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Hi and welcome to edition five of the 2009 newsletter.

It's finals time again and what a wonderful time of year that is. We get all excited about who will win the Grand Final and no matter who's playing it keeps us enthused (well most of us). Enthusiasm is vital for any winning combination and without it you soon lose interest—especially when it comes to getting in shape. Too often we start off on fire, but eventually lose our excitement, get frustrated and go back to our old (bad) habits. In this edition we look at some of the reasons why this happens, why losing weight can be so difficult at times and how only focusing on the scales can cause major frustration that kills your enthusiasm.

We also have the usual sections where we put the "Spotlight" on Enio Scilessere, give you plenty of sensible health information and keep you up to date with the latest happenings at McAllister's. Once again, we hope to get you fired up with some quotes, tips and general ideas on how to make healthy living easier.

Enjoy the read!

Danny

Quote of the month

In the middle Ages, they had guillotines, stretch racks, whips and chains. Nowadays, we have a much more effective torture device called the bathroom scale.

—Stephen Phillips

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.

Losing weight is hard to do

Being fitter, leaner and stronger isn't just about the weight loss, the scales or the size of your waist.

Anyone who has tried to lose weight will know the frustration of working hard and seeing few results in return. Why is it so hard to lose weight? Weight loss is more than just food and fitness, it's about many other things, such as getting your head in the right space, understanding the effect of age, being aware of weight set point and knowing how to manage your genetics.



If you find it hard to lose weight, you're not alone.

It's not easy for the majority of us. Losing weight involves self-discipline, exercise and counting calories, but there are many other factors that can affect our size and shape—things we don't have much control over but need to know how to cope with.

Why is it so hard to lose weight?

There are many different factors affecting our ability to lose weight, and I will touch on some of the most common ones here.

Age: Most people round out a little as they get older, this is due to muscle loss (sarcopenia). This is an age-related condition, which begins as early as age 25 and accelerates noticeably after age 60. We lose about 0.5% of our muscle mass every year between age 25 and 60 and experience an equivalent decline in muscle strength. Your metabolism decreases because of this, and most people tend to become less active at this stage. This muscle loss slows down your metabolic rate, which plays a huge part in how efficiently you burn fuel.

Menopause: This can cause women to suddenly gain weight. Menopause most commonly occurs between the ages of 48 and 52 and generally lasts an average of five years; yet, it can start as early as the mid thirties and may last a whole lot longer than five years. Women find that they can't eat as much as they used to without gaining a few kilos. In essence, what you used to eat and be able to burn off now leaves lovely fatty deposits around your stomach, hips and thighs – It's not fair I hear you say!

Set point and metabolism: Your weight set point is predetermined, which means that your body stubbornly clings to a certain weight. In lay terms, it's the point where your body is comfortable with its size and weight and likes to stay there, so our weight plateaus. For example, I'm sure we all know someone who can eat as much of whatever they like and never seem to put on any weight (bastards!), whereas if we ate like that, we'd end up the size of a house (or fatter).

Physiological forces can prevent weight loss and though it's possible to be thinner, we just have to work a hell of a lot harder to achieve that result. When dealing with set point it's still possible to lose weight, but you will discover that you have to decrease your food intake and increase your activity to maintain the norm.

Which body shape are you?



Genetics: Your body shape, weight and size are affected by your genes, and that makes it hard to lose weight. Studies show that the body shape and weight of adopted children are most similar to their biological parents. You see examples of people as they get older who take on the body shape of their parents or grandparents—you know the saying, check out your partner's parents to see what your

partner may turn out like, for better or for worse. Therefore, your genes can determine a great deal about how well you lose weight; saying that doesn't mean that you're a lost cause, it just means that you need to pay more attention to how you eat and exercise to obtain the best results.

Water retention: This is another factor that people don't take into consideration when jumping on the scales. Hormone replacement therapy and oral contraceptives containing estrogen can cause fluid retention and increase appetite. Other drugs such as steroids, nonsteroidal anti-inflammatory drugs (NSAIDs), antidepressants and diabetic medications can also cause weight gain, so it's important to know the side effect of the medications you're on and, if you can, use an alternative with fewer side effects.

Two other factors that influence water retention are water consumption and salt intake. Strange as it sounds, the less water you drink, the more of it your body retains. If you are even slightly dehydrated, your body will hang onto its water supplies with a vengeance, possibly causing the number on the scale to increase. The solution is to drink plenty of water.

Too much salt in your diet may also cause brief episodes of water retention; but saying that, you should never completely eliminate sodium. Salt is a natural way to help the body retain water, which it can store and later use; so it's an important element in diets, but not to be overused.

Women may also retain several kilos of water prior to menstruation. This is very common and the weight will likely disappear as quickly as it arrives. Pre-menstrual water weight gain can be minimized by drinking plenty of water, maintaining an exercise program and keeping high-sodium processed foods to a minimum.

These are some of the factors that can make weight loss a struggle, but that doesn't mean you can't change or achieve the results you desire, it just means that you have some opposition to your goals. Being aware of these factors when lunging onto the scales will, hopefully, take away the disappointment I see from clients too often

To be honest, I find this obsession with weight frustrating and some of the obsession "owners" also. Over the years I have worked with so many people who are trying to lose weight and some have been completely obsessed, irrational and dysfunctional in their behaviour. What they see between their toes is the difference between a good day or a bad one and this is their daily indicator. Imagine allowing a set of scales to determine the quality of your day and how you feel. (Oh the pain!)



I know I've said this before, but trying to be fitter, leaner, stronger, etc. isn't just about the weight-loss, the scales or the size of your waist. People are hoodwinked into believing that unless they lose weight they are never going to be happy, I know plenty of people who have lost weight and are still miserable.

We've been sold the dream that losing weight is all to do with food and fitness, but what they fail to mention is that other factors can inhibit your progress. Losing weight is sold using attractive terms like minimal effort, rapid weight loss, no diet or exercise required, clinically proven, etc. We've all seen them, I bet even tried them on occasions, and why not, they sound so promising.

Believing these false promises is where we lose touch with the weight-loss reality and we believe we can strip kilos off our body in no time but become upset, disappointed and disillusioned when we don't.

Well hopefully this gives you a better understanding of why sometimes results don't come so quickly. Next time you get frustrated about not seeing too much change on the scales and start cursing your regime for it's lack of results, take into consideration some of the above factors. If losing weight was that easy don't you think we'd all be buffed and beautiful and walking around in lycra (or is that just me). Remember you can still look good and have a healthy relationship with your body without being super skinny.

Learn to love your body not the number between your toes.

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Spotlight on Enio Sciessere

Enio is a quiet and unassuming man who just gets things done and has a real crack at life. He loves to be challenged and seldom backs down on trying an extreme sports activity. Enio has a positive energy that resonates with those associated with him, this energy is created by his philosophy on life: "keep it simple" and this rule is why he is so successful in whatever he does.



What hobbies, sports or interests do you have?

Trail bike riding, snow boarding, high performance cars and motorbikes, fishing, tennis, squash, golf, cycling, scuba diving, travelling, bungee jumping, wind surfing, jet skiing, water skiing, wake boarding, jigsaw puzzles, kite flying and reading. I basically love it all, especially when I can do it with good company.

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

Survived a full weekend of trail bike riding around Mt Buller (over 400 km) in harsh conditions and terrain and pulled up a lot better than most of the other riders on the weekend, including a number of riders less than half my age. I attributed this directly to my training at McAllister's leading up to the weekend.

Why do you train at McAllister's?

So that I can actively pursue and enjoy all my interests and keep giving my kids a run for their money.

10 Turbo Questions

1. What's your favourite song?

"My hips don't lie" – Shakira and every other song by Shakira and Beyonce.

2. What's your favourite childhood TV show?

"Get Smart"

3. What's your favourite movie?

"School of Rock" and "You Don't Mess with the Zohan"

4. What's your favourite food?

PIZZA!

5. Where's your favourite holiday destination?

Sicily, Italy

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

There are times when you have to bite off more than you can chew and then chew like crazy.

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

All the above!! It's only water!! But failing that, going to the cinema to watch a good movie.

8. What really annoys you?

Expensive restaurants with really big white plates!

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

Superhuman strength with a little bit of x-ray vision.

10. Whom/What inspires you?

My family: my wife Mina and my kids Bianca, Krizia, Stefan and Andre.

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As you may or may not know, Ed is leaving McAllister's Fitness. He's going for a sea change, heading up north to sunny Queensland. It's been a pleasure having him onboard and I would like to take this opportunity to thank Ed for the magnificent work he has done over the past three years—it's been greatly appreciated. Ed will certainly be missed, and I wish him and Jenny all the best for their new venture.



Tip of the month

We recently finished our 8-week “Body confidence forever” program and the results were amazing. The program was designed to focus more on a holistic approach than what you weigh on the scales and the size of your waist. The remarkable thing was, because the focus was more about consistency and discipline, every participant successfully lost weight and reduced their size.

Collectively over the 8-week program on average they lost:

Weight:	2.72kg
Waist:	5.9 cm
Hips:	6.7 cm
Skinfold:	6.3 mm (2 sites)

Looking at the weight loss you'd be disappointed (over 8-weeks), but when you compare it to the measurements and skin folds, the results are phenomenal. Which only goes to prove that what you weigh has little bearing on your body shape, and the scales are only an issue if you let them be.

Well done “Body confidencer’s” great effort!

Health and fitness professionals today are way too focused on what the scales say, even though they know there are so many variables that govern weight. So this issue's tip is - Don't be governed by the number between your toes, that's not going to bring you happiness. Happiness comes from being comfortable within your own skin and the scales won't give you that. Body confidence can only be determined by you!

What's on

Group programs

Pedal "N" Punch

A dynamic bike and boxing session designed to burn the fat and increase your fitness. This total body workout will not only burn the calories but will keep you inspired to want more
- Great workout, Great fun!!



Alfresco fitness

A 45-minute outdoor training session. Aimed to increase your fitness, burn heaps of calories and keep you highly motivated while still having fun!

The sessions will be as follows:

Our 6-week programs

Tuesday 7 pm (30 minutes) Pedal "N" Punch 6-week pack \$75
Saturday 8 am (45 minutes) Alfresco fitness 6-week pack \$90

more information

Or phone: 9877 0572

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 your career or know someone who is interested, call us on 9877 0572. Enrolments for the next course commence on the 30th October 2009 close 25th September at 4pm.

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