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Superfit Newsletter

How to eat RIGHT for your blood type?



After seeing the amazing results achieved by clients who change their eating habits to eating healthy, fresh food, I've become more and more fascinated about the impact of nutrition on our health, fitness and in particular, weight loss.

Over the past months I have researched the well-known "Blood Type" theory for eating well for your individual needs. I believe it is a fascinating concept and has a great deal of merit.

In fact, I have applied this theory to my own diet and have found it very beneficial.

The diet is outlined in the book *Eat Right for Your Type*, by Dr Peter J D'Adamo. In summary, the author argues that your blood type reflects your internal chemistry. It actually determines the way you absorb nutrients. The book also tells you how to combine the foods that are right for you.

Here's a few interesting points from the book:

Type O: Diet should include lots of protein, particularly meats. Also good are fish, veges, fruit and legumes. Avoid wheat if trying to lose weight. Eat lots of seafood, red meat, spinach and

broccoli to aid weight loss.

Type A: Diet should be largely vegetarian. Also good are grains, beans, seafood and tofu. Avoid meat and dairy products if trying to lose weight. To aid weight loss eat soya foods, veges and pineapple.

Type B: Diet should be a balance of meat and fruit/veges. Avoid corn, lentils, peanuts if you are trying to lose weight. Eat more greens, eggs and liver to aid weight loss.

Type AB: Diet should be mixed with everything in moderation. Avoid red meat if wanting to lose weight. Eat more tofu, dairy, greens and seafood to aid weight loss.

Stay fit and lean. Nic

CLIENT OF THE MONTH: IT'S HAMEY!

After recently completing the 12 Week Challenge and losing 12 kgs—an amazing result—Hamey has kept up the momentum.

She signed up and completed six weeks of Boot Camp and has signed up for a further 4 weeks of hard slog!

She's now added working out at the gym to her training routine, showing just how fit she has become to be able to train at both Boot Camp and the gym at the same time. Hamey's strength is her commitment. She knuckles down and gets it done. And always with that winning smile! Congratulations Hamey.



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Congratulations to all who celebrate their birthday over the coming month

Sarah Quigley 2 November

Luke Moxon 7 November

Fiona Smith 10 November **40th**

Therese List 12 November

Jenny Marsh 13 November

Wendy Gregory-Kelly 22 November

Paul McLaughlin 23 November

Superfit Client News

Baby News!



Congratulations to Les Simonsen and his wife on the birth of their lovely little girl, Anna. Anna arrived on 19 November.

Superfit Clients race in Auckland!

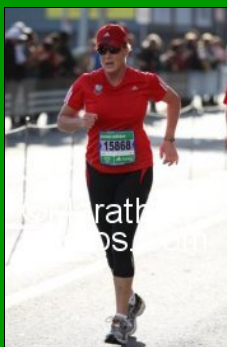
Two Superfit clients competed in the Auckland Adidas Fun Run on 1 November.



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CONGRATULATIONS to Katrina Millich who finished the 10.5km run in sixth place in her age group.

And Liz Dangerfield who finished 18th in her age group.



Noosa Triathlon Update

Well done to the Superfit triathletes who competed in the Noosa Tri this month.

Sascha Kurz smashed her previous best time by 8 mins to finish in 2 hrs 37 min.

Chris Ransley completed his first Olympic distance in 2 hrs 46 min.

Nicole Quinn competed with a team and completed the 10km run.



AWESOME EFFORT!!



Above left: Chris Ransley

Left: Sascha Kurz

Above: Nicole Quinn

Family update—Visit Nic's new patch garden !



As you have probably worked out by now, eating healthy, natural foods is pretty important to me!

So, I really want to make sure my girls, Jasmine and Claire, learn about healthy food as early as possible. What better way to get them excited about veges than to get them involved in growing their own!

We recently started our own backyard vege patch. Jasmine helped plant tomatoes, lettuce, beetroot, silverbeet, zucchini and a few herbs. With the great weather, everything is growing like crazy, so we'll be reaping the rewards soon!

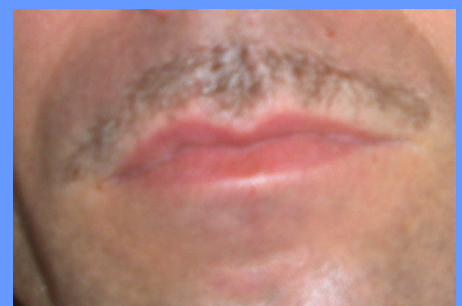
Can you recognise this moustache?

Ok, it's not a hard one to recognise!

I'm really excited to be supporting **Movember** this month. **Movember** is about bringing the moustache back and having some fun for two very serious causes - prostate cancer and depression in men.

The goal is for men to grow a moustache during November and raise funds for these important causes.

If you want to donate and support me in my moustache -growing efforts, go to <http://au.movember.com/mospace/505669> or go to www.movember.com.au and search for me under "Pillonel".



Meet our Boot Campers of the week !



Clint Hazell - the man who gives 110% every time. He is unbelievably fit. This big gun boasts a score of 14 on the beep test.

Anna Regenstam: Don't be fooled by her sweet exterior—this girl is tough! She never gives up and her fitness level has skyrocketed!

Wendy Kelly: After celebrating her 55th birthday last week, Wendy came back to give the young girls a run for their money! She's super-fit!

Les Simonsen: Became a dad for the second time during Boot Camp! He even came to Boot Camp when his wife was in labour!! That's dedication. And he's already lost 4 kgs!

Hamey Glennon: Behind her natural charm, Hamey is determined to achieve her goal no matter what. She's the Superfit Client of the Month.

Spread the Christmas cheer to friends and family

As a Superfit Client, you are already reaping the benefits of training and eating well.

So why not share that great feeling with a friend or family member? How fantastic will they feel after an early morning PT session or after working up a sweat at Boot Camp?

You can now buy a Superfit Personal Training Package or entry into the February Boot Camp as a Christmas gift. Now that's a gift that keeps on giving!!

Special Christmas offer*:

Trial Personal Training Pass: Includes 6 x 30 min PT sessions for the discounted price of **\$250** (full value \$330). Also includes a FREE fitness assessment (valued at \$75).

February 2010 Boot Camp Pass (commencing 1 Feb 2010): For the discounted price of **\$215** (valued \$ 249). The pass includes 12 sessions over 4 weeks. Great value at just \$18 per session!!

Email Nic at nic@superfit.com.au or call on 0413 899 077 to arrange.

**This is a special offer for friends and family of Superfit clients only. Offer ends December 23, 2009.*



The Moët Chandon Challenge - Nic pays up!!



After losing about 15kgs after her second child, Andrea had found that her weight had reached a plateau at the 85kg mark. She struggled to make the changes needed to lose those last few kgs. Finally, I put forward a challenge—lose 5kgs in one month and I'll reward her with a bottle of Moët!! If she fails, then I get the Moët!



I'm very proud to say that Andrea did it! She's now down to 79 kgs!

Anyone else willing to take up the challenge to lose 5kgs in 4 weeks should let me know! There's a bottle of Moët in it for you—as well as a new, thinner, you!