

Issue 14

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Superfit Newsletter

The 3 biggest factors in fat loss



Trying to lose weight can get pretty complicated. You worry about what to eat, when to eat, how much to eat! And there's so much info out there about supplements, vitamins and so on. And then there's exercise—how much, how often and what type of exercise. It really helps to get professional help to get you past the information overload. However, there are three very simple factors that are the biggest influencers on how to lose weight.

SOCIAL SUPPORT

A study from Stanford University showed that social support is the NUMBER ONE factor for success in female fitness programs. I'm pretty sure this would be the case for males as well!

Social support can come from your partner, family members, friends or co-workers. However, the study showed that the individuals who stuck to their exercise programs were the ones that had to be accountable to an authority figure such as a doctor, lifestyle coach or trainer.

NUTRITION

That's right, what you eat is more important than how you exercise!

No matter how great a workout is, it's no match for eating a large pizza or getting into a piece of chocolate cake. Nutrition will always have the final

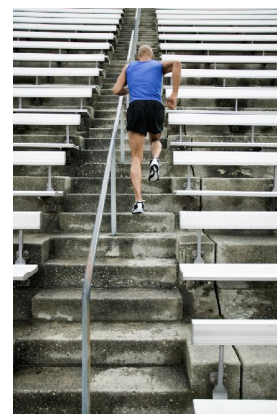
word on your fat loss.

EXERCISE

The more customised your program is for you, the better your results will be. When you combine a great workout program with proper nutrition and accountability, you can make incredible changes!

Want more information on how to rejuvenate a stale exercise program? Give me a call and I can tailor-make a program for you that incorporates new and fun challenges!

Stay fit and lean. Nic.



CLIENT OF THE MONTH: IT'S WENDY !



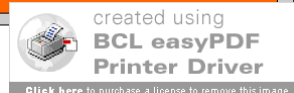
When I met Wendy for the first time, I felt her determination to get fitter and achieve a healthy lifestyle. Her health had become a focus. She never missed a PT session. A couple of small injuries had slowed down in her training progression. Now, she is exercising every day and has achieved things she thought would be impossible. She is a role model and an inspiration for her family. She recently joined the Boot Camp. The senior of the group is giving hard time to the young chicks! And she does it all with that wonderful smile! Congratulations Wendy. You look fantastic.

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Congratulations to all who celebrate their birthday over the coming month

- Christopher Strathearn 2 October
- Alistair Wilson 2 October
- Fran Ellis 12 October
- Les Simonsen 23 October
- Nikki Phillips 24 October
- Daryl Wark 28 October
- Tony Phillips 29 October 50th !!
- Rebecca Peebles 29 October



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Superfit Client News



National Association of Women
in Construction QLD Crystal
Awards

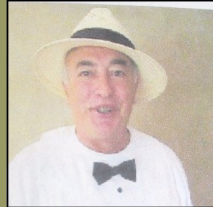
**CONGRATULATIONS TO
SASCHA KURZ**

Winner of the Young Achiever
Award. Well done!

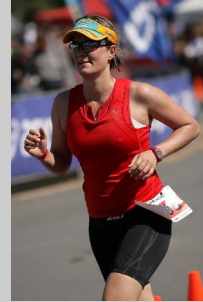
**BEST WISHES FOR SPEEDY
RECOVERIES FOR**

Ivano Farinazzo
Michael Bell

Both had surgery recently.



**Noosa Triathlon
Sunday 1 November**



**Good luck Sascha &
Chris.**

Look out for the next newsletter for
the results!

Family update—time flies when you're having fun!

Once you have kids, time really seems to speed up!

Little Claire is already 15 weeks old and her personality is
really starting to show.

After a bit of a rough start (for the parents!) Claire is now a
very placid and happy baby. She really loves having a chat.

Big sister Jasmine is always giving lots of kisses and cuddles
to Claire as you can see! Although, we often have to rescue
Claire from her big sister's enthusiasm.



Lose up to 19kgs without diet or exercise!

Here's the secret. **STOP** drinking soft drinks. **STOP** drinking beers. **START** drinking water instead!

A can of coke has 150 calories. A full strength beer has 130 calories. **Water has zero calories.**



**3 BEERS EACH DAY—LOSE 0.35 KG PER WEEK
OR 16.84 KGS OF UGLY FAT PER YEAR!!**

**3 SOFT DRINKS EACH DAY—LOSE 0.4KG PER
WEEK OR 19.44 KGS OF UGLY FAT PER
YEAR!!**



This is based on eating the same amount of food, all without dieting or exercise. Big results for a small change!

0.45kg of fat = 3500 calories



BOOT CAMP — 21 recruits take up the challenge!



21 Boot Camp recruits have already completed 2 weeks of fun but challenging training sessions. Everyone has put their heart and soul into the sessions, arriving focussed and ready for every

The Boot Campers have also completed two challenges, including the hill repeats—up and down Barnett Road up to 12 times! Well done guys!

BOOT CAMP TO RUN FOR ADDITIONAL TWO WEEKS!!

When: Monday-Wednesday-Friday, from 6am sharp (50 min sessions)

Where: Bowman Park, Bardon

EVERYONE IS WELCOME TO COME ALONG TO TRY IT OUT.

Boot Camp caters for all fitness levels. Call Nic on 0413 899 077 for more information.



Victory for pro windsurfer Sean O'Brien in Norway

I have just arrived back home to Brisbane from a 3-month tour in Europe competing on the Windsurfing Pro Tour.

During my travels, I competed in countries such as Poland, Denmark, Norway, Italy, Spain and the Netherlands in many National, International and World Cup sailing regattas.

The highlight of my trip came in August on the Scandinavian leg of my tour. I came 8th at the Nordic Windsurfing Championships against a top international fleet and managed to win one race against the current World #2.

This boost of confidence allowed me to follow my success at this regatta with a win at the Norwegian Windsurfing Championships in Larvik, Norway, helping to bring my World Ranking to #14 for the season to date.



Now back in Australia I am working towards winning my 4th Australian Windsurfing Title at the Australian Championships that I am in charge of organising myself in Hawks Nest, NSW in February next year.

Sean is trained by Superfit Personal Training. If you are interested in sponsoring Sean, check his website for more information and for great photos from his latest comps.

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