



McAllister's

FITNESS

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Happy New Year!!!

Well another year over and a new one has just begun. We hope you had a wonderful time over Christmas and New Year. With plenty of rest and relaxation the batteries should be recharged and the engines running and ready to go.

No time seems like the right time, but now is a fantastic time to get back into the swing of things and lose those extra kilos found over the break. This year is shaping up to be an exciting one at McAllister's with plenty of new formats, programs and products, and we would love to see you get the best results from it.

We have another jam-packed edition, with a plethora of tips and events to help you get the New Year up and running. So get comfortable and enjoy this month's read.

I hope you have been inspired by all the sensational programs, tips and ideas and that they get you fired up and going again. At the end of the day there is only one person who can motivate you, and that's you. So don't wait for the wave of a magic wand to create change, make a promise to yourself that you will reach your goals this year.

I hope you will be inspired.

Healthy Food At Home

Christmas is over and I could say without too much doubt we all over-indulged on food and drink, and why not, it's a great time of the year to wind down and relax. Now we need to re-address the issue, as no doubt the house is still full of goodies and there are still a few alcoholic beverages that must be polished off.

It is the New Year, time to make those resolutions. Without sounding too sceptical, they do tend to fall to the wayside. Why? Most likely because we don't plan properly, we get started and do well for a few weeks and then reality hits. The excuses come flying in thick and fast and it's not your fault (at least, that's what you keep telling yourself). How can you control the decline and stop the old habits from creeping back in?

The answer, and this is not easy to do, is to throw out all the left over Christmas spoils or give them to someone else. Often we eat what is in the cupboard purely because it is there, so your best option is to get rid of it and eliminate temptation. This policy applies to all your food stocks full stop.

The food you keep in your cupboards and fridge determine how nutritious your diet is. I often find that when I speak to a client about food they tell me about the healthy items they eat and how well they are in control of their diet, yet when I visit their home the food and snacks they keep are quite different to what we discussed earlier. At some stage you need to take an honest look at what you have at home and try to make healthier choices and minimise junk food.

At the end of the day healthy eating isn't, and shouldn't be, rocket science, it's about planning, organisation and having an understanding of the difference between regular and occasional foods. There is no need to restrict yourself or go on the latest fad diet, it's all about knowing what to do.

Good luck with your New Year's resolutions, and remember no matter what happens, finish what you start.

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Too often I see the cupboards full of high calorie snacks that have very little nutritional value, this can be turned around quite easily.

The best way to do that is by:

- 1) Gaining an understanding of food labels
- 2) Knowing how to read them
- 3) Planning your grocery shopping list
- 4) Planning your meals
- 5) Being aware of the healthier food options that supermarkets stock

For more information on how to read food labels see the Heart Foundation pdf, Reading labels for healthier eating.

http://www.heartfoundation.com.au/download/NRCR_Read_Lbls_Feb04.pdf

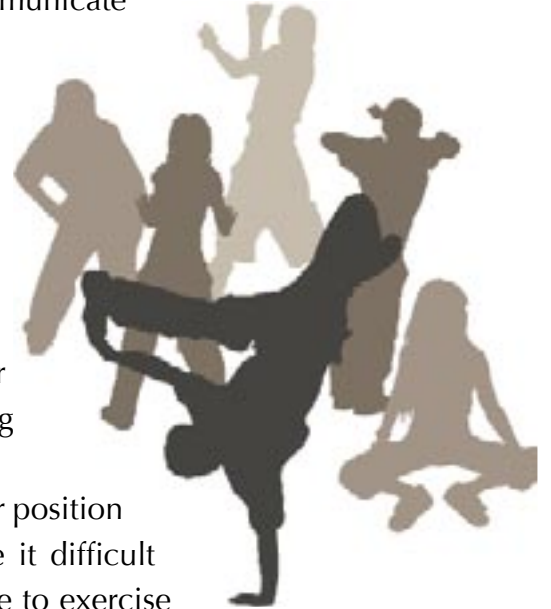
Who's who at McAllister's

Meet Kristen Stiles

Where to begin with Kristen? She started training at McAllister's with a friend and colleague as a 2 on 1 session, and soon saw the advantages of a 1 on 1 session which allowed her to train at her pace and gave her the chance to communicate better with her trainer.

She now trains with her partner Matt, and to her credit, really gives it her all for a full 30 minutes. No exercise or weight is a problem because she is always willing to give things a go and work at the highest level she can.

Kristen's efforts and dedication to training are all the more admirable as she is a busy executive. As part owner and manager of a company, she spends many hours flying between Melbourne and Sydney to meet with clients in addition to her other work activities. The demands of her position and the commitments of regular travel not only make it difficult to attend sessions with Matt, but create a real challenge to exercise regularly. Yet, Kristen never lets herself down by cancelling a session or rescheduling because she is tired or run down. She is a real inspiration.



I believe Kristen is a real life example of how even with a very busy schedule it is possible to continue regular exercise and lead a healthy lifestyle. Great effort Kristen, keep up the good work. Go nuts!!!

A moment with Kristen

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| 1. What is your favourite song?
Chasing cars – Snow patrol. | 6. What was the last book you read?
The tenth circle – Jodie Picoult. |
| 2. Who is your favourite band?
Powderfinger. | 7. What really annoys you?
People who lie. |
| 3. What is your favourite movie?
Riding in cars with boys. | 8. If you could be anything you wanted what would it be?
A frog – because it is carefree. |
| 4. What is your favourite food?
Green Thai curry. | 9. What would be the one thing you would like to change in the world today?
Selfishness. |
| 5. Where is your favourite holiday destination?
Broome. | 10. What inspires you?
Ordinary people who do extraordinary things. |

What's On

It's time to get the fitness routine up and going. This year we hope to introduce a lot of new programs, ideas and products. Here are a few fantastic programs that are bound to take your fancy.

No more procrastinating time to take action! Let's make 2007 the year it all happens.

Pedal "N" Punch - Starting Saturday 3rd February

This is a bike and boxing class that runs for 45 minutes on Saturday mornings. We run two time slots, one at 9am for the person who wants to get the day started and the other at 10am for those who enjoy a little extra time sleeping in.

The cost: \$60 for 6 weeks or \$15 per individual session.

This is for anyone who wants to add an extra session to their routine, wants to up the intensity in their training or just loves being motivated while working in a group environment.

8-week body blitz -Starting 12th February

This is a group weight loss program focussing on exercise and nutrition. It is designed for people who want to get back in shape but don't know where to begin. The program consists of two 30 minute weights and cardio sessions per week. Sessions times can be arranged to suit the group.

The cost: \$275.00

A great way to kick start the year and get you back on track.

Squadron - Starting 13th February

Squadron is a boot camp style fitness program designed to increase your fitness, strength and motivation. You exercise in teams outdoors rain, hail or shine. Sessions run 45 minutes twice a week on Tuesday and Thursday mornings at 6am.

The cost: \$275.00

If you need some motivation, inspiration or just a good kick in the butt to get fit, this one's for you.



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What's On (cont.)

Boxing boot camp - Starting February dates to be announced

This is a five-week boxing and cardio program, two sessions per week for 30 minutes each.

These sessions will be held outdoors (weather permitting)

Times to be arranged with the group.

Cost: \$150.00 (gloves included)

For anyone who loves boxing and wants to burn heaps of calories.

Healthy home visits

This is an audit of your food and beverages at home. You will receive a summary of its nutritional value, then a plan of what changes need to be made to create a healthy home.

This also includes:

- Planning a food shopping list
- A grocery shopping tour
- Planning quick healthy meals and snacks
- A monthly follow up to chart your progress

Plus much, much more.

Cost: \$180

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