

July 2008
Vol 3, Issue 7

In this issue

Feeling good

Don't learn to live with your aches and pains, get motivated and do something about them.

[more](#)

Spotlight on Peter Graham

Peter is a quite achiever who doesn't make a lot of noise or fuss, but when asked to do something he gets job done. Find out about his likes, dislikes and thoughts on life.

[more](#)

What's On

Lake Attack Run/Walk

[more](#)

Don't forget our group sessions.

Pedal "N" Punch
Express fitness circuits
Alfresco fitness

[more](#)

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www.mcallistersfitness.com.au

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Hi and welcome to the July 2008 newsletter.

We are now officially into the second half of the year and if you were asked to assess your progress what would your answer be: going well, just travelling or way off the mark?

In these colder months it's somehow easier to find excuses not to be healthy than to maintain a healthy regime, and it's not until someone mentions that summer is just around the corner that we think about taking action. I honestly believe most people have forgotten how good it feels to be healthy, so this month we will discuss "Feeling good" and rediscover how enjoyable that can be. In addition, we have our standard sections where we put the "Spotlight" on Peter Graham and ask him those hard-hitting questions about life, provide common-sense health information and bring you up to date with the latest happenings at McAllister's Fitness. We hope to inspire you with our usual quotes, tips and ideas to make healthy living easier.

Enjoy the read!

Danny

Tip of the month

If you are exercising to lose weight, don't just focus on the calories you burn or what you weigh on the scales, this will usually only lead to disappointment. Instead of setting yourself up for disappointment exercise for the benefits you will receive, such as better health, improved fitness, stress relief and enjoyment. The more you focus on what you haven't achieved as opposed to the benefits you are getting, the harder it is to keep motivated and eventually you will stop.

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.

Feeling good

I know of many people, young and old, who just continue living day to day with their aches, pains, illnesses and conditions yet never bother to do anything to change.

They don't mind telling you how difficult it is dealing with the pain, but try suggesting something that could improve their situation and up go the defences. They get offended and respond with comments like "you don't understand what it's like to be me, so don't comment". I probably don't know what it is like to be them, but what I do know is that you can always improve any situation. It is ironic that most people who have legitimate conditions always seem to be the ones who are able to accept their lot and get on with life, while others wallow in their own self-pity.



We will all get sick or injured at some stage of life, and yes, it's annoying but most times it's only short-term pain and we will recover from it; dealing with setbacks is also a part of life. Then why is it when some people fall ill or have an injury they whinge and carry-on so much about the inconvenience, yet when they recover they never really appreciate the feeling of what it's like to be healthy again?

I can safely say that anyone who drinks alcohol knows what it's like to have a hangover. Speaking for myself here (but I don't think I'm on my own), I hate them. They are a waste of time; you get a thumping headache, don't feel well and all you want to do is go to bed and sleep it off. In essence, you feel like crap and because of that, you make unrealistic promises to yourself that it won't ever happen again. You just wish for the sickly feeling to disappear as quickly as possible so you can feel normal health again.

I use this analogy to explain how some people are actually doing the same thing with their health. They have continually treated their body so poorly both physically and mentally with their toxic behaviour that they have forgotten what it's like to feel good. Their engine runs on low-grade fuel, their motivation motor is back-firing and their wiring system is short-circuiting. They show little respect for their body by eating poorly and not exercising, beat themselves up emotionally because of it and never consider the long-term consequence of what they are doing to their body.

They are usually the ones you hear complaining about how unfair it is because they lack energy or aren't progressing with their fitness. They're caught in a "habit hang-over" - the habit of living an unhappy and unhealthy life, yet do nothing to change.

The problem with this type of behaviour is that it manifests into a destructive downward spiral of constant mental and physical

Why do we do everything to ensure a "secure and happy" financial future, yet disregard our future health?

abuse of the body, leading to health problems that eventually become chronic.

We all know we should be more active and eat smarter, but knowing and doing are two different things. If you aren't prepared to invest in your health now, I suggest you invest in an absolutely brilliant health scheme for later in life. This isn't a scare tactic statement, it's what I truly believe.

I'm amazed how people react to different information; for example, they say that financially speaking, there are some tough economic times ahead so it would be a wise move to prepare for it (sound advice wouldn't you agree). I can guarantee most people will act on it because they want to have a "secure and happy" future. They also say we are heading into an obesity epidemic which threatens to become a major cause of death and disease that will make us the sickest and unhealthiest people in living history. Will we act on that???

My point (as in the example above): Why then, if we take action on both the scenarios it will result in the same outcome, a "secure and happy" future yet we do everything to secure our finances yet disregard our health? We plan so we have enough money to support our future but never stop to think about how much poor health will affect our future. Somehow we always put health low on our priority list then deal with it only when we have to.

This happens because we take our health for granted. We believe it will be with us forever and can be repaired at any stage. What's really happening is that we are destroying it instead of nurturing it. We get so accustomed to feeling ordinary (habit hangover) that we have forgotten what it is like to experience life without the back pain, headache, nausea, palpitations, neck stiffness, stress, low self-esteem, negative self-talk and blah, blah, blah.

Aren't we amusing creatures, us humans? The fact that we would rather continue being uncomfortable long-term than face short-term discomfort by making small changes to improve or even eliminate the problem.



We need to stop being so precious about ourselves and get real, we all encounter challenges in our life but how you choose to handle them will make the difference between whether you feel good or don't. Start to think about the reasons why up till now you haven't felt good, lacked energy or been unhappy and make the appropriate changes that will enable you to create a secure, happy and healthy future.

We tend to focus more of our energy on what we can't do rather than what we can. Make the next month a time to turn that around, start small and by becoming more pro-active towards your health, and remember everyone who got where he is had to begin where he was.

back to the top

Spotlight on Peter Graham

Peter is a sincere and thoughtful person who has a unique ability to listen to others with his complete attention and respond empathetically, which is an attribute not seen often enough. Peter has transformed himself from an inconsistent exerciser who lost confidence due to constant injuries, to a motivated individual who now trains regularly (without injuries) and is in control of his health both physically and mentally. Peter is an inspiration to anyone who struggles with believing in their abilities.



What hobbies, sports or interests do you have?

- Watching Australian Rules football, tennis and swimming.
- Gardening in my vegie garden.
- Interest in caring for the natural environment.

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

- Conquered the formidable food diary
- Staff have assisted with my goal setting (not one of my strong points)
- Educated to train "smart" when the body is sore or injured.

Why do you train at McAllister's?

- It has a positive and caring environment
- Maintain a healthy lifestyle
- Great staff who set realistic achievable goals and make the sessions fun and motivational.

10 Inspirational Questions

1. What's your favourite song?

"You Are Loved" ("Don't Give Up") – Josh Groban

2. What's your favourite childhood TV show?

"Rin Tin Tin" and "Casey Jones"

3. What's your favourite movie?

"Ferris Bueller's Day Off" and more recently "Dodge Ball"

4. What's your favourite food?

Homemade lasagne

5. Where's your favourite holiday destination?

Mornington Peninsula

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

Never underestimate your abilities

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

Catch up on reading my many unread gardening books and magazines.

8. What really annoys you?

Constant negativity from people – they wear me down.

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

Rid the world of human mental and physical suffering.

10. Whom/What inspires you?

People who are passionate about something and anyone who persevere to achieve their goals.

Quote of the month

"As I see it, every day you do one of two things: build health or produce disease in yourself."

— *Adelle Davis*

[back to the top](#)

What's on

Lake Attack Run/Walk

The Defence Forces' fun run/walk will be held Sunday 24th August at Albert Park. This is a 5/10 km run or a 5 km walk event organised to raise funds for Redkite - "The Compassionate Friends, Kidsafe and Legacy". For further inquiries call 9645 1333 or to register online at www.lakeattack.com.



Group training sessions

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

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!

If you want to be part of the fun, just call us and book your spot.

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

back to the top