



February 2008
Vol 3, Issue 2

In this issue

Body image

Body image is a serious issue that can lead to self-destructive behaviour.

[more](#)

Spotlight on Meg Probyn

Meg has been training at McAllister's Fitness for about three years and has achieved some great results with her weight loss and strength gain.

[more](#)

What's On

Check out our new and improved group programs.

Pedal "N" Punch
Express fitness circuits
Alfresco fitness

and the brand new
Just hers fitness session

[more](#)

Newsletters are posted on our website.
www.mcallistersfitness.com.au

McAllister's Fitness
5/66 Railway Road
Blackburn Vic, 3130
Ph: 9877 0572
mcallisters.fit@optusnet.com.au

Hi and welcome to the February 2008 newsletter.

Everything is getting back to normal; the holidays are well and truly over, school's back in and Easter, believe it or not, is just around the corner.

In this month's issue we talk about body image and how it can prevent you from moving ahead. We have our usual sections, we put the 'Spotlight' on Meg Probyn, there's plenty of information on the latest events and happenings, and we'll throw in some motivational tips and ideas to help you with your journey to become your best.

Have a great month.

Enjoy!

Danny

Quote of the month

"Success is the sum of small efforts, repeated day in day out."

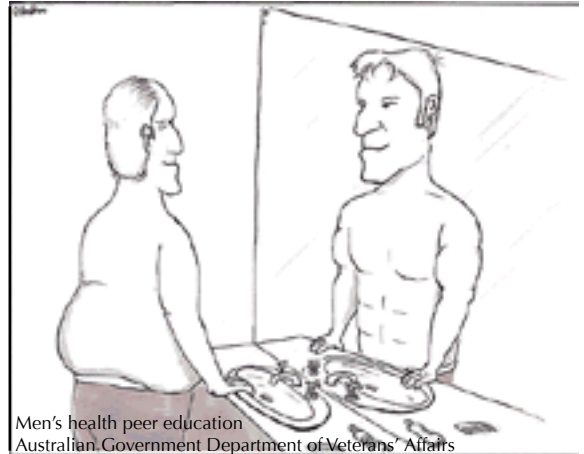
-Robert Collier

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.

Body image

No matter what body type, shape or genetics you have, you can still look great if you treat your body well.

Magazines, books, radio, television – you name it, we are constantly being bombarded from all sources of media or marketing telling us what we should look like. Pictures of models and celebrities digitally enhanced to look flawlessly beautiful leads to unrealistic ideals that influence unhealthy behaviour. The media constantly tells us how we should look, be and act, and the latest fad, fashion or image we should aspire to. Most of the time it's promoting the ideal that we should all be skinny, buffed and have a body to die for – no excess fat or cellulite. This is not only unrealistic, it raises a couple of questions:



Men's health peer education
Australian Government Department of Veterans' Affairs

Don't try to look like someone else, you are who you are, learn to treat your body well and be happy in your own skin.

Is the perfect body really achievable and does obtaining the perfect body really bring you happiness?

In the Fitness industry we deal with people of all shapes and sizes. No matter what body type, predisposition or barriers you have, we are all told the perfect body is achievable – if we try hard enough. For the small percentage of people who are genetically gifted, this may be somewhat true. But for the rest of us who aren't as fortunate, it's damn hard work that requires tremendous dedication and commitment. Dedication and commitment are essential in any success journey, but setting unrealistic expectations of perfection is unhealthy and can set you up for failure, and lead to self-esteem issues.

Body image is something we all need to be aware of. It may start as something simple, such as being worried about your weight, but grows into an obsession. Body image is a phenomenon that's ever present and sadly accepted, yet it's the cause of so much dissatisfaction, unhappiness and frustration.

It isn't just a female problem either; how many magazines do you see with buffed men parading around with no shirt showing off their six-pack, surrounded by other gorgeous men and women? Images like these send out the message that to be popular, be in control and have fun in life you have to have a great body.

In theory, this may have some credibility (everyone admires great scenery), but let's look at it realistically, how many guys do you see who actually have a six-pack stomach? The closest thing to possessing a six-pack for most men is driving to a bottle shop. It's promoting an unrealistic image, and one that has huge ramifications for how people think and believe they should look. This leads to unhealthy behaviour patterns such as restrictive dieting and extreme exercising, to name a few.

If you are trying to achieve the perfect body but have a poor self-image, it's like running a magnificent-looking car that constantly breaks down

What I'm suggesting here is that body image is a huge contributor to why so many people are unhappy within their own skin and this is really sad, no one should be ridiculed or feel inferior because of the way they look. Over the years I have heard so many people calling themselves disparaging names such as "fat", "ugly", "puny", "unattractive", "stupid" or "dumb" because they don't fit the unrealistic perception of perfection. This is equating body/self-image with beauty, success, perfection, happiness, confidence and self-control.

People tend to over exaggerate body parts such as their thighs, stomach, buttocks and hips as huge, ugly or flabby when, in fact, they look fine. This is what I call "stinking thinking" – it's self destructive and de-motivating.

We have all been given a phenomenal piece of machinery called our body. To run this awesome mechanism efficiently we need to have all parts working in sync (emotionally, physically and the spiritually). If you are trying to achieve the perfect body but have a poor self-image, it's like running a magnificent-looking car that constantly breaks down.

To overcome the pressure of body image we need to address the problem and find a solution. Let's break this down into the two segments.

The problem

- setting unrealistic expectations for achieving the perfect body
- false image of what is achievable (digital enhancement of images)
- creating a perception of happiness by obtaining the perfect body
- creative marketing by targeting people's emotions (perfect body=perfect life)
- perfection infection (demanding perfection of self and others)
- a lack of direction through myths, fads and marketing promoted by the media and health and fitness industry
- associating thinness with beauty, success, perfection, happiness, confidence and self-control.

Everyone knows that the rate of obesity is on the increase; we exercise less, eat more and live sedentary lifestyles, yet we still hold to the dream of having the perfect body. This is the result of the instant gratification society we live in; we want everything good in life without effort. It creates a nation of not only overweight people, but extremely unsatisfied and very unhappy overweight people.

How can we turn this around?

The solution

Be realistic – What you see in the magazines etc, isn't necessarily true. I recently read an article in which Cindy Crawford said "Even I don't wake up looking like Cindy Crawford", commenting on her digitally enhanced photos. The point is, stop worrying about perfection and aim for healthy. Those bits of cellulite are real and no creams, specific exercise or medical surgery are going to rid you of them, accept it and move on, just don't let them increase.

Eat well – We need to be sensible about the way we eat, stop relying on the latest fad diet miracle pill or piece of equipment that is going to do it for you. Eat smaller meals more often, it's not so much about what you eat, but how much you eat. There is no such thing as good and bad food, it's more a matter of regular and occasional foods – keep it that way.

Exercise consistently – We need to be smart with our exercise, don't go for the "No pain no gain" approach. Too often people read about a celebrity who has obtained a great body through some radical routine, and just have to try it. It may have worked for someone else, but that doesn't necessarily mean it's going to work for you. The secret is to be consistent with your exercise, set yourself some rules and stick to them. Create the habit of doing it and enjoy the process – the more you enjoy it, the more sustainable it becomes.

Don't compare – Trying to look like someone else is setting yourself up for disappointment. You are who you are, learn to treat your body well and be happy in your own skin.

Be healthy – Being healthy isn't just about food and exercise, it's about all aspects of the mind, spirit and body. Emotions control so much of what we do and how we react. For example, how many times have you felt good about yourself then jumped on the scales and felt disappointed because some numbers changed!! What's that about???



This type of emotional response can change your whole attitude and make a good day bad – how pathetic. Your self-image is the difference between going forward and retreating. You need to respect yourself before you can expect anyone else to respect you. Think positive and happy thoughts, share that with everyone you meet and you will realise that people don't really care about how you look. What they do care about is whether you are someone they want to be with or someone they want to avoid.

The body is the physical exterior for all that we are, like the car analogy – keep it looking good but remember, no matter what the colour, shape or the design, if it keeps breaking down it's costly (mentally and physically). Make sure you look after all aspects of your body by constantly feeding yourself positive thoughts, getting adequate rest and treating yourself with relaxation time.

Body image is a silent killer of self-esteem, be aware of it. It can be the difference between being happy and enjoying life and being perpetually unhappy. Stop beating yourself up over unrealistic targets, accept who you are and realise no matter what body type or shape you possess, you can make it look good through a commonsense approach.

Obtaining good health doesn't mean you have to live on a lettuce and water diet. It's about adhering to a sensible and sustainable food and exercise plan.

Aim for a fitter, stronger and healthier body rather than the perfect body. Exercise for enjoyment rather than because you're obsessed about your caloric expenditure or trying to look like someone else. Start to think smarter and soon you will realise that if you treat your body with the respect it deserves, you will be pleasantly surprised by the outcome.

back to the top

Spotlight on Meg Probyn

Meg has been training at McAllister's Fitness for about three years. In that time she has achieved some great results with her weight loss and strength gain. Meg is a wonderful lady with many talents, she has a doctorate in research and has written books and articles, she's involved in the Whitehorse residence group, she spends time looking after her grandchildren, and still manages to find time to exercise and maintain her health. Meg is a real inspiration to anyone who believes that it's all too hard. She sticks to the rule of sensible eating and consistent exercise to achieve great results.



What hobbies, sports or interests do you have?

Watching cricket, soccer and I love quilting.

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

Over the years I have had many people say to me "My god, you look fit", which makes me feel terrific. People also notice that I am stronger now.

Why do you train at McAllister's?

I mainly train for my own health and fitness reasons, but I also want to improve my body shape. I was a member at a gym but found that keeping motivated became hard; I'd stop after the 8th rep, I'd think of reasons not to do exercises or even turn up, which is just not like me, it lacked value. To me, personal training at McAllister's has meant I really do the exercises, I do them the right way and I have fun, which keeps me motivated. That's value!

10 Turbo Questions

1. What's your favourite song?

"Autumn leaves" (It's an old song) and "This boy" – The Beatles

2. What's your favourite childhood TV show?

I didn't have television till I was 14 then watched the "Magic Roundabout" on the BBC.

3. What's your favourite movie?

My favourite movie is "Gosford Park" - it's an old movie and most people won't know it so I have chosen two others. The latest really good movie I have seen is the "Atonement", and my favourite Australian movie is "A town like Alice".

4. What's your favourite food?

Steak and salad

5. Where's your favourite holiday destination?

Paris

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

Never go to sleep on a quarrel.

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

Read and watch DVD's

8. What really annoys you?

People cutting trees

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

Being able to fly without going to airports

10. Whom/What inspires you?

Seeing beautiful gardens

[back to the top](#)

What's on

The group sessions are going well and numbers are increasing, so if you're looking for a great workout at a bargain price, this is for you. We are also introducing our new "Just hers" (female only) group sessions.



2008 Group programs

All sessions are 30 minutes unless otherwise stated.
The cost is \$12 per session or \$100 for a 10-pack.

Just hers fitness session

A fun-filled 45-minute fitness session designed for women to tone up the butt, hips, tummy and thighs. A fantastic fat burner.

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!!

Express fitness circuits

An awesome time-efficient fat loss and toning session for all fitness levels. These sessions are designed for anyone who is time poor, wants to get fitter and is keen to lose weight.

Alfresco fitness

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

For more information click www.mcallistersfitness.com.au/page4.php
Or call us on (03) 9877 0572

back to the top