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www.mcallistersfitness.com.au

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Welcome to the fourth edition of the 2009 newsletter.

We are well into the second half of the year, I don't want you to start counting your life away but summer is just over four months away. Why am I giving you a season update? I don't want you to go through the same thing as last year and the year before that and the one before that etc, etc, etc of attempting to get in shape for summer by going on a crash diet – THEY DON'T WORK!! Why not make 2009 the year you finally understand what getting in shape is really about and approach it in a sensible way?

In this edition we talk about food and whether it's your friend or foe. Have we becoming so obsessed with food, it's qualities and perceived affects that we have lost perspective on commonsense eating?

There are also our usual sections where we spend a moment with Paula Lani, deliver sensible health information and keep you in touch with what's happening at McAllister's Fitness. I hope you enjoy our quotes, tips and ideas on how to become happy, healthy and live a life according to your purpose.

Enjoy the read!

Danny

Quote of the month

Everything I eat has been proved by some doctor or other to be a deadly poison, and everything I don't eat has been proved to be indispensable for life. But I go marching on.

—George Bernard Shaw

At McAllister's we believe that living a healthy lifestyle shouldn't be based on ridiculous fads, restrictive habits and senseless exercise regimes. Our motto is, "It's all about the heart" - have heart for what you do, heart for why you do it and a healthy heart to keep you doing it.

Food: friend or foe?

There is so much information on food and nutrition today it's no wonder people are so confused about what to eat. Everywhere you look there is information on what foods make you fitter, leaner, stronger, healthier and more energetic. Then there's the discussion about which foods are good or not for your health, for example, whether a food has high levels of carcinogens, mercury, whether it's genetically modified, full of pesticides or will cause allergic reactions. We have become so obsessed with food, it's qualities and what affects it may or may not have, that we've lost perspective on commonsense eating.



We make rash decisions on what we eat based on other's opinions or hearsay. The danger is that there are far too many contradicting rules out there. We have become a society of self-proclaimed food analysts who aren't educated enough to be making such decisions. I hear people talk about cutting certain foods from their eating regime: cutting out carbohydrates, increasing protein, or eliminating food groups altogether because of their so-called side affects, and the list goes on. Yes, being aware of what you eat is extremely important, but to become a self-proclaimed expert with only a little knowledge is stepping into dangerous territory.

They say a little knowledge is a dangerous thing and it has definitely come to the fore in the case of food. A perfect example is people are now looking for the "Super foods" that produce eternal health, cure all illnesses and enable longevity, which is fine, but the irony is these foods have been there all the time and have just been given a sexier title. The problem arises when we make ill-informed guesses about food and nutrition based on food marketing or certain industry biases and they become the formula for our eating regime. Making ill-informed guesses often leads to cutting out food groups or missing out on essential vitamins and minerals (Not too smart).

How many times have you watched a TV program on food where they are talking about food X being bad for you and you decide to stop eating that food? I've seen it many, many times where a client will tell me they are cutting out certain foods because it's bad for you based on minimal information.

A book called the “Chemical Maze” has a list of all the additives and chemicals in foods and, seriously, if you were to read it, you would be scared to eat most foods. Foods do have additives and chemicals in them and, yes, some will have side effects, but you need to eat truck loads of the stuff to have any major affect, and this is where commonsense needs to prevail. We have to gain a better understanding of food before we go making rash decisions about cutting them out.



Foods today have more properties in them than ever before, but that doesn't mean we can't eat them, it makes more sense to be aware of the properties and be in control of the amounts consumed. Food is not the devil here, it's our uneducated guesses and consumption rates that's the issue—no food will kill you unless you eat massive amounts of it often. I hate to be the realist, but healthy eating is all about moderation, portion sizes and commonsense.

We've become stupid about food and what we are or are not putting in our mouth. The human body is a complex machine, yet we are trying to find a simple solution to controlling it by cutting out sugar, salt, cholesterol, fats, gluten, additives and so on without thinking about the health consequences. Don't get me wrong, there are genuine cases where people have reactions to certain foods, but in reality that's only a small population. We self-diagnose with minimal information and then make huge decisions on the way we eat based on it, we go on restrictive diets eliminating so-called bad foods in the quest of obtaining the ultimate body.

Is this being smart or is this attempt to simplify the complex actually making us ill?

I have been in the health and fitness game for over 13 years and at times even I struggle to keep up with the information that is constantly being put out there. It amuses me when people self-diagnose and suddenly become food experts and tell me that they know what it's about.

I've heard people mention fat and how bad it is for you so they don't have it—that's CRAP! We need fat to function; it's not the fat, it's the type and the amount! We need to get back to commonsense eating as per the good old food pyramid: eat more fruit, vegetable, less processed, fatty foods and drink an adequate amount of water and you'll be well in control of your health.



The problem with the food pyramid is that it isn't sexy (boring even), therefore we ignore it. Why? We are looking for more exciting formulas that make the complex simple, and this is what the food-marketing industry does so well. Diets and super foods are sold as the answer to our problems; they use science and seduction to bring hope that we can gain control. The fact is that there are only two factors that you can control when it comes to your health:



1. The type and amount of food you put in your mouth.
2. The amount and type of exercise you do.

If we were to base our health on the food industry marketing campaigns we would be eating Nutri-grain with a glass of Ribena for breakfast, a "Roll-up" bar for fruit, a Mars bar for energy, Powerade to get through my workouts and a whopper burger to build muscle, the list goes on. The point is, they tell us these foods are healthy and beneficial without disclosing the contents. Let the buyer beware!

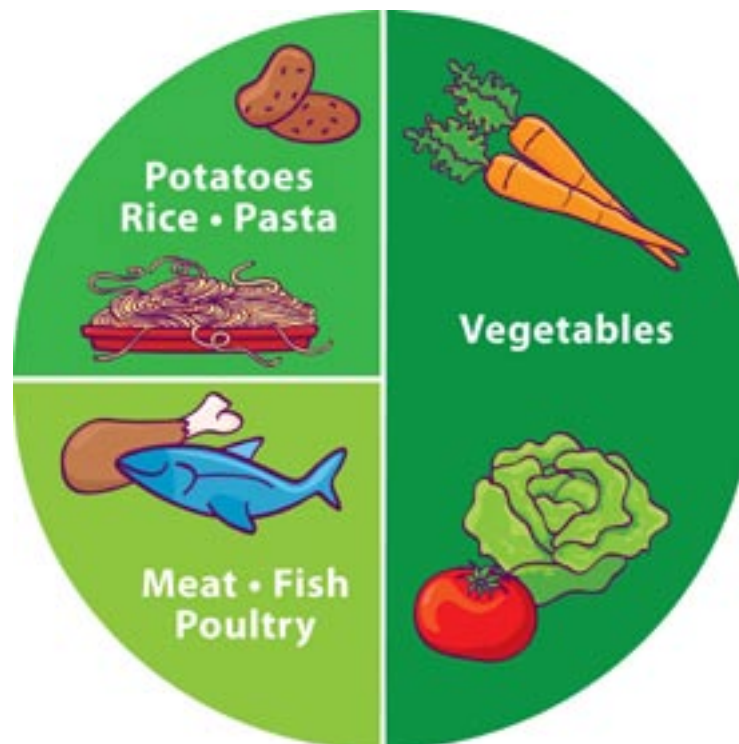
There are always going to be arguments for and against good and bad foods and, depending on the opinion or marketing campaign, how influential the product will be. The take home point is: it's not so much about whether the food is good or bad, but how you control the situation. Eating is a part of being healthy and when we speak of health we are talking about the functioning of the whole body physically and mentally. Too often in our pursuit of a great body we sacrifice our mental state. The person who lives on a lettuce and water diet may have a great body, but emotionally they're living a life of hell, eternally frightened of putting on weight.



The sad part of all this is that although we have a plethora of information on food we haven't learnt much; in fact, all we have is a society who eats based on fear and their perception of what's good and bad food. We have people with food anxiety, suffering from bulimia, anorexia and have obsessive eating behaviours that have arisen from the fear of so-called poisoning of the body.

We need to stop the panic and looking for scientific answers to fix all our problems. We have to use the information to learn and understand food and its importance, we need to stop all the anxieties we have about “good food and bad food” and get back to commonsense. Stop the self-diagnosing and being a self-proclaimed dietician when it comes to your eating and health. Create a sensible approach based on eating from all food groups and, most of all, control the types and amounts of foods you consume.

It's not that hard!



Food is to be enjoyed!! There is no such thing as good and bad food, it's the amount and frequency of the food that's the issue. Food has always been around so it's not food that's the problem it's human behaviour. We need to have more control over what we put in our mouths – I know, harsh but true. If you can control your portion sizes and make better choices, you'll be surprised at the results. Even though you think eating healthy food is boring, it's a lot more exciting than being overweight and on medication. Choose your own path!

Spotlight on Paula Lani

Paula is a wonderful person to be around because she has an excellent outlook on life. She believes you have to be able to laugh at yourself and not take things too seriously (in her words: 'You gotta-ave a laugh.'). Paula is thoughtful, caring and the type of person who will have a go at most things. Her willingness is an inspiration for anyone who finds getting in shape too hard. Paula's attitude is about living life at 90%, getting on with things and not being so precious. If more people took this attitude on board, how awesome would our world be?



What hobbies, sports or interests do you have?

Renovations, cooking and reading

What special feats or accolades have you achieved from training at McAllister's?

Successfully annoying the trainers. (DM: and is very good at it, too!)

Why do you train at McAllister's?

It's fun, unpretentious and a great workout.

10 Turbo Questions

1. What's your favourite song?

"Had a bad day"–Daniel Powter

2. What's your favourite childhood TV show?

"Gilligan's Island"

3. What's your favourite movie?

"When a Man Loves a Woman"

4. What's your favourite food?

Thai food

5. Where's your favourite holiday destination?

Thailand

6. What is the best piece of advice you have ever received?

What goes around comes around.

7. What's your favourite thing to do on a rainy day?

Read or watch DVDs

8. What really annoys you?

Rude people

9. If you could possess a superpower, what would it be?

Flying

10. Whom/What inspires you?

My Parents

Tip of the month

No matter what diet, food plan or health advice you are given, when it comes to weight loss we still have a tendency to cheat or sabotage our progress. This may be conscious or something you aren't even aware of, nonetheless, it happens and quite often. Controlling a situation where we are adding hidden calories can seem hard, but in reality it's not—we just need to be a little more aware of what is going on.



You may never have complete control when eating out, but you can be aware of the things you can control and make better choices. Here are a few examples:

1. When eating out if you have a salad ask for dressing on the side. Most times they drown the salad with dressing, and this way you control the amount—you still have the taste just not as many calories.
2. When eating fat-free products, have a look at the calorie content, the ingredients and watch your portion size. This will help you make better choices and reduce the likelihood of consuming extra and unnecessary calories.
3. Be careful of hidden calories. The humble muffin is always touted as the better selection, and it may be, compared to a vanilla slice, but be aware that some muffins are packed with sugar and fat. Remember that in reality a muffin is a glorified cake. Don't eat them too often.
4. Coffee has become the social drink, it is part of our lifestyle—everywhere you go they're selling coffee. The 'let's catch up for coffee syndrome' is ok, but coffee can be a weight loss villain if consumed often. The way you take your coffee and how often you indulge will determine how detrimental it is to your cause. Say, for example, you have 3–4 coffees a day with full cream milk and two sugars: that's a lot of calories for just having a drink and chatting (and that's sitting down not burning calories). When ordering a coffee, ask for skim-milk and try to reduce your sugar.

I'm not saying don't have these items, but be aware of the hidden calories and keep them to a minimal when eating out. There's never a need to cut things out it's more about being aware of and in control of what you consume.

What's on

Seminar:

Boiling Point program – A life transformation workshop

For people who want more out of life

What is it? A program about creating positive long-term life changes to help move you from good to great.

When: Saturday 15th August 2009

Where: McAllister's Fitness Centre
5/66 Railway road
Blackburn, Victoria 3130

Time: TBA

Cost: \$90.00 (Early bird special \$75 before 2nd August)

[More information](#)



Group programs

The sessions will be as follows:

Our 6-week programs

Tuesday 7 pm (30 minutes) Pedal "N" Punch

Saturday 8 am (45 minutes) Alfresco fitness, commencing 8 August

[More information](#)

Personal Training course

McAllister's Fitness is the Melbourne campus for the Australian Institute of Personal Trainers (AIPT) Fast track Personal trainers course.

If you have ever thought of becoming a personal trainer, are thinking of changing career or know someone who is interested call us on 9877 0572 to enrol in our next course commencing in September 2009.

At McAllister's we are passionate about raising the standard of personal training so if you want to become an excellent trainer, this course is definitely for you!

For more information click <http://www.mcallistersfitness.com.au/page6.php>

[More information](#)