

May 2008
Vol 3, Issue 5

In this issue

The effects of stress

Stress has become the catch cry of the day. Find out more about what causes it and how to manage it.

[more](#)

Spotlight on Fiona Fenech

Fiona has a great outlook on life and that is reflected in the enthusiasm she has for what she does.

[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.
www.mcallistersfitness.com.au

McAllister's Fitness
5/66 Railway Road
Blackburn Vic, 3130
Ph: 9877 0572
www.mcallistersfitness.com.au

Hi and welcome to the May 2008 newsletter.

This month we discuss stress; how it can effect you mentally and physically, its symptoms and why we need to manage it. We have our usual sections where we put the Spotlight on Fiona Fenech, deliver sensible health information and announce the latest happenings at McAllister's. We hope to stimulate your mind with some quotes, tips and ideas to make healthy living easier.

We live in a demanding, pressured world where being multi-skilled and efficient should mean you are able to fit more into your life, but it's actually creating a world of ill and unhappy people who desire time to relax and do less. It's a bizarre paradox; as we try to gain more control over our lives, we seem to be moving further and further away from what we really desire. For the next month make it a goal to concentrate on just one area of your life that may be causing you stress and put some strategies in place to control it. Have a great month and enjoy!

Danny

Tip of the month

Don't let stress ruin your life. Learn to recognise what is causing it, concentrate on what you can change and manage that in the best possible way. One of the best ways to do this is to find 20–30 minutes a day for some form of activity you like; for example, soaking in a hot tub, walking on the beach or in a park, reading a good book, visiting a friend, playing with your dog, whatever - as long as it takes your mind away from the stress and gives you some form of enjoyment—that's the aim. Don't let stress be more important than it really is.

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 effects of stress

What is stress?

Stress has become the catch cry of the day! An office worker develops a strange illness from the daily pressures of dealing with a demanding boss. A child complains of a stomach ache from too much homework. A teenager lives on coffee and energy drinks to enable more time for social activities. Chronic stress has been linked to depression, heart disease, autoimmune disorders, premature cell aging, obesity and diabetes. It can cause skin reactions, numbness, gastrointestinal problems and make people more susceptible to the flu.

The really frustrating part is much of the stress people experience is manufactured—the result of an increasingly connected society that has everyone expecting instant gratification and instant results. Very few people make the time to unwind and relax, even for just a few minutes every day.

Stress is the way we react to specific life events. There may be times when you feel that too much is happening all at once and become overwhelmed, other times it may be the pressure of time or a deadline that creates anxiety.

There is good stress and bad stress. Good stress (Eustress) is positive and acts as a motivator in situations such as competing in sport or being challenged at work. This gives you an adrenaline rush; it's where your body is preparing for the "fight or flight" reaction. This release of adrenaline prepares your body to take the steps to deal with the situation, including improved focus, strength, stamina and heightened alertness.

Then there is the "bad stress" (distress) this is when the body fails to adapt to a change and often leads to an illness. Everyone perceives a situation differently and what is stressful to one person may seem trivial to another, most times this will depend on the individual's previous experiences. For example, one person might view a multi-tasking job as very stressful and become overwhelmed and anxious, where another person might find the same situation enjoyable because they love the challenge, it keeps them busy and time goes by faster.



Your body can only deal with stress for short periods of time and continual stress, such as dealing with a death, family or financial problems, can wear you down.

Long-term stress has devastating effects on your health—especially when it's persistent or repetitive. Your body secretes the hormone, cortisol, when it is under constant stress. This keeps your blood pressure continuously high and weakens the immune system. Your body goes into overdrive and becomes more vulnerable to sickness and autoimmune disorders, which can have many symptoms such as:



- Chronic headache
- Mood swings
- Anxiety disorder
- Substance abuse
- Memory disturbances
- Heart attack due to increased blood pressure, sugar and cholesterol
- Stroke for similar reasons
- Weight loss
- Exacerbation of allergies, including asthma
- Irritable bowel disease
- Inflammatory bowel disease such as Crohn's disease
- Decreased sexual drive
- Sleeplessness

We need to understand how we react to stress and find strategies to protect against it. If you're living with high levels of stress you're putting your entire well-being at risk. It restricts your ability to think clearly, function effectively and most of all enjoy life.

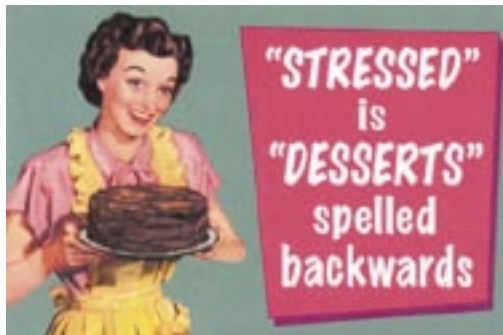
We need to manage our stress efficiently, and the purpose of management is to bring your mind and body back into balance. The best way to deal with stress is to confront the issue by working out the cause and finding a solution. Some stresses are unavoidable, such as the death of a loved one, a serious illness, or a national crisis and there isn't much you can do to control these. The best way to cope with this kind of stress is to deal with it the best you can.

Adopting a more optimistic attitude, learning healthier thinking patterns and changing the way you deal with stress can help reduce its hold on your life. However, you do have some control over the outcome of most other stresses. You may not be able to gain complete control, but you certainly can find a strategy to deal with the stress such as:

1. Reframing - Change your thinking patterns
2. Relaxation – Massage, music, watch a feel-good movie, play with a pet
3. Recreation – Join a club/association, sporting team, exercise
4. Run away – Go on a holiday, mini break, travel
5. Respond – Confront the issue, seek help, find a mentor or a psychologist.

The first will help mask, avoid or delay your stress, which is fantastic in the interim, but eventually you'll need to address the problem rather than let it fester and affect your health and lifestyle.

Stress is an individual experience and we all react to it differently, so it's important to have a stress-relief plan that works for you. Too often people attempt to



handle their stress by using alcohol, smoking, drugs, food, retail therapy, etc, which are only short term fixes and which could create further problems. You need to be aware of what causes your stress, set up a de- stress plan and implement it. Don't let stress become an illness that stops you from doing the things in life you deserve.

back to the top

Spotlight on Fiona Fenech

Fiona has been training at McAllister's fitness for around 3 years and in that time she has made some remarkable changes, not just with her fitness but also with her energy levels. She doesn't have to rely on coffee as her main source of energy anymore (still loves it though). Fiona is delightful, considerate and caring towards others she has a great outlook on life and that reflects in the enthusiasm she has for what she does.



What hobbies, sports or interests do you have?

Real estate, photography and reading

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

Though I haven't lost as much weight as I'd like, training at McAllister's means that I'm stronger and have heaps more energy.

Why do you train at McAllister's?

Down to earth atmosphere – fantastic trainers

10 Inspirational Questions

1. What's your favourite song?

'Mad World – Gary Jules

2. What's your favourite childhood TV show?

'Lancelot Link'

3. What's your favourite movie?

'Million Dollar Baby'

4. What's your favourite food?

Seafood

5. Where's your favourite holiday destination?

Palm Cove

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

You have to forgive people's ignorance.

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

Watch chick flicks.

8. What really annoys you?

Ignorance and racism.

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

Mind reading

10. Whom/What inspires you?

The Dalai Lama – a very compassionate human being!

Quote of the month

"Stress is the trash of modern life - we all generate it but if you don't dispose of it properly, it will pile up and overtake your life."

Danzae Pace

back to the top

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

Or call us on (03) 9877 0572.