



November 2008
Vol 3, Issue 10

In this issue

Eight reasons why not to go on a diet

It's a fact - diets will only make you fatter.

[more](#)

Spotlight on Carl Bennett

Carl is a straightforward person who plays life as he sees it.

[more](#)

Announcements

New Personal Trainers join the team

Congratulations Ed and Jenny

Tip of the month

[more](#)

What's On

Christmas Bbq breakfast

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 November 2008 newsletter.

November. It's the second last month of the year and I can hear you asking where has it gone? It's the time of year when we focus on getting in shape and people start seeking quick solutions to look good for summer—and this usually comes in the form of dieting. In this edition we discuss the reasons why diets don't work and how the weight-loss industry is making millions of dollars on our desperate desire to lose weight, yet we still persist with them.

There are also our standard sections: we spend some time with Carl Bennett and gain a little insight into his views on life, there is plenty of common-sense health information and we bring you up to date with all the events and activities at McAllister's Fitness. With each newsletter we hope to inspire you with our quotes, tips and ideas on how to make getting in shape a part of life.

Enjoy the read!

Danny

Quote of the month

I've been on a diet for two weeks and all I've lost is fourteen days.

—Totie Fields

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.

Eight reasons why you should NOT go on a diet

The only thing growing faster than the \$65 billion diet industry is the Australian waistline. If one of your New Year's resolutions was to "go on a diet", the only place I guarantee you will go is up in weight.

It's a fact - diets will only make you fatter.

When it comes to fad diets, we are quite gullible and easily tempted by the lure of amazing results and empty promises. Reason being the diet industry KNOWS we want the "quick fix" and that we will do almost anything to have the great body without too much effort. They exploit this and use it to play with our emotions – they tap into our desire for instant results and we take the bait because our yearning for an effortless method to alleviate looking and feeling fat outweighs our enthusiasm to change.

Diets are nothing more than temporary solutions that carry many lingering, negative side effects. There are so many different diets to choose from all offering the same thing - fantastic results with minimal effort. The only problem is which one to choose. My suggestion is probably none. We need to make being healthy part of our lifestyle and move away from dieting, because when you look at the facts, diets have an extremely low success rate. Put simply, they don't work.

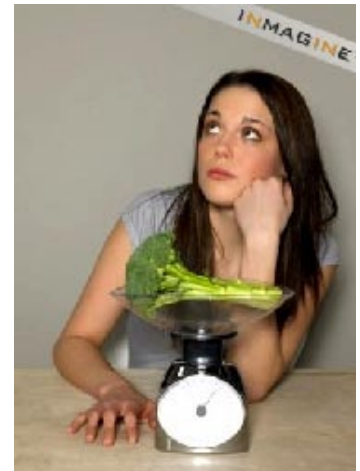
Here are the Top Eight reasons why you SHOULD NOT go on a diet:

1. Diets DON'T work.

It's proven that diets have a 99% failure rate. You know the pattern: lose weight... quickly regain it... lose it... regain it. Studies show that over time serial dieters are more likely to be overweight than people who eat normally and make small gradual changes to their lifestyle. I cannot understand why people will starve themselves trying to get results on the latest fad diet then go back to their old habits to regain what they have lost plus more – is that stupidity or do people just love punishing themselves?

2. Dieting can be dangerous.

Any time you severely restrict the amount or types of food you eat you are putting your health at risk. Dieting has been related to many illnesses and health conditions, especially when pills are being used. Never place weight loss above your health. Yes, it's good to keep your weight down, but not at the cost of your health.



3. Dieting destroys your metabolism.

In the initial stages of a diet you will lose weight, but this is mainly due to water loss and the break down of lean muscle. Insufficient nutrients and calories can cause muscle mass loss, dehydration and mineral deficiencies. If you are losing three or more kilos a week you can be sure that it's mainly water and not fat loss.

Muscle mass is vital for your metabolism. It's the furnace that burns the fuel and muscle loss results in slowed metabolism.

Then when you stop dieting and start eating "normally" again (calorie increase), your body won't burn the fuel as efficiently and all those excess calories that don't get burned up will be stored as fat - causing rapid weight gain.



4. Dieting is exhausting.

Diets are just a reduced calorie plan disguised by clever marketing such as "Lose weight while you sleep" "Eat all you want and still lose weight". Not eating enough or cutting out certain food groups means your body may not be getting the energy it needs or may lack certain nutrients. You will feel exhausted, light headed and experience some not-so-fun mood swings. People go on a high protein diet hoping to get great results but usually go off it within a week due to lack of energy and feeling lousy. If you are cutting out vital nutrients or drastically reducing your calories (below 1200 cals) the body will react ,and most times negatively.



5. Dieting is disruptive.

Dieting affects your normal eating patterns, often leading to binge eating, overeating and disordered eating. When you diet, it is common to override the internal signals that tell you when to eat and you become more focused on food and instant results as you feel are missing out. You try to resist the urge to eat and the harder you try, the more you crave it. This soon becomes a battle not only in your stomach, but also in your head. The more time and energy you spend depriving yourself of food, the more time you tend to think about it. This is often referred to as obsessive behaviour. How long do you want to live like this?

6. Dieting can lead to eating disorders.

Experts state that the high rates of eating disorders are due in part to people dieting, losing weight, rebounding, and becoming disappointed with their body shape. Society places too much emphasis on body image and beauty, which has created an unrealistic perspective of the body and how we should look. We all would love to have a great body but we also need to be realistic about what is achievable for our body type.

7. Dieting fuels negativity.

You become more judgmental and critical of yourself, and every time you stray from the diet you beat yourself up over it. This negative thinking becomes



the voice in your head that says you are a failure and it

becomes stronger each time you go astray - you start to believe it, and guess what - you fail. The irony is we know diets don't work so why attempt something that you know will fail?

8. Diets put your life on hold.

"I'll be happy when I weigh this much or lose that many kilos." Sound familiar? The thing is, most of the issues in your life are not related to your weight. Take responsibility and regain control of your life. Decide to be happy now; stop looking for the miracle cure, it's not going to happen. You need to stop putting your life on hold, waiting for that magic diet, pill, potion or gimmick to be invented. Find out what you really want and pursue it sensibly.

Forget the fad diets. Set yourself free from this miserable, guaranteed-to-fail weight-loss cycle and start to eat healthier and make small do-able changes that are sustainable. Don't fall victim to another diet industry fad, they aren't sustainable, and they not only destroy your confidence but also promote "stinking thinking". The diet industry is making millions of dollars on your vulnerability and your desire to be "buffed and beautiful". It's time to stand up for yourself, take control and save your money.

The right time to start losing weight never really comes, so starting now is a good a time as any. You need to stop chasing the latest fad diet and start thinking about what changes you can make to gain control over your weight. Being in control of your results is so much more liberating than hoping someone or something will do it for you.

Spotlight on Clarel (Carl) Bennett

Carl is a straightforward person who plays life as he sees it, he is a generous man who prides himself on his honesty and calling things as they are – there is no doubting what he's thinking. His no non-sense approach is one to be admired; it cuts out the rubbish in life and lets him deal with the important things—and that is something we could all learn to do.



What hobbies, sports or interests do you have?

Golf, tennis, music and guitar

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

Self discipline to exercise

Why do you train at McAllister's?

To strengthen my body, core and increase my fitness.

10 Inspirational Questions

1. What's your favourite song?

"Willow" – Joan Armatrading

2. What's your favourite childhood TV show?

"Prince Planet" (cartoon)

3. What's your favourite movie?

"Blues Brothers"

4. What's your favourite food?

Mauritian food

5. Where's your favourite holiday destination?

Tahiti

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

If you are going to do something, do it to the best of your ability.

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

Watch movies

8. What really annoys you?

Incompetence

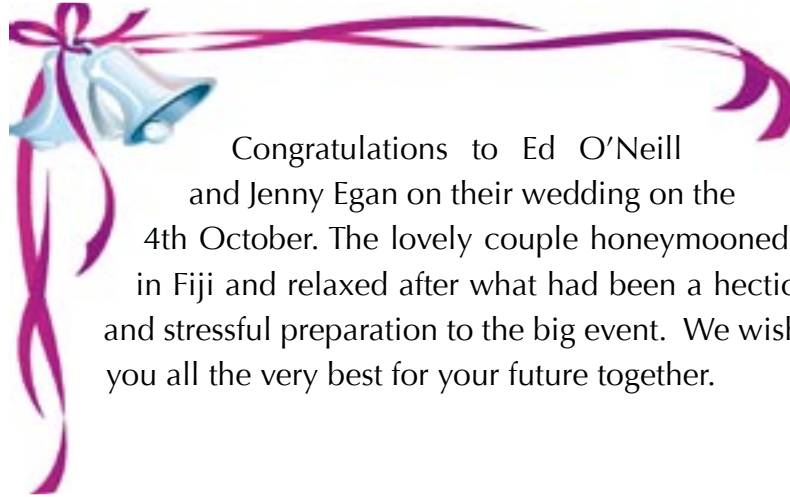
9. If you could possess a superpower, what would it be?

To fly

10. Whom/What inspires you?

My grandmother and grandfather in-law

Announcements



Congratulations to Ed O'Neill and Jenny Egan on their wedding on the 4th October. The lovely couple honeymooned in Fiji and relaxed after what had been a hectic and stressful preparation to the big event. We wish you all the very best for your future together.

New trainers

We have two new Personal Trainers on board: Sue Kamphuis and Michelle Dunne. It's been awhile since we've had a female trainer at McAllister's Fitness and now we have two, they both are a very welcome addition to the team.

For more details click onto www.mcallistersfitness.com.au/page2.php

Tip of the month

Muscle versus fat

Weighing yourself doesn't provide an accurate reading because muscle is heavier than fat. So even if you're working out regularly and think you should be losing weight, the scales might say otherwise as you could have gained muscle. It's more accurate to measure percentage of body fat than body weight, but the best indicator is your clothes: if they don't fit too well – that's real.



What's on

Christmas Bbq breakfast

It's that time again: the annual McAllister's Fitness Christmas breakfast is on the 13th of December at 9.30am. It starts with a 40 minute training session and a team event followed by the Bbq.



The following group sessions ceased 31 October 2008:

Tuesday circuit 9.15am

Thursday Pedal "N" Punch 7pm

As of the 30 November 2008 all group sessions will be bookings only sessions. (You must book prior to the session).

Note: If we don't have the numbers we don't run the session.

P.S. Most circuit cards will expire at the end of the year, so to get the most value from your card, get to the sessions.

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 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.