



September 2008  
Vol 3, Issue 9

## In this issue

### Is getting in shape a science?

The simple answer to most people's weight problem is not in the theory, it's in the doing.

[more](#)

### Spotlight on Kate Gray

Hard to find time to exercise, work and get healthy? Take a leaf out of Kate's book.

[more](#)

### What's On

"Body confidence for summer" program

Group sessions

Pedal "N" Punch

Express fitness circuits

Alfresco fitness

[more](#)

### The final word

[more](#)

Newsletters are posted on our website.  
[www.mcallistersfitness.com.au](http://www.mcallistersfitness.com.au)

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

## Hi and welcome to the September 2008 newsletter.

The footy finals are over and the Hawks are the champions for season 2008. The key to the success of any winning team is in the preparation. It would be ridiculous to think that they just turn up each week with no team strategy, no game plan and hope to win. The Hawks had a game plan, the rules were simple and the players stuck to them. Often we either try too hard or over complicate things when seeking success.

This month we discuss why getting in shape isn't that difficult, and if we don't make it too scientific, it's actually very achievable. We put the "Spotlight" on Kate Gray as she shares her views on life with us, and you will find common-sense health information and all the latest 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

It's not because things are difficult that we do not dare, it's because we do not dare that things are difficult.

—Seneca (Roman philosopher, mid-1st century AD)

*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.*

## Is getting in shape a science?

**How to get in shape is no secret; in fact, it's commonsense. Simply put, getting into shape is about "being active", and the more activity you do, the better your chances of improving your health.**

Do you want to be fit and healthy? For most people the answer would be a resounding 'yes' because no one wants to be unfit or unhealthy. So you'd think that being healthy would be high on everyone's priority list—wrong. It seems we all want good health but we love the theory more than the practice. Even as trainers we



have clients who believe they know more about what being healthy is than we do, but somehow when it comes to putting that into practice they lose their expertise.

Ask anyone how to get and stay in shape and they will tell you that you need to eat well and exercise regularly. The answer is easy; we know what to do, so why don't we do it?

## Why?

There are a plethora of reasons why we don't get regular exercise, and some of them may even be genuine, but the real issue here is not the reason, it's the doing, or rather, the lack of doing. Open any magazine these days and you will find some miracle workout routine to give you the body to die for—which is wonderful if you are hell bent on having the celebrity look and living on carrot sticks and water. I believe, and correct me if I'm wrong, most people would just like to be a little fitter, leaner or stronger and function a little better. The amount of exercise you do should be directly related to your fitness aspirations and lifestyle.

How to get in shape is no secret; in fact, it's commonsense. Simply put, getting into shape is about "being active", and the more activity you do, the better your chances of improving your health.

Being fit and healthy doesn't come for free, but it isn't that hard to obtain; yet somehow it has become a daunting task. We have been led to believe that unless we are highly dedicated and totally focused there is little chance of success. The attitude of 'go hard or go home' is thriving and is the very thing that's turning people away from obtaining better health.

That attitude is an example of how the fitness world and the real world are not speaking the same language. I've written about this before, it's as if they are on different planets when it comes to relaying the message of healthy lifestyle changes. The fitness industry wants the average person to enter their world of counting calories, high intensity workouts and body obsessions, and until we speak the same language I cannot see things changing anytime soon.

Health and fitness marketing is aimed mainly at weight loss. It's all about well-toned bodies and slim waists, whereas in the real world, you only need to focus on "being active". That isn't as easy as it sounds. For the average person who just wants to feel good and be happy, the glut of available information has turned the simple act of "being active" into a complex science. For example, one expert may tell you to do low-intensity exercise for an hour to lose fat, while another expert may tell you the complete opposite. There is too much conflicting information on what really isn't that hard.

### **Back to the basics**

Getting into shape has become way too scientific and confusing and has created myths and misconceptions that make getting into shape so complicated that people find it all too hard and stop trying. We need to get back to the basics and help re-ignite the passion to get healthy again. There's no need to make getting into shape a science. Keep it simple and realistic and you'll have a greater chance of success.

It's time to get real about what we want and what we are prepared to do, we need to forget reading about the science of getting into shape and begin to live it. In my experience, most people want something to improve their health—they want to know if there is something they can do that works. Yes, there is, but there's always a catch—your results will reflect the amount of effort you are willing to put in.



*There's no need to make getting into shape a science. Keep it simple and realistic and you'll have a greater chance of success.*

The key is to find something that holds your interest long enough to see results. These activities need to be done on a consistent basis—at least three to four times a week, and the bonus is you don't have to push yourself too hard. Always start slowly and as your fitness improves, gradually increase the distance, speed, intensity or resistance to stimulate your body to the next level.

Walking is one of the simplest ways to get back into shape, and it suits any age group. All you have to do is find a little time, a good pair of shoes and you're on your way. Really, it's that simple, and before you argue that walking doesn't do much for you or it's boring—it's probably more than you are doing at the moment, so unless you are highly active, it's an excellent starting point.

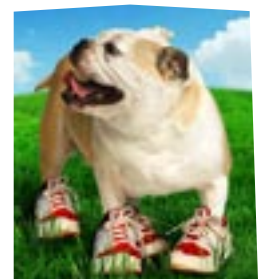


Walking is a great activity, but it isn't the only way to start "being active". If you dislike walking, there are many other activities you can do such as, weights, swimming, cycling (outdoor/indoor) or join a class or a group exercise program.

It is important not to over exert yourself in the early stages. This usually leads to aching and/or stiff muscles that may cause you to lose some of your enthusiasm and lose the momentum. Your body will adapt quickly to the stimulus of activity, and before long those feel-good effects should kick in.

If you are unable to leave home, perhaps because you have small children to care for, you may want to consider purchasing some exercise equipment to use in the safety and comfort of your home—setting up a home gym doesn't have to be an expensive outlay. Once it's set up, find a qualified fitness adviser to design a program specifically suited to your needs.

No matter what you decide to do, the most important factor in any health program is to actually do it and make it a habit. Getting into shape can be easy if you approach it the right way and with the right attitude; don't set unrealistic goals that you know you won't achieve, that's just setting yourself up for disappointment.



## Get a plan

When you are trying to get back into shape you need a plan, and the better the plan the better your chance of sticking to it and succeeding. Here are a few tips for getting back into shape for life:



1. **Start small**—Start slowly and gradually increase the intensity, time, frequency etc. Your body will respond beautifully and thank you for treating it with respect (by not pulling up sore). Too often we go out too hard and end up too sore to exercise consistently, and this is very de-motivating.
2. **Be realistic**—Don't be an all-or-nothing person. As with the exercise, take small steps and gradually introduce things as you create the habit. Think about what you can change right now and focus on that—don't set ridiculous targets, it only sets you up for failure.
3. **Do something you enjoy**—Finding an activity that you enjoy makes it so much easier to continue. Too often it's the activity, not the effort, that's boring. You should be able to have fun whilst getting healthy (Ironic isn't it).
4. **Think delayed gratification not instant success**—It's probably taken you a few years to get unhealthy, so don't expect to turn it around in a week. You have to be in it for the duration, see it through—the number-one reason most people don't succeed is that they never finish what they start.
5. **Have variety**—Boredom is one of the top reasons that people stop working out. Mix up your exercise. The more variety you have the more stimulation the body receives, and you become a fabulous fat-burning machine.
6. **Be accountable**—Whatever you do, make yourself accountable. Whether it's having someone to be accountable to (a trainer, friend, associate) or keeping yourself honest with a diary, having to answer to someone or something keeps you disciplined and helps you stay focused. Being accountable helps you reach your targets.
7. **Have fun**—The most important ingredient for success is to enjoy the journey. The process of getting in shape is a long-term game, so have fun with it and stop taking it so seriously. By having fun with the process you will find it not only motivates you, but often it inspires others, and that can only be a good thing.

You can have as much knowledge as you want and be able to ramble off as many statistics as you like, but if you do nothing with it, it's just fluff. In politics, (which has a lot of fluff too), there are different parties and you decide who to support depending on your preference.

Using this analogy, I believe there are two parties when it comes to getting in shape: the "Fitness theorists" who are full of talk, data and analysis but never act on it and the "Fitness activists" who don't get caught up in the science of things, they just get on with it. If we are to make any impact on obesity we need to become "Fitness activists" and start spreading the word that "being active" doesn't have to be a science because in reality, it isn't that hard!

### Tip of the month

We have never been more informed and educated on health than we are today; yet, we are the unhealthiest and fattest we have ever been. We have more health professionals, products, gyms, diets, you name it, but we are not taking advantage of the advice. The message obviously isn't getting through: the trends indicate that by 2030, 70 per cent of all deaths will be caused by non-infectious diseases such as cardiovascular disease, diabetes and cancer. My point—it doesn't matter what information or knowledge you have; if you don't put it into practice it's only words.

So the tip for the month is stop being theoretical and become more practical  
– **Get active!**



## Spotlight on Kate Gray

Kate is a dynamic person who is great to be with: she's full of energy, is extremely caring and always in for a laugh. Let's just say there are never too many dull moments when Kate's is around. Once Kate makes up her mind to do something she will make every effort to succeed. To any mums who think finding time to exercise, work and get healthy is hard work, take a leaf out of Kate's book and get inspired.



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

My family, tennis, fitness and health, nutrition, cooking, walking, camping and music.

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

I can run now, I am fit, my body shape has changed and I have strength.

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

To be honest, initially it was because I hate traditional gyms and I needed a regular commitment. But now I love my training sessions. Danny is not only a great trainer, he is a great motivator and a psychiatrist!

## 10 Inspirational Questions

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

"Far Away" - Nickleback

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

"Play School" then "Famous Five"

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

"Under the Tuscan Sun" and "The Sound of Music"

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

Greek food - yum!

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

Camping anywhere with my family

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

If you can change the way you think and learn to laugh at yourself, you might find the world will be a different place for you. and Life is short, live it, do it, don't dream it away.

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

Going for a walk

### 8. What really annoys you?

People with negative attitudes

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

To walk through walls so I can rob a bank !!

### 10. Whom/What inspires you?

My parents—they are truly amazing, strong and wonderful individuals.

## What's on

### "Body confidence for summer" program

This is an 8-week weight loss program designed for anyone who wants shed the winter kilos and look good for summer. Commencing 20 October 2008. **More details**



### 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.

## The final word

Whether you like Hawthorn or not, you have to admire the win. They stuck to their game plan, and even when things weren't going their way they were disciplined, supported each other and persisted, and that's why they are now the AFL 2008 Champs. Hawthorn obtained success by keeping things simple and there is a lesson to be learnt in that: often we look for a complex explanation when the answer is very simple. And the simple answer to most people's weight problem is not in the theory, it's in the doing - get active!