



June 2008  
Vol 3, Issue 6

## In this issue

### Healthy eating made easy

You don't need to give up your favourite foods or go on some fad diet—all you have to do is be smarter  
[more](#)

### Spotlight on Sanjay Singh

Sanjay is a genuine person who has a fantastic approach to life, which reflects in his success in both his working and social life.  
[more](#)

### What's On

Eating guilt-free seminar

Don't forget our group sessions.

Pedal "N" Punch  
Express fitness circuits  
Alfresco fitness

[more](#)

Newsletters are posted on our website.  
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## Hi and welcome to the June 2008 newsletter.

This month we discuss how to make "Healthy eating" simple, sensible and achievable. We have our usual sections where we put the "Spotlight" on Sanjay Singh, provide practical health and fitness information, inspirational tips and let you know about the latest happenings at McAllister's.

Healthy living is all about enjoying life and being happy. The best way to achieve this is by making it simple and practical and not over complicating things, so for the next month work on making your life a little more simple.

Have a great month and enjoy the read!

*Danny*

### Tip of the month

Reduce the portion size of your meals. This will help you make sensible weight-loss adjustments that you can sustain.

The best way to control weight gain is to do it gradually, start by making small changes—something as simple as reducing the portion size of your meals. Most times, it's not so much the food consumed as it is the amount; for example, if you tend to eat large meals try reducing the portion size by a quarter. By doing this, you will not only reduce the amount of calories, you'll be surprised by the weight you will lose—and that's even before exercise. We consume around 800 calories more today than we did 10 years ago, so you won't go hungry and you'll have ample calories left for energy.

*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.*

## Healthy Eating Made

**Eating healthy should become part of your lifestyle, something you do without too much thought or questioning.**

Healthy eating should mean enjoying a variety of foods in the right portions.

You don't need to give up your favourite foods or go on some fad diet that over promises and under delivers; all you have to do is be smarter about the way you eat and have a little discipline. In reality, it's a simple equation: energy in must equal or be less than energy out. Eating too much leads to weight gain and eating too little means less energy and feeling tired.



Everyone knows the benefits from eating fruits and vegetables - they provide all the essential vitamins, minerals and antioxidants to keep the body functioning. The thing is, knowing and doing are two different things. How many times have you started a healthy eating campaign with the best intentions to see it through. You were eating less junk, having smaller portions and including more fruits and vegetables, yet gave it up because it became boring or too hard?



To obtain any long-lasting result you need to think long-term and be consistent. The problem is we never stick to the plan long enough to establish a habit. Most habits we develop in life are created through doing things consistently and persevering with them. In other words, doing it until it virtually becomes an unconscious action—a perfect example is brushing your teeth, how often during your morning ritual do you ask the question why am I brushing my teeth? It's just something you do because the habit was formed years ago when you were a child and is now a daily routine. You brush your teeth because there are so

many health ramifications associated with poor oral hygiene, such as tooth decay, gum disease and going to the dentist – fear (anything but the dentist)!!!!!! So, not brushing your teeth triggers more emotional pain than pleasure, therefore you do it.

Eating healthy should be based on the same principle; it should become part of your lifestyle, something you do without too much thought or questioning. Why? Because there are so many health issues associated with poor health. It amazes me that, for some strange reason, whenever people decide to change their eating habits or start to eat healthier they become frightened. This is because they over complicate the whole concept and blow it out of proportion, they feel they have to turn their lifestyle upside down, give up living and enjoying food and eat boring meals.

How dumb is that? You don't have to make radical changes to your diet, you just have to use a bit more control. Why do people who want to become healthier go on some ridiculous fad diet, totally cut out food groups or kid themselves that they will never eat crap again, only to find it too difficult to stick to. Then they go back to their "normal life", the one that was unhealthy, and say the diet didn't work.



This is one of the most frustrating things about being a personal trainer/health consultant –people won't listen to the advice to keep healthy eating simple and realistic. Instead, they chase the un-achievable and set themselves up for failure.

### **How should I start a healthy eating plan?**

There are six rules that are the key to healthy eating. They are based on the "keep it simple" approach:

1. Start small
2. Include all five main food groups
3. Control your portion size
4. Stay away from fad diets
5. Fuel in versus fuel out
6. Base it on the 80/20 principle

#### **1. Start small**

Don't make radical changes to your eating habits, especially changes you know won't last. Begin by making adjustments that are realistic; for example, if you eat a lot of take-away begin by reducing it, or if you don't eat much fruit and vegetables, slowly introduce them into your eating plan. You need to think about the things you can change right now and begin doing them.

2. Eat from the five main food groups

Eat a variety of foods from the five main food groups (cereal, vegetables, fruit, dairy and meats) this helps protect against illness and diseases such as diabetes, cancer and cardiovascular disease. It also helps you absorb other nutrients; for instance, protein from meat not only increases the absorption of iron from the meat (haem iron), it also increases the absorption of non-haem iron from vegetable sources. Therefore, each of these nutrients has a particular role to play in our health and wellbeing and together they provide all the necessary ingredients to meet our body's needs.

3. Control your portions sizes

Try not to over eat. Remember, it's not so much about the type of food you eat as it is about the amount you eat. One of the biggest reasons we are facing an obesity crisis is that we eat far more food than we need to. It's estimated that we eat around 800 calories more a day and exercise less than we did 10 years ago. In plain and simple terms, this means we eat far more calories than we burn, and that equates to excess fat storage. It's not rocket science, so eat less and be more active!!!!

4. Stay away from fad diets and pills

There are so many diets, pills and potions out there all claiming to be the next big thing, yet we are still getting bigger. Stop looking for the quick fix or the easy option, get organised, become a little more committed and think long-term not instant gratification.

5. Fuel in versus fuel out

Try not to consume more food than you burn up otherwise, guess what, you will put on weight. Again, it's a simple principle but people will always make it more difficult than it needs to be. One of the best ways to tackle this is to eat smaller amounts more often; that way, you don't overload your digestive system, it keeps your sugar levels constant, suppresses your appetite and boosts your metabolism. When your metabolism is firing, you cannot help but burn the fuel. The point - don't overeat.

6. Base your eating habits on the 80/20-principle

If you eat healthy 80 per cent of the time and enjoy the other 20 per cent by having the things you like but not going crazy, you'll be well in control of your health—but it's something you have to do for the rest of your life.



(cont.pg 5)

Our role as trainers is about getting people to change their lifestyle habits, the very habits people don't like about themselves, the ones that have made them overweight, unhealthy, or to be a little blunt - FAT (woops I said a naughty word). The thing I find very interesting is when I suggest the 80/20 principle, it receives all types of negative responses.

People get defensive as if it will take the fun out of their lives, then they turn around and attempt to live on some un-tried, unhealthy, unrealistic and unsustainable diet which they know won't last and may even cause increased weight gain, decrease their energy and sometimes cause illness. Now correct me if I'm wrong and speaking out of line here, but to me, that is being stupid! Stop being stupid, start thinking smarter about eating healthy and most of all, keep it simple. Too often people make the process so much harder than it needs to be.

### **It's not that hard**

Your eating habits right now will determine how much change you will have to make to begin a healthy eating regime. No matter how bad your eating is, you can always make changes for the better. Guarantee success by using the six healthy eating rules, stop looking for the quick fix and persevere with the plan. You will have more energy, see a transformation in your body and most of all, feel and look good. Whether or not you have success with healthy eating will depend on your attitude. Don't place blame on other things, events or situations—if you really want to succeed, it will be based purely on your attitude and application.

Start to change the way you think about your health, make it a purpose for pursuing a better life. Obesity is quickly becoming an epidemic but we all can do our bit to alter that by being sensible about our health, this is one step to changing the trend. Your health and longevity will depend on the attitude you choose – It's up to you!

Quot of the month

"To eat is a necessity, but to eat intelligently is an art."

*--La Rochefoucauld*

## Spotlight on Sanjay Singh

Sanjay was one of the very first clients at McAllister's Fitness when it was a mobile training business, and over those years he has proven to be a genuine person with tremendous loyalty to those close to him. He has a fantastic approach to life and an incredible determination when focused on a task, which reflects in his success in both his working and social life. Sanjay understands that looking after your body is vital to enable peak performance and without it he would find his busy work/life integration a real struggle.



### What hobbies, sports or interests do you have?

Tasting and collecting Wine, Motor Racing, Country Drives in well engineered motor vehicles.

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

I have become stronger in every way, and a strong body leads to a strong mind. My increased level of agility makes me feel young.

### Why do you train at McAllister's?

Its a non-superficial environment - I feel like I am training with a whole bunch of friends in my own home gym - when I attend the McAllister's training studio.

## 10 Inspirational Questions

### 1. What's your favourite song?

'Holiday' by Madonna

### 2. What's your favourite childhood TV show?

'Knight Rider'

### 3. What's your favourite movie?

'Jerry Maguire'

### 4. What's your favourite food?

Pizza

### 5. Where's your favourite holiday destination?

Fiji

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

Be HAPPY - there's only one life, only one chance.

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

Fire up the fireplace and sit around it with a nice bottle of red wine.

### 8. What really annoys you?

Humans being inhumane

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

The ability to read others minds/thoughts

### 10. Whom/What inspires you?

Nelson Mandela - be patient - all good things take time.

## What's on

### Eating guilt-free seminar

Learn the secrets to:

- Eating more & losing weight
- Controlling cravings
- Busting the diet myths
- Eating food for energy

Where: Nerve Centre, 54 Railway Road Blackburn

When: Tuesday 24th June 2008

Time: 7.30pm

Cost: \$10.00

Bookings essential

Ph: 9877 0572



### 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](http://www.mcallistersfitness.com.au/page4.php)

Or call us on (03) 9877 0572.