**, no matter what. You should eat between 5-8 meals per day.
2. **Eat complete**, containing all the essential amino acids, lean protein with each meal.
3. **Eat fruits and/or vege-**

tables with each meal.

4. **Ensure that your carbohydrate intake comes from fruits and vegetables.** Exception: workout and post-workout drinks and meals.
5. **Ensure that 25-35% of your energy intake comes from fat**, with your fat intake split equally between saturates (e.g. animal fat), monounsaturates (e.g., olive oil) and polyunsaturates (e.g. flax oil, salmon oil).
6. **Drink only non-calorie containing beverages**, the best choices being water and green tea.
7. **Eat mostly whole foods**, that is unprocessed foods, except workout and post-workout drinks.

So what about calories, or macronutrient ratios, or any number of other things?

The short answer is that if you aren't already practicing

the above-mentioned habits, and by practicing them I mean putting them to use over 90% of the time (i.e., no more than 4 meals out of an average 42 meals per week violate any of those rules), everything else is pretty pointless.

Moreover, many people can achieve the health and the body composition they desire using these 7 habits alone.

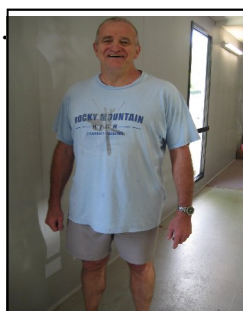
No kidding!

Of course, if you have specific needs, or if you've reached the 90% threshold, you may need a bit more individualization beyond the 7 habits.

Before assuming you're ready for individualization; make sure you've truly mastered the **7 habits**. Then, while keeping the 7 habits as the consistent foundation, tweak away.

Stay fit and lean. Nic

Client of the month—Dennis Bashford, the KING of the rowing machine!



Have you ever tried the rowing machine at the gym? Whatever your answer, have a go at doing 500m flat out and check your time.

This young bloke (65 yrs) and grand dad, recently achieved the third best time at the gym by covering 500m in **1 minute 38 sec**. And he wants to achieve more: 1min 35sec. How good is that? Age means nothing to Dennis. He's always smiling, never complains and obviously loves a challenge.

Congratulations Denis, you prove being fit strong is a life style-choice. You are inspiring, mate!

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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



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**“My next goal is to run Bridge to Brisbane.”
See how you can expect the best fun run of your LIFE!**

**FUN RUN
Bridge to Brisbane
Sunday 30 August**



Get the smartest preparation!

**10 week program
Starting 20 June 2009**

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

10 or 20 running sessions packages available.

Wednesday: 6 am, Bowman Park, Bardon

Saturday: 7am, Mt Coot-tha forest



Healthy News Desk : Get hot & steamy and BOOST those antioxidants!

Some cooking methods can release disease-causing toxins called AGEs (advanced glycation end products).

And other methods can maximize the antioxidant ability of certain foods, unleashing their anti-aging potential.

A recent study published in the American Journal of Clinical Nutrition evaluated the antioxidant content of foods after they were prepared in several different ways.

Based on the results of that study, here's how to get far more free-radical fighting ability out of some of your favourites than they have when they're raw:



VEGETABLE	ANTIOXIDANT IMPROVEMENT!
Carrot	291 % ↑
Green Cabbage	448% ↑
Asparagus	205%↑
Broccoli	122 to 654% ↑
Sweet Potato	413% ↑
Spinach	83 to 114% ↑
Tomato	112 to 164% ↑

A small French indulgence? The divine crème brulee!

You've had a wonderful meal and now the dessert menu is presented and there it is. Everyone's fave dessert—the crème brulee!

Just keep in mind when you are considering ordering this tasty treat, just how much hard work it will take to shift it from your thighs or tummy!

To eliminate a cup of crème brulee (385 calories) you need:

To walk : 2hours 4mins

To cycle: 1hour 8mins

To swim: 53mins

To run: 45mins



Fight the Flu season and stay healthy this winter



If you really want to get through Winter without a bout of the dreaded Flu, combat it head-on by boosting your immune system.

Too much stress and a lack of sleep will lower your immune system. Work on getting to bed early and **reduce your stress levels** with a massage or just taking time out to breathe!

Eat nutritiously, drink healthy beverages and definitely don't smoke.

Clinical research has also shown that **Ginseng** assists in reducing the risk of getting the flu. It's a natural plant extract and you can pick it up at any health food store.

And we've all heard of **Echinacea**—it's a good one to try. However, it must be taken daily for two weeks with a week's break before starting another two week course.

Powerful antioxidants in **green tea** have also shown positive results in studies for reducing the risk as well as **ginger tea**. And don't forget the Vitamin C boost you'll get from **fruits and berries**.

Here are some recommended ways to help reduce the risk of getting the flu and with the serious swine flu around, it's a great idea to take these on board NOW:

- **Dispose of dirty tissues or materials in an appropriate bin.**
- **Wash your hands regularly, par-**

- **Wash your hands regularly, particularly before eating, after using the bathroom and before touching your face (nose, mouth and eyes). It's very important to wash your hands before and after visiting the gym.**
- **Gargle a mix of sea salt (1 tsp) and white vinegar in 200 ml of water morning and night. It helps to kill bacteria and viruses you may have picked up during the day.**
- **Get yourself away from anyone who has the flu.**
- **Even though there is no vaccine specific for swine flu, we're advised to get the seasonal flu vaccine which can partially help.**
- **Never share personal belongings like toothbrushes, towels, etc.**

Client corner: Pro windsurfer Sean O'Brien tells us why he LOVES Boot Camp!



After your first week of Boot Camp, what's your first impression?

My first impression has been great! Although I've been training professionally for sport for 4 years, I've never done something like a Boot Camp; it's quite different to my normal training regime. When you are doing 2 training sessions a day, 7 days a week, training can sometimes get 'mundane' and it can be hard to get motivated to push yourself really hard, but the Boot Camp is so different and exciting I'm really motivated to go full-power! I guess not knowing exactly what the next exercise will be keeps you on your toes and motivated. I also liked the fact that everyone at all fitness levels can be training at the same time, doing the same exercise. With everyone doing a slight variation of the same exercise, we can all be pushing ourselves to the max within our own fitness levels, nobody is left out.

What's been your favourite Boot Camp exercise so far? Our last session was a brutal staircase with 105 steps we had to run up and down many, many times. I haven't run up stairs in a long time and I'd forgotten what a great workout it is for your quads (both strength and power) which is an important muscle we use when windsurfing.

You're really fit already, so what has Boot Camp helped you to improve? I guess mainly the big difference with the Boot Camp compared to my normal training is that it's very dynamic – all the exercises involve your whole body and lots of movement. I've already noticed it's helping my flexibility quite a bit as I find I can sometimes get quite tight after a week of training weights in the gym and sailing everyday (sailing is a very 'static' sport). So I've found the Boot Camp is a great way to put more 'cardio' in to my training and improve my flexibility and mobility whilst still keeping my strength training up.

How's your preparation going for your pro windsurfing European Tour 2009? Very good. I'm already training quite hard getting ready to head to Europe at the beginning of July to do the Pro Tour however at this time of year the conditions aren't very good for windsurfing in Brisbane so I am having to do a lot more 'on land' training to keep my fitness up. It was very good timing that this Boot Camp started just before I leave for Europe so it is the perfect extra 'boost' I needed to put in to my training regime going in to winter.

What's your main goal for the season 2009? My main goal is to finish inside the Top 10 overall World Ranking for the Pro Tour for 2009. I was ranked #13 in the World after the 2008 season but I am looking to go further this season and cement my place in the Top 10.

What your advice to someone thinking about doing boot camp? Just do it! Fitness level is irrelevant; you can be a pro athlete or your first time in a gym and get something out of the Boot Camp. Big group fitness, in an outdoor environment, with dynamic and challenging exercises is a much more enjoyable and productive way to train than simply going for a run by yourself or doing some weights by yourself at the gym. Unconsciously, you push yourself harder when you train in a group – so I believe people would get the results they want much faster doing a Boot Camp compared to training by themselves. **I recommend it to anyone and everyone!**