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# Superfit Newsletter

## MY TOP 5 SUPER FOODS!



Here's my top five super foods. I eat them nearly every day. Try These 5 For A New You!

1. Broccoli
2. Blueberries
3. Tomatoes
4. Avocado
5. Mushrooms

What makes them top super foods? What makes broccoli so wonderful? What is it about these rainforest plants that we keep hearing about? Why are these foods top super foods? First, vegetables and fruits are low in calories compared to other food .

You can eat a ton of vegetables and a moderate amount of fruits and never gain weight due to them because they are just so low in calories.

An avocado has omega-3 fatty acids which have been shown **to decrease LDL (bad cholesterol) and increase HDL (good cholesterol)**. So, even though the avocado as one of the top super foods contains a lot of calories, they are good calories because of the good fat.

Fruits and vegetables are also top super foods because they **contain a lot of fibre, both soluble and insoluble fibre**. Fibre is important for overall digestive health. When our digestive system is working at optimum level, we absorb nutrients better and process foods better which can lead to better cardiovascular health, weight loss and a decreased risk of cancer.

Fruits and vegetables supply us with really clean energy. Unlike refined sugars that provide us with temporary energy without nutritional value, fruits and vegetables are top super foods because they not only supply us with quick, easy energy, but they also supply us with mega amounts of nutrients.

Antioxidants, flavanoids, vitamins and minerals are all found in fruits and vegetables that have extremely important functions in our bodies.

They **protect us against disease** as components of the immune system. They fight aging by fighting free radicals which are also the root cause of cancer. They fight cardiovascular disease. They prevent type II diabetes. They improve conditions in cases of arthritis and inflammatory diseases such as inflammatory bowel disease.

So indulge in these top 5 super foods whenever you can!

Stay fit and lean! Nic.

## CLIENT OF THE MONTH: It's Wendy Campbell !



We all love a good weight loss story!

And Wendy has a great story! Congratulations must go to Wendy Campbell who looks like a new woman just months after her first baby. The new mum combined a training regime with good nutrition for fast results. She lost more than **12 kilos** of fat! This is despite a wrist injury. She refused to slow down her training . Congratulations !

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### It's your birthday!

Congratulations to all who celebrate their birthday over the coming month

Carmen Ford 22 August

Alf Forster 7 September

Phoebe Pearshouse 10 September

Andrea Denholm 13 September

Marilyn Blanchfield 18 September

Paul Birkland 22 September

Shelly Pearshouse 29 September

Simon Milne 30 September

# Superfit clients take on sporting events!

## Bridge to Brisbane

30 AUGUST 2009



45 000 thousands

participants!

This is THE fun run to do.

Do not miss 2010

**Congratulations to all 10 people who participated in this GREAT event!**

**Richard, Rebecca , Liz and Steve, Stuart, Fran, Julie and Andrew, Judy and me.**

From Nic: What a wake up call for me—I should have done this years ago! What an amazing event! It was just sensational.

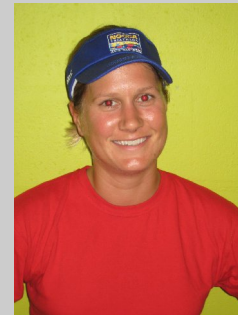
## Gold Coast Triathlon

11-13 September

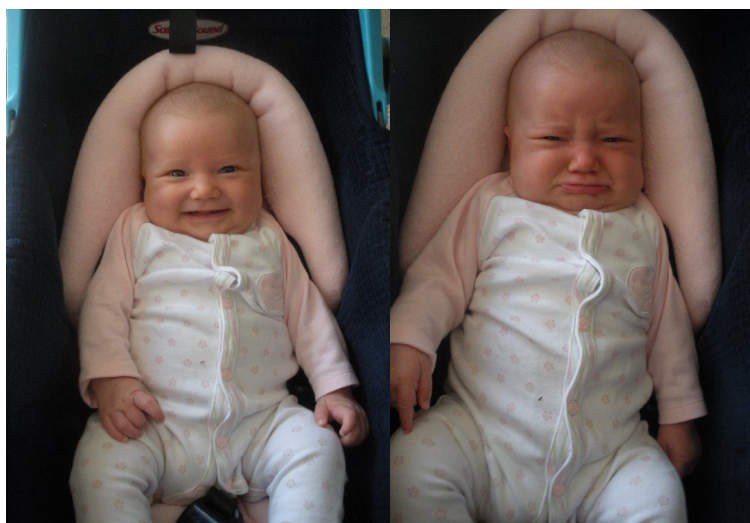
Official location for World Triathlon

Championship Olympic Distance

*Congratulations Sascha and Chris who competed in the GC Triathlon. For Chris, it was his first tri! Well done to both athletes!*



## Family update—what happened to our sleep?



Beautiful baby Claire is almost 10 weeks old and as you can see from the photos is already smiling—and frowning!

Like all little ones, she seems to be awake all night and cries at a volume I just didn't think possible for such a small baby!

Claire is thriving and is already topping the charts with her height and weight. She must take after my family who come from the mountains of Switzerland!! Big and strong!

We are enjoying watching Claire grow and change almost every day. We also love the relationship already developing with her big sister, Jasmine.

## FOOD FACTS. Inside Nic's fridge.

As you all know, I'm always talking about eating well. My favourite rule is that at least 70% of what you eat should look like it has just come out of the ground. That means, as little processed food as possible!

But what does that look like? Well, here's a picture of what's in my fridge. As you can see, it is nearly all fruit and vegetables with some low fat cheeses, yoghurts, free range organic eggs and soy milk. If you could see the freezer, you'd see top lean cuts of meat, both red and white meats, as well as fish.

It's true, it takes a bit more effort to prepare fresh food like this for your meals, but with practice and planning your meals in advance, it becomes second nature.

One of our family favourites is Ratatouille. It's low fat, full of great veges and great with almost any meat. You can also make a really big amount and freeze it for another meal later in the week. Happy shopping!



# BOOT CAMP is back!

**NEW, IMPROVED  
AND READY TO  
KICK BUTT!**

**Take a break from your  
usual training and inject  
some excitement into your  
exercise.**

**Boot Camp brings results  
FAST!!**

**Boot Camp will help you to:**

**Increase physical fitness**

**Develop motivation**

**Learn to push yourself**

**Improve energy levels**

**Improve sleeping patterns**

**The details:**

**How many sessions:** 12 or 18

**How long is a session:** 50min

**When:** Monday-Wednesday-Friday

**Time:** Starts 6am sharp

**Where:** Bardonnets

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

**GET STARTED TODAY FOR LESS  
THAN \$20 PER SESSION.**

**EMAIL NIC at [nic@superfit.com.au](mailto:nic@superfit.com.au)**

## Mega endurance event in Europe—a 166 km mountain trail run with a 9650 metres climbing around Mt Blanc (4804m)



*Nic's brother, Etienne—can you see the similarity?*

When you are fit, healthy and strong, there are so many exciting adventures you can take on.

My younger brother, Etienne -37 years (pictured), just completed the gruelling race around Mt Blanc(4804m) Europe's highest mountain - a 166 km race held on August 25.

The entire race takes place at heights between 1000m and 2500m on mountain trails which cross three countries, Switzerland, Italy and France. Competitors climb over 9650m during the event.

An amazing 1280 people took part. My brother placed 27th!

To achieve this result, Etienne trained for over a year, with 8 months spent climbing mountains in Switzerland. He climbed over 90,000m during his training!

Etienne described the event as “absolutely unique” and said a highlight was the last 4km where he descended an amazing 1000m to reach the finish line to Chamonix-France.

He said ;” Nutrition and hydration were critical for the first 120km, but the last 50 km were all about keeping it together mentally, it was hurting from everywhere! ”.

## CLIENT'S CORNER: Chris smashes his first triathlon!



**This fit guy is Chris Ransley, who just completed his first tri at GC Triathlon on 13 Sept**

**Q: Why did you choose to do your first triathlon?**

**A:** I was inspired when I watched the Noosa tri a couple of years ago. What an atmosphere! And I admired the level of fitness needed to do the event—from the elite to the age group competitors. I wanted a challenge that combined that fitness with technique in the swim, bike and run.

**Q: What was the highlight?**

**A:** Seeing my wife, Wendy, and 10 month old son, Jake, and family cheering me on! Crossing the finish line was the best!

**Q: How did you change your training to get ready for the race?**

**A:** I did a couple of the Superfit Boot Camps, which were great fun and helped me build a solid foundation. I then reduced my weight training and increased the cardio (swim, bike run).

