



Edition 2 2009

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We are changing the publication schedule for our newsletters; they will now come out several times a year, but not monthly. So,

Welcome to the second edition of the 2009 newsletter.

Summer is over and it's autumn: the time of year we get out in the garden and rake up the leaves that have blown all around. To use an analogy, autumn is the time when nature sheds its old skin and starts the process of renewed growth. Whether or not you've kept your New Year's resolution, this is a great time to reassess where you are and get rid of the things that are holding you back. It's time to start the wheels of success rolling.

We all make mistakes—but it is important to learn from them and not make them a habit. People often make mistakes when trying to get into shape: it is a major reason why they stop pursuing their fitness goal. In this edition we discuss the five most common mistakes people make when trying to get into shape, and look at ways to overcome or avoid them. There are also the usual sections where we put the "Spotlight" on Mark Smooghi, deliver sensible health information and announce the latest happenings at McAllister's. We hope to stimulate your mind with our quotes, tips and ideas to make healthy living a simple process.

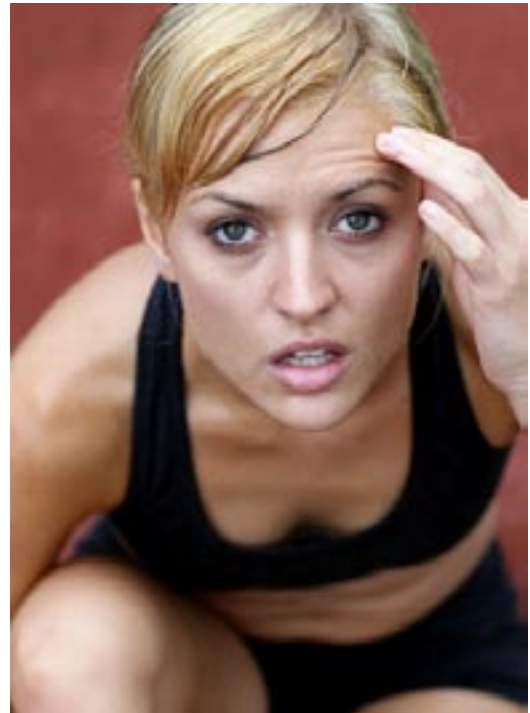
Enjoy the read!

Danny

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.

The five fitness faux pas

At some stage we have all started an exercise program thinking: this time it's going to work, this time I'm sticking to the plan, only to find that within a few weeks the motivation has decreased, you haven't seen much change and it all seems just a little too hard. The average amount of time someone sticks to an exercise program is about five weeks. There are a few reasons why people fall off the fitness wagon and return to the lifestyle they so badly wanted to move away from. Most are relatively simple to correct, but unless you are aware of the problem, you will never find the solution.



The list of reasons why people stop a fitness campaign is endless, but I have chosen what I consider to be the five most common fitness faux pas:

1. Poor planning
2. All or nothing approach
3. Lack of balance between food and exercise
4. Lack of variety
5. Wrong programs

During the years of training clients it has become quite clear to me that every one would love to be a little bit fitter, leaner, stronger and generally feel better. That's a given, but too often that desire is overshadowed by the lack of results. Whenever we don't see things happening quickly with weight loss, we start to look for things to blame: this is usually the time emotions take over. You begin to tell yourself it's not fair, especially when you have been so good (usually for about two or three weeks) and nothing is happening. You start to question whether this is worth all the effort!!!

Actually, it's more about consistency than effort. People beginning a fitness campaign or health program too often want big-picture results with short-term effort. If you think about it, realistically this is not going to happen. Why? People don't produce lasting results because they don't finish what they started; in other words, they didn't stick to the plan or they didn't have one in the first place.

Not having a plan is the biggest mistake most people make when it comes to changing their health. Like anything in life, improving your health needs a little planning and preparation. Before you begin any campaign you need to sit down and work out a strategy for how you will get to your destination.

Take a holiday for example: you don't just drive to the airport, look at the destinations board and decide that's where you are going. You start by looking up information on the internet, making inquiries over the phone or going to a travel agent and getting some brochures, you then plan it out from there. So why is it that when it comes to changing our health, which is a journey too, we do not plan??



Poor goal setting or planning

Planning can be as simple as making up two or three rules that keep you accountable for your actions and keep you on track and focussed.

For example:

1. I will reduce my alcohol intake to one glass a night or have two to three alcohol-free days.
2. Increase my exercise by making time and booking it in my diary.
3. Getting to bed a little earlier at night for optimal recovery.

Planning, like most things, doesn't have to be hard or a scientific process, it just needs to be something that gives you direction and a path to follow.

All or nothing approach

I cannot count the number of times I have spoken to clients about being consistent and how getting in shape is not that hard if you are smart about it. I talk to them about being sensible with their eating and exercise yet, somehow, the message just doesn't seem to resonate with them—they see it as painful. Changing your body shape or making your lifestyle a little healthier doesn't have to be an expedition of pain and suffering. When I talk to people about changing a few things with their eating or getting them to increase their activity by 10 per cent, I can never understand why they respond as if I have turned their world upside down. This is usually accompanied by comments like: "It's too hard", "I don't have the time", "I'm too busy", "That's boring" or "You don't understand how tough my life is already". Seriously, that's CRAP!!!

The number of times I have seen these same people spend ridiculous amounts of money on products that promise instant results, restrict food intake, cut out entire food groups, have you living on a carrot stick, and are extremely difficult to adhere to, blows my mind – like how dumb???. Chasing the quick fix is an all or nothing approach, and most times these products will fail purely because they are a short-term solution and they don't teach healthy eating habits.

When it comes to exercising people tend to do the same, they will go too hard too early, increase the intensity too quickly or over train and cause injury or burnout.

Let's use running as an example: I bet you know someone who has (or done it yourself) attempt to run 5 – 10km straight up, even though they haven't run for years, then wonder why they can't walk for the next three days. Why do we do this? You would be better off attempting a shorter distance and gradually building it up or doing walk/run and increasing the running segments gradually.



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These approaches are destined for failure due to their lack of consistency and progression. To produce results you have to be consistent, have a plan and stop looking for the miracle fix, and I can guarantee you will see the changes over time.

Lack of balance between food and exercise

As with exercise, when attempting to change our body shape we too often fall victim to our liking. By that I mean we usually do the things we like best and not what is best for us. For example, cutting back on food intake but not exercising or increasing exercise to compensate for food intake (licence to eat). The problem with this is that you need exercise and food intake working together to create the best change possible.

Just reducing food intake will cause some changes, but they will be short-term only. This is because you have only reduced your calorie intake. Once the body adapts to the new eating regime, it has nowhere else to go and you need to reduce your intake even further. Reducing calories to levels below 1200/day becomes unsafe: it slows your metabolism and can lower your muscle mass.

Your metabolism is the furnace that burns the fuel to create energy. The more muscle mass you have, the greater the burning rate. The body needs fuel to function and when deprived, as in a severely reduced calorie diet, it functions using energy stored in the muscles. This depletes your muscle mass and the body burns energy less efficiently, which may result in increased weight gain.



Exercise increases muscle mass and helps increase your metabolic rate. Increased metabolic rate combined with a sensible reduction in calories is the key to long-term fat loss. Trying to lose weight without combining the two is a short-term solution, which becomes either too hard or too boring to sustain.

Many people have boasted about how much weight they have lost by only increasing their exercise or decreasing their caloric intake, but most have had short-term bragging rights because as soon as they returned to their old habits they regained their weight, and often a little more. The right balance between food intake and exercise is the formula for efficient calorie burning and sustainable health.

No Variety in your exercise

We need variety to stimulate the body. Many people stick with the same routine and never change it. Doing the same workout week after week will lose its effectiveness (adaptation of the body) and may lead to a plateau, boredom or injury.

I would suggest having as much variety in your exercise routine as possible for any weight loss program. This keeps the body stimulated. Variety can be a change in tempo, intensity, the type of training you do or the duration. In short, if the body isn't challenged, it quickly adapts to the stimulus and becomes less efficient in burning calories.

Variety is vital when it comes to weight loss—the more variety you have the greater the chance of seeing results. It also prevents you from becoming stale with your training and motivation, which is crucial for long-term sustainability.

Wrong exercise program

The exercise you are doing directly determines the results you will get. I have seen many people who struggle to get results only because they are doing the wrong type of training for their needs. People often copy someone else's program, they look in a magazine or watch someone at the gym and start doing that program hoping they will get results. Following someone else's program is what I call "hoping for success" it may work, but most times not. We are all different, so what has worked for other individuals but may not be suitable for you.

When starting a program you need to get specific by writing down your goals, needs and the outcome you want to achieve. Once you know exactly what you want, find a qualified professional to help design a program that's specific to you. A lot of people who go to a gym do generic maintenance programs and expect exceptional results—that's not going to happen because we are all different and the program needs to be specific to you, your body type and your goals.

Having the right program is the key to whether or not you will see changes. If your goal is to lose weight and get a little fitter, you need to do more cardio exercise (huff & puff training) if it's to increase muscle size, do more resistance (weight) training. We get caught up in the marketing of weight loss and tend to forget about what is real. Getting fitter, leaner, stronger etc isn't about training any harder or longer; it's about training right for you.



There are many more faux pas that people make when it comes to fitness, but these five seem to be the most common ones with the worst outcomes. If you have been struggling with getting results, have a look at which area you are falling down in and work on improving that. Don't get caught up on quick fixes and instant results, plan your approach and stick to the plan.

Put an end to the inconsistency of the weight loss merry-go-round: find a balance and focus on where you want to go, be or achieve and the reasons why rather than on how hard, boring or uncomfortable it is. From today make a promise to yourself that you will be smarter about how you approach your health and fitness routine, you won't stop after week five and you will finish what you start this time. In the words of Winston Churchill, "NEVER, NEVER, NEVER GIVE UP!"

Spotlight on Mark Somogyi

Mark has been training with McAllister's Fitness for more than four years and during that time has achieved many great feats from making exercise a part of his lifestyle to running fun runs. Although he is an avid Richmond fan, Mark has a great outlook and attitude towards life, he has a wonderful knack of creating a friendly and positive atmosphere with whomever he is around.



What hobbies, sports or interests do you have?

I am a passionate supporter of the mighty Richmond Tigers and in the limited amount of my remaining spare time I am an avid reader and enjoy following cricket, baseball and American football.

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

I was able to complete the 'Run to the 'G' after training at McAllister's for 12 months. I was never able to complete distance runs before and was proud to have completed the 'Run to the 'G' in what I considered to be a decent time.

Why do you train at McAllister's?

I train at McAllister's to ensure that I maintain and improve the level of fitness and quality of life that I have achieved—and it is so much easier when the gym is such a fun place to visit such as at McAllister's.

10 Turbo Questions

1. What's your favourite song?

"Letter to Memphis" – The Pixies

2. What's your favourite childhood TV show?

As a little kid I liked "Banana Splits", as a child I remember loving the "A-Team" and "Greatest American Hero".

3. What's your favourite movie?

"The Usual Suspects"

4. What's your favourite food?

Beef Stroganoff

5. Where's your favourite holiday destination?

Palm Cove near Cairns, it's a very relaxing place.

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

To approach everything you do with enthusiasm to ensure that you achieve what you are aiming for. I am not always successful at following this advice, but usually find that if I do, it follows that I achieve what I set out to.

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

Find a good book and read.

8. What really annoys you?

Seeing selfish people thoughtlessly going about their lives with no regard for how they affect those around them.

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

The power to slow time so I could do everything that I want to each day.

10. Whom/What inspires you?

I am inspired by people who have overcome hardship to achieve a goal. Most recently I watched a replay of the speech that Jim Valvano (an American college Basketball coach) gave that inspired me greatly with his courage in the face of terminal cancer.

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Quote of the month

Success seems to be connected with action. Successful people keep moving. They make mistakes, but they don't quit.

—Conrad Hilton

Tip of the month



Apple verses Chocolate

In a study conducted in Holland people were asked if they would choose an apple or some chocolate for a snack. Fifty per cent said they would choose the apple over the chocolate, but only 27 per cent actually did. This suggests that despite our good intentions, the actual choices we make are based on impulse rather than long-term benefits. The key to eating healthy and not making the mistake of poor food choices is to identify the triggers and avoid impulsive choices.

What's on

Group programs

We are coming to the end of the first block of group sessions and will commence the second block for Pedal "N" Punch Tuesday nights on March 24th, so get cracking and register - bookings are essential.



We will introduce Thursday night Pedal "N" Punch commencing in April. Alfresco block #2 will commence on Saturday 18th April

The sessions will be as follows:

Tuesday	7 pm (30 minutes) Pedal "N" Punch
Thursday	7pm (30 minutes) Pedal "N" Punch
Saturday	8 am (45 minutes) Alfresco fitness

- All sessions are for a six-week commitment.
- The 30-minute sessions are \$75 or \$15 per session.
- The 45-minute sessions are \$90 or 17.50 per session.
- Six is the minimum number of people needed to start a group.
- The card purchased cannot be used in conjunction with any other session.
- There are no refunds or catch-ups for any missed sessions.
- Bookings are essential.

For more information click www.mcallistersfitness.com.au/page7.php

The final word

Making mistakes is part of life, but whether or not you let it stop your progress is a state of mind. Too often we over analyse the situation and blow it way out of proportion. A better approach is to acknowledge the mistake and ask yourself: what can I learn from this and how can I do it better next time? Letting a mistake or a setback stop you from growing is not only a mistake itself, it sends the message to your brain that you are no good at it. It's not that you are no good at it, it's more like you need more information to understand and control the situation. So never let a mistake stop you from pursuing what you want in life--even if it seems unfair, embarrassing or soul destroying at the time. As someone once said to me after making a mistake: get some material, build that bridge and get over it. We all make mistakes!!!