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Superfit Newsletter

Message from Nic: "70% of your progress in weight loss will come from your diet."



Well, it is almost that time of the year again - SUMMER!

Everyone wants to be tighter and leaner for the summer time. RIGHT?!

You know that bathing suit that you have to dust off and try on to see if it still fits, is waiting in your cupboard.

Already I can see the gyms becoming more crowded with members trying to lose that last bit of fat or gain a couple pounds of muscle for the summer time.

Most people focus on exercise as the way to lose weight. But 70% of your progress in achiev-

ing that leaner more muscular body depends on your DIET!

All the best results in term of weight loss from my clients come from applying JUST simple, effective changes in their diet on daily basis.

First, do not forget you are human and the planet gives us products from the ground designed just for us to live healthy!

Second, if you are still struggling with your weight loss, make a change in your diet right NOW.

Every day I meet people who think they are eating well—but they are not. Most people still don't understand what eating a simple healthy and enjoyable diet actually means.

Try the food tracker ser-

vice I offer. We can follow your diet for a week and review the results together. You can be very surprised.

The food testing is also a great tool to help people learn what type of food they do not cope well with.

I have seen brilliant results just by adjusting different food in your diet. It's really very simple. **YOU HAVE JUST TO DO IT !**

So, Summer is not far away and that bathing suit is waiting for you. It's your chance to make some small changes for that big result.

You will not only look better, you will feel so much better and will have more energy to enjoy your exercise.

See you at the gym!

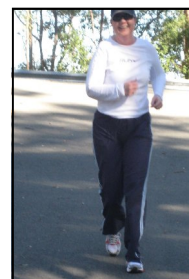
Nic

Client of the month. It is Mary !

When she started my Saturday morning running session, Mary could not run 100 meters without being puffed. After putting in a huge effort and completing all the running session, Mary achieved a fantastic goal—she ran around Mt

Coot tha. Then, she ran her first fun run - the Bridge to Brisbane—with her Husband Glen. Her commitment is exemplary and she is never afraid of pushing herself out her comfort zone.

Congratulations Mary!



Inside this issue:

BOOT CAMP— NEW!!!	2
Beware of hidden fats	2
Tim Tam attack. Do you know ?	2
Tiredness. It is the disease...	3
Calendar of events	3

Bridge to Brisbane 2008
A lot of PB this year!
Congratulations to our 16 finishers !
Pat and Fran Ellis, Glen and Mary Faulkner, Jim Maiolo, Tony Guelen, Helene Neel, Kristie Coleman, Carol Gerber, Katherine Cassar, Rachel Harris, Nikky Doherty, Dave White, John Tailor, Tod Harvey and Jessica Tate.

NEW ! BOOT CAMP - 4 weeks for a healthier and liener BODY!!

**LOSE 4 KILOS of
FAT in 4 WEEKS.**

IT'S POSSIBLE !

GET FIT

TONE UP

MEET NEW FRIENDS

HAVE GREAT FUN

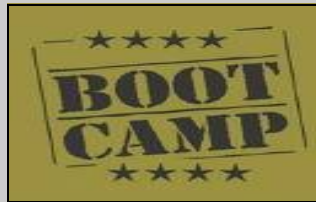
GET Ready for SUMMER

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

BEGINS:

Monday 27/10/2008

**And More, BOOT CAMP will
help you to:**



Increase physical fitness

Motivational development

The ability to push yourself physically
and mentally

Improved energy levels

Improved sleeping patterns

Muscle tone and definition

How many sessions: 12

How long is a session: 1hour

When: Monday-Wednesday-Friday

Time: Starts at 6 am sharp

Where is it: Bardon

Who can attend? Everybody from 12 to 75+ - Take your partner, your kids and your friends...-all levels of fitness-

Price: \$239 per person. Special price for families and couples.

**GET STARTED TODAY FOR LESS
THAN \$20 per session!!**

CALL NIC 0413 899 077
or email via www.superfit.com.au

nic@superfit.com.au

LIMITED PLACES. BOOK NOW TO
AVOID DISAPPOINTMENT

Nutrition Corner. Beware of hidden fats...

Be informed and know what you are eating. Butter, margarine, etc. are ALL 100%FAT.

Olive, canola and vegetable oils are healthier than palm or coconut oils or lard and liquid animal fat, however they will make you fat if over consumed.

Cakes and biscuits: They are easy to eat and they don't make you feel full. The fat comes from butter, oil, eggs and full cream milk.

Fried Food: They don't make you feel

any fuller but frying adds a ton of extra fat.

The Heart Foundation Tick: Just because a product has the tick doesn't mean it is low in fat. Check the label for the fat content.

Dairy products: Full cream milk, cheese and cream etc are high in animal fat. Stick to the low fat varieties or watch the amount you eat



Snack attack ! Do you know?



How much exercise would you have to do to work off these indulgences? Seems we are in for an active holiday!

To eliminate

**If you indulge in only two Tim Tams,
YOU WILL NEED:**

To walk : 1 hours 15 mins

or

To cycle: 42mins

or

To swim: 34mins

or

To run: 27mins

***Is it really worth undoing
all that hard work!***

Tiredness. It's the disease of our time!



We have every labour saving device at our fingertips yet we are still constantly tired. Tired at work. Too tired to play with the kids. Too tired to have great time with your wife/husband/ partner. Too tired to exercise. Tiredness is going to be a real problem if you want to get into shape, lose weight and feel fantastic. **Imagine being too tired to feel good?**

So let's beat the tired bug. Tiredness is caused by:

- *The obvious, not enough sleep, interrupted sleep pattern or too much sleep.*
- *Dehydration*
- *Poor nutrition— especially lack of iron*

- *A lack of carbohydrate, vitamin/iron*
- *Not enough food-especially inadequate carbohydrate*
- *Lack of exercise*
- *Being overweight*

The following are easy steps to getting more energy:

Sleep is SO important. This is when your body repairs, regenerates, rebuilds and maintains itself. A lack of sleep not only makes you feel tired, it robs your body of this valuable repair phase. Keep it up and you will feel like your car when it desperately needs a service; sputtering, stalling and ignition failure.

Sleeping too much or being inactive is not the answer either. Have you noticed that when you are on holiday, sleeping a lot or not exercising, you start to feel sluggish and lethargic? **The human body is meant to be active.** Lying in bed after you had adequate sleep will just slow down your metabolism. If you are going to have a day off and relax, get up early and **get up and move around and do**

some exercise. You will be surprised at how much energy you have after you have exercised!

Drink often. Once you are thirsty you have already started to dehydrate

Eat mostly healthy stuff. Wholegrain breads, cereals as well fruit, veggies and lean meat. These food provide the balance nutrition, the vitamins and minerals, the carbs and the iron to keep you alive and vital!!

Maintain a healthy weight. Being underweight is like trying to move a truck around with a lawn-mower engine, it's going to get tired. On the other hand, spend a day carrying a 5 kg back pack around and you will be more tired than if you didn't.

*6-8 hours of sleep nightly,
regular exercise and healthy
food is the answer to the tired
problem.*

Calendar of events

21 September	Bridge bash Fun run	www.uqsport.uq.edu.au
21 September	Toowoomba Road runners half marathon	www.trr.org.au
5 October	Gold Coast Half ironman triathlon	www.usmevents.com.au
19 October	Gatorade triathlon series short tri	www.usmevents.com.au
19 October	Bribie Island triathlon series	www.theruninn.com.au
31 October	Fun run Noosa triathlon festival	www.usmevents.com.au
2 November	Noosa triathlon—Olympic distance	www.usmevents.com.au

