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

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Hi and welcome to the January 2008 newsletter.

So it's the New Year, another chapter in the book of life. I certainly hope 2008 is going to be a fantastic year for you and brings the success you hope for.

It is definitely shaping up to be a beauty at McAllister's Fitness; we have plenty of new programs, workshops, seminars and products for you to choose from. No matter what your interest, we have something to cater to your health and fitness needs.

January is usually a month of contemplation, a time when we think about what could or should have been the year before and what is to come in the New Year. Many of us spend this time relaxing, unwinding and preparing ourselves for the next eleven months. Well, that's all well and good, but I believe now is action time. The month is well mature and, I would say, so is the festive flab.

This month we look at New Year's resolutions, why they never last and ways to change that and get yourself set for a hugely successful 2008. We talk to another McAllister's success story and show you all the wonderful happenings and events to come. Hopefully, all this will give you the inspiration you need to be your best.

It's time to make 2008 great!

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.

New Year's resolutions: get the right formula for success

Keeping those New Year's resolutions can be tough. It's not so much what you hope for, but how you approach it that determines whether you will succeed.

2008. Another beginning, another resolution, a whole new chapter. How many times, year after year, have you decided that this year is going to be the one, this time you're going to make it happen!!

Whether it is to lose some weight, eat healthier, start an exercise regime or become a better person, you feel highly motivated and determined to see it through to the end - no matter what!



This is all very exciting and keeps the enthusiasm going for a few weeks, then the dreaded "normal life" creeps back in, the one in which you are too busy to find time for exercise, to eat healthy or even consider any planning. This is when all those dreams, desires and goals get lost in the "busy-ness" of life.

The thing with making these resolutions (especially New Year's) is that they are often made in a "motivational moment" with an enthusiastic desire to change but with an inadequate program; and that makes success a real challenge.

When trying to change your behaviour you are actually trying to change your *habits*. Now, some people may say all you have to do is make the mind-shift to being healthy. If it was just a change in the way you think, success would be a lot more achievable, but along with that mind-shift you have to break a few (sometimes quite a few) habits. That's where the problems begin.

What is a habit? - An acquired pattern of behaviour that often occurs automatically.

There's the catch - automatically. How long has it taken to develop the habits we have, and now because of a "motivational moment", we want to change it all instantly - forever.

Don't get me wrong, it's fantastic to have these motivational moments, but you need to think it through – have a process around it. The number one reason people don't succeed is because they never finish what they start and too often this is due to a lack of planning.

So you've had a "motivational moment", what now?

First you need to look at the habit/s and why you want to change them. Does the habit annoy you enough for you to want real change?

Have you reached your boiling point - the point where you say enough is enough, I

One of the hardest aspects is making the change a habit. If it's not a habit you will eventually disregard it and the resolution will fade into obscurity.

don't want to put up with this any longer? Unless you have reached this point and decide you will do whatever it takes to succeed, the motivation will only be short term. Too often people say they want to change but when it comes down to making the commitment they don't have the real desire (pain point) to overcome the discomfort associated with change (interested and committed?).

For most of us, one of the hardest aspects of this whole process is making the change a habit. If it's not a habit you will eventually disregard it or find something better to do and the resolution will fade into obscurity.

It's hard to make something that is not exciting and time-consuming into a habit. Exercising, for example. If you are not an exercise person it's not something you will embrace with open arms, so begin small and concentrate on getting used to exercise. Make it a regular part of your daily routine before you worry too much about all the other aspects. In other words, start with something simple that you can easily incorporate into your life, something that will be easy to do regularly; walking, for instance. Once it is a habit you can expand on it, but only when it has become part of your routine. The more you repeat the behaviour the more natural it becomes, and believe it or not, you may actually begin to enjoy the process.

Gradually introducing any new idea or habit decreases the chance of failure. Too often we set unrealistic expectations for what we want to achieve, the reality is that even the best plans take time to become fully realised. Be patient, don't expect dramatic changes after two weeks of "being good". Weight loss in particular can be slow, but over time your overall health, fitness and mental outlook will improve and set you up for long-term success.

To all of you who have made this year “The year for change”, well done. But now it is time to stop talking and start acting. Time to make a serious commitment to creating success. When creating success you need to have the right formula. Here are a few steps to assist you:

1. Make time to plan the journey.
2. Get clear on what you want.
3. Find your ‘boiling point’, the reason why you want change.
4. Identify what has stopped your success in the past.
5. Be accountable for your actions, results and behaviour.
6. Be consistent.
7. Develop a passion for what you do – get excited.
8. When things don’t go according to plan, improvise and adapt.
9. Have a great attitude – think success.
10. Aim for long-term success not instant gratification.

No matter what your resolution is, whether grand or trivial, the main thing is to get the wheels turning, act on it and see it through to the end. Imagine how good you will feel when you reach your goal, I can guarantee that you will be a stronger, more self-assured and in control person.

Now who doesn’t want that – it’s the greatest gift anyone can receive.

Introducing McAllister’s Corporate Health

McAllister’s Corporate Health is a new section of the business. It is designed for companies that want their employees to perform at their best.

The corporate health program covers all aspects of health and activity such as:

- Healthy lifestyles
- Stress management
- Work/life integration
- Team building activities
- Personal development
- Corporate group fitness training
- Nutritional advice

If you want your team performing at their best this year, give us a call on (03) 9877 0572

Spot light on Debbie Anderson

Debbie has been training at McAllister's Fitness more than 2 years. In that time she has made some phenomenal changes, not only with her body shape, but also in the way she thinks. Debbie is a busy mum who works in the family business yet still manages to find time to keep healthy. She is very dedicated to her training but has realised that you don't have to go hard all the time to achieve great results. She now understands the key is to be consistent with your food, exercise and have plenty of variety. Debbie has a brilliant attitude, no matter what happens she can always see the funny side of it.



What hobbies, sports or interests do you have?

I love working in my veggie garden and cooking for dinner parties.

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

To keep the motivation to be consistent with my exercise. That enables me to achieve the fitness goals I set.

Why do you train at McAllister's?

The expert advice like - "The sun can't shine through the clouds" (Danny's analogy for excess weight), I get results, the environment is friendly and Danny is the best trainer.

10 Turbo Questions

1. What's your favourite song?
Apologise – One republic
2. What's your favourite childhood TV show?
Gilligan's Island.
3. What's your favourite movie?
The Wizard of Oz.
4. What's your favourite food?
Any pasta.
5. Where's your favourite holiday destination?
Rotorua New Zealand and anywhere in the caravan with the kids.
6. What is the best piece of advice you have ever received?
Mix up your exercise - I used to do the same exercise all the time and wondered why I wasn't getting any results.
7. What's your favourite thing to do on a rainy day?
Watch movies.

8. What really annoys you?

Whinging kids (I have one).

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

To be able to see into the future.

10. Whom/What inspires you?

To become a brilliant cook of Asian food and to have no cellulite.

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What's on

We are ramping up the group sessions. We are introducing a few new programs and improving some of the old ones, so if group training is for you, 2008 should be a beauty. We have a plethora of time slots and sessions to choose from with heaps of variety that are user and financially friendly. So if time, variety or money is a catcher, we have the solution.



2008 Group programs

These sessions are designed for the person who is:

- Time poor
- Wants to increase their fitness
- Wants quality training at an affordable price
- Loves exercising in a group environment
- Needs to be pushed, but still wants to have fun

Note: These sessions began Monday 21st January 2008 and are 30 minutes unless stated otherwise. Each session is \$12 or \$100 for a 10 session pack.

Pedal "N" Punch

A dynamic bike and boxing session designed to burn the fat and increase 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. 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