



Happy New Year ☺ Now is the time to set you goals for the year & make 2012 your best year yet!.

TIPS TO KEEPING YOUR NEW YEARS EXERCISE RESOLUTION

DO IT FOR YOURSELF

Make a resolution because *you* really want to—not to please someone else. Regular exercise will make you look better, but it will also make you feel better.

SET REALISTIC GOALS

If you have never run a day in your life, do not decide to become a marathon runner by February. Instead, start with a goal you *can* accomplish, such as running 5KM. Once you have attained your first goal, you will be motivated to reach for a new, tougher goal.

BE SPECIFIC

Give yourself detailed guidelines with specific dates, times, and/or amounts. Do not just say, "I want to lift more weight." Instead, determine how much you want to increase by and in what time frame. Pick a specific road race, triathlon, or charity race to participate in.

REWARD YOURSELF FOR SUCCESS

If you have kept to your exercise schedule all month, splurge on a new pair of athletic shoes. Or maybe you hit a specific weight-lifting goal—treat yourself to dinner out with a good friend. However you do it, be sure to pat yourself on the back for a job well done.



XMAS TIME
EAT TOO MUCH ... SPEND TOO MUCH

YOUR FITNESS CAN HELP

REFER A FRIEND BEFORE THE
29/2/2012

&

GO INTO THE DRAW TO WIN

\$5000 CASH!!!

SEE RECEPTION FOR TERMS & CONDITIONS

WIN A FREE CORPORATE 4 WEEK BOOT CAMP FOR YOUR STAFF

VALUED AT OVER \$4500

SIMPLY PLACE YOUR BUSINESS CARD IN THE FISHBOWL AT RECEPTION

PRIZE INCLUDES

**TWICE WEEKLY PRIVATE FITNESS SESSION
BODY COMP ANALYSIS
1 X PRIVATE GF CLASS
USE OF THE GYM FOR PATICIPANTS**

Conditions Apply See Reception for details
Drawn 1/02/2012

*****CONGRATULATIONS ***
TRACY CHEETHAM**



WINNER OF \$1500 TRAVEL VOUCHER

MEET OUR NEW STAFF!

10 QUESTIONS
WITH
AMANDA HERRIES



Q1. Where were you born?	Cairns
Q2. Favourite Sport?	Footy
Q3. Favourite TV Show?	True Blood
Q4. Cat or Dog Person?	Dog
Q5. Favourite place to holiday?	Greek Islands
Q6. Favourite Song?	All I want – Sarah Blasko
Q7. Favourite Sports person?	Allan Langer
Q8. Country you'd like to visit?	Africa (Safari)
Q9. Favourite Outdoor activity?	Snowboarding/Wakeboarding
Q10. Dead or alive who would you go to dinner with?	Marilyn Munroe

3 MYTHS ABOUT WEIGHT LOSS Ⓜ

CARBOHYDRATES ARE FATTENING

There are a lot of people avoiding foods like breads and pastas at the moment because they believe that because they are high sources of **carbohydrates** that they are fattening

The truth is that anything is fattening if you eat more of it than you body needs. Even lettuce can be stored as fat. Any food or drink which contains calories can be stored as body fat if it causes your blood sugar levels to exceed what the body needs at that time. Natural breads and pastas are great sources of complex carbohydrate which help fuel your body and keep you feeling full and satisfied for longer. The key is how much you eat and when you eat it.

EATING AFTER 7PM MAKES YOU FAT

This isn't true. Eating at any time will make you fat if your body doesn't need the food you eat. Eating after 7pm is OK if your body needs the amount of calories you consume at that time.

Remember, your body is burning calories 24 hours a day, it just burns them at different rates throughout the day and you should try to feed your body at those times when it needs the calories most.

STRENGTH TRAINING MAKES YOU BULKY

It is amazing how many women are concerned about this. Muscle size is primarily determined by genetics and hormone production; therefore, most women don't have the potential to build very large muscles.

Building muscle for women is actually very beneficial. Muscles burn calories, so the more muscle you have, the more calories you burn which makes it easier to burn fat and harder to gain it.

Not only that, weight training makes your muscles taught and tight so you may even look slimmer in addition to being stronger and healthier if you include it as part of your exercise program.

HMMM... WHAT DID YOU DRINK OVER THE FESTIVE SEASON ???



DRINK THIS: Can of Beer
585Kj

DO THIS: 1 hour and 38 minute of walking your dog



DRINK THIS: 2 glasses of white wine 630kJ

DO THIS: 54 minutes of trail hiking



DRINK THIS: 3 glasses of sparkling wine 1185kJ

DO THIS: 38 minutes of swimming laps



DRINK THIS: Vodka with soda 300kJ

DO THIS: 24 minutes of fast-paced walking



DRINK THIS: Low-kJ pre-mixed cocktail (like a *Skinnygirl cocktail*) 550kJ

DO THIS: 14 minutes of running

EXERCISE FOR THE BRAIN

Horse or Frog ?

Turn the picture sideways and you decide.

