



Hi again,

Welcome to the second edition of our newsletter as mentioned in the previous newsletter it is an exciting time of the year. The weather is starting to get warmer, daylight savings is here and it's the start of the silly season. This is the time to get going, only 7 weeks till Christmas time to get cracking so you can look and feel great for the big occasion. In this edition we will cover a few important topics such as nutrition, exercise and inform you on what exciting events and happening are going on at McAllister's. So make yourself a cuppa, relax in your favourite chair and enjoy the read.

Nutritional notes

Here are some great ways to boost your metabolism and reach your weight loss goals. Firstly, the golden rule is to avoid crash dieting. Crash diets that result in rapid weight loss of more than 1 kilogram per week ultimately lead to a slower metabolism.

Why? When you lose weight fast, you're losing it as water and body fat, but also as lean body mass or muscle weight. This is the key point: body muscle or lean body mass burns more energy or calories than body fat, so a body that loses muscle will drop its metabolism. On the flipside, if you exercise to build up muscle, your metabolism will get a big boost. That's why the best approach to weight loss is to have healthy eating habits with regular physical activity. Make sure you mix cardiovascular activity with resistance or strength training this helps tone and build muscle. That way, you'll be focused on losing body fat and boost your metabolism as you go.

Here are some tips to boosting your metabolism:

- Eat small meals regularly throughout the day.
- Limit the serving size of your meals and snacks.
- For most people the total carbohydrate content of a meal needs to be between 30 to 50 grams.
- Between meals snack. Eg. one piece of fruit, a small tub (200g) of yoghurt
- Consume fibre at least 3 grams per 100 grams.

- Include cereals, fruit and vegetables, low fat dairy products and lean meat.
- Fill up on low calorie foods such as salad vegetables.
- Avoid saturated fats in animal foods like full fat milk, ice creams, butter and cheese as well as palm oil and coconut products, processed meat and snacks and takeaway foods.
- Consume small amounts of unsaturated fats like olive, canola or sunflower oil, mono or polyunsaturated margarines, oily fish, avocado and seeds and nuts.
- Junk food should be eaten only occasionally and in small serves
- Reduce the use of high salt foods.
- Have at least two alcohol free days per week.

If you apply these rules it should not only boost your metabolism but give you more energy throughout the day, keep your blood sugar levels even and enhance your concentration and mood.

Eat well

Exercise explanation

When it comes to exercising we all want to get the best results in the shortest time. You can work hard or easy depending on what type of results you want to achieve, the key to success is consistency. What I am going to do is give you a list of the most efficient calorie burning exercises, so when you do your training you can include the best calorie burning exercises into your workout.

So here you go:

Boxing	12 calories/minute
Rowing	12 calories/minute
Weights	12 calories/minute
Running	10—15 calories/minute
Skipping	10—12 calories/minute
Stairs	12—15 calories/minute
Swimming	5—9 calories/minute
Cycling	3.5—8 calories/minute
Walking	3—9 calories/minute

So now you can calculate the calories you are burning up during your session. Remember consistency is the key.

Good luck

Fabulous Feats

Ari Bucknall

Ari recently completed a 12-week program and has changed her body shape dramatically.

In the 12 weeks Ari lost:

11.2 kilograms

16 centimetres off her waist.

7 centimetres off her thighs.

4 % body fat.

Ari worked really hard on getting her exercise and food right, but most of all she gained control of her negative thoughts and habits which were holding her back from ever reaching her goal.

Ari explains her road to success:

If you are not naturally thin life seems incredibly hard on you. Some of us, have to work hard to look good and be healthy, others just have it.

I have spent the last 5 years feeling sorry for myself thinking those thoughts and some people never stop. Believe me I have tried every fad diet known to women, whether it be Jenny Craig, Lite and Easy or Weight watchers and even the soup diet.

The first two weeks is the hardest because I always felt hungry. I realised I was confusing hunger with boredom, emotions or something else. Keeping a diary was essential, you learn to understand the times of the day you are most tempted to eat. I wrote every thing in my diary, even the dessert I may have at a dinner party or that handful of Maltessers at the movies. Keeping the diary is something valuable I have learned at McAllister's.

I really love feeling full of energy, fit and healthy and I am starting to look like how I used to look. I also love people's reaction to how I look. It's these types of results that keep me motivated and focussed.

I am a mother of two children and run my own 7 days a week business, **if I can do it so can anyone!!!**

Well done Ari!!

To view the transformation photos see attachment

Squadron

Squadron is over and the dust has settled the troops were up at 6am Tuesday and Thursday mornings doing those crazy things that military type people love doing. Most of the time the weather was kind, some coolish mornings. It was quite intensive but good fun was had by all, I think they now know what is the difference between rank and file and which direction is North And South overall it was good fun. Well done to all the members everyone worked really hard and achieved fantastic results. A tremendous team effort

RECIPE of the month

Warm chicken Salad

Serves 4

400g Chicken tenderloins (all fat removed)

1 tablespoon garlic

2 tablespoons honey

¼ cup fountain soy sauce

2 tablespoons sweet chilli sauce

Salad mix (washed)

1 avocado

1 punnet cherry tomatoes

1 mango (optional)

Marinate chicken in garlic, honey, soy and sweet chilli sauce.

Dry fry with marinade in non-stick fry pan until cooked.

Add to salad, avocado, tomato and mango.

Drizzle any remaining marinade over salad.

What's happening

Pedal "N" Punch

This is a highly motivating 45-minute boxing and bike session aimed to get your heart pumping, increase your fitness and burn stacks of calories.

When: Saturday mornings

Time: Two sessions 9.00 or 10.00 am

Where: McAllister's Fitness

Cost: \$15 per sessions

This program continues till 18th November 2006

Depending on the interest we will continue the sessions up till December 16th.

The Process of change

This is a presentation on the process of changing your body shape. Why emotions make us fat. How changing your mind creates a better body. It explains why creating new habits, attitude and beliefs will achieve amazing results and the importance of finishing what you started.

This presentation will be held at the Horticultural Centre Jolimont Road Forest Hill on the 23rd November 2006 at 7.30pm

Cost: \$15

To book your seat phone 9877 0572 before the 21st November 2006.

Limited seating so book early to avoid missing out!!!!

Early morning training sessions

Anyone interested?

We are running ½ hour group training sessions on Tuesday and Thursday mornings at 6.am.

Tuesdays: Indoor (weights and cardio)

Thursdays: Outdoor activities (running based with body resistance work)

If you were unsure what you were going to do to get into shape for Christmas the worry are over we have plenty of activities for you to choose from. All you have to do is call McAllister's Fitness and register in one of our programs and get in shape!!!

Keep good.
Danny.

McAllister's
FITNESS

5/66 Railway Road
Blackburn Vic, 3130
Ph: 9877 0572
mcallisters.fit@optusnet.com.au