



McAllister's

FITNESS

February 2007
Vol 2, Issue 2

In this issue

The benefits of a positive attitude

Your attitude toward life can affect everything from your career to your exercise program. Find out how a positive attitude can help you have a healthier life and attain your body-shape goals. *more*

Spotlight on Alan Lyons

Alan, a cancer survivor, says his workouts have helped make life for living again. *more*

What's on

Pedal "N" Punch
Process of change seminar
Boxing boot camp *more*

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

Hi.

It's February and the festive season is well and truly gone. Time to get serious.

For some this is the time when the power of those New Year's resolutions start to fade, and we lose focus on what we were quite passionate about only a few weeks ago.

This month's main article focusses on the benefits of a positive attitude. It is all about making choices that can get you back on track and refocussed. Also, we have some new ideas, tips and programs that will get you inspired to obtain that look and feeling you have been wanting for a long time. So sit back, read and enjoy.

Have a great month, start to think more positively and you just may be amazed at the good fortunes, rewards and achievements that come your way.

Goodbye Lincoln

Lincoln is leaving McAllister's. He has decided to broaden his horizons and travel overseas (half his luck).

Lincoln has been with us for two years and in that time he has grown from a good trainer to a top quality trainer. His knowledge, passion and energy will be greatly missed. We wish him the best of luck with his endeavours.

Thanks Linco, it has been great fun.

The benefits of a positive attitude

Two people can look at a glass half filled with water and see it differently.



Are you the person who sees a glass half empty, or do you see it half full? We have a lot of choices in life. We can choose to look at things the negative way and always see the dark side of situations, or we can choose to be positive and live a happy and fulfilling life.

Why is it so important to have a positive and optimistic attitude? It's important because it is so much more fulfilling. Optimism is synonymous with positive mood and great self-esteem. It is also linked to athletic and academic success, success in career and politics, better health and longer life; also, people find positive individuals to be much more attractive than those with a negative outlook.

Medical research shows that positive people have unusually good health and generally age well. Their bodies appear to have a much higher stamina level and a better ability to fight disease than people who allow their lives to be lead by negativity.

When it comes to making a change to your body shape what attitude are you adopting?

Although attitude is not the easiest thing in our lives to change, it is important to realize that being a pessimist instead of an optimist is a matter of choice. We can choose to be positive or negative.

Recent studies show that positive people are hit by the same hard knocks in life as negative people. The difference is the way they deal with the pain that comes from these knocks.

Positive and optimistic people tend to view these moments of pain as temporary set backs; events they can learn a lesson from and grow. They perceive negative events as challenges or opportunities and are stimulated to try harder. Positive people are hardly ever manipulative, and they appear to be far less dependent on others for their own happiness. They have the natural talent to draw people towards them because they are surrounded with positive, balanced and cheerful energy. Positive people are much more stress resistant. In general, positive people are perseverant and they don't give up easily. This is how they get closer to their dream or passion.

Negative people, on the other hand, tend to react strongly to stressful events by denying that stress is bothering them. Moreover, negative or pessimistic people tend to avoid dealing with their negative situations and they give up more easily when problems or difficulties arise. They tend to believe that unfortunate events have an influence on everything they do in life and they tend to drown themselves in self-pity, crying "why me?", or use statements like "This always happens to me and it's never going to change" or "Everything goes wrong as usual, it's not fair".

(cont. pg 3)

When it comes to making a change to your body shape what type of attitude are you adopting? Is it one that is going to see you achieve your goals, or one that keeps you where you have always been, unhappy, frustrated and lacking in confidence?

Each and everyone of us is hit by challenges, hurdles and hiccups as we strive to meet our fitness and body shape goals. Your choice on how you deal with them determines whether you want to stay in that place or not. You need to find the positive message in each negative experience. There always is one!

Finding the positive lesson will open your world again so you can create new focus. By letting go of your negative ideas and your internal struggles you can find new inspiration; and inspiration and passion are the driving forces that create success.

After a negative experience get up and get back on track! Keep a positive mindset, focus on your goal and challenge yourself to see difficult situations as opportunities instead of allowing them to bring you down.

All in all, when you are not a positive and optimistic person there is every reason to learn to become one. Remember it is all a matter of choice!

back to the top

Spotlight on Alan Lyons

Alan has been training at McAllister's for 11 months. When he first started with us he was a frail, unfit man recovering from cancer. He wanted to gain some strength, increase his fitness, have more energy and totally beat his cancer.

We have had a lot of fun along his journey to recovery, mainly because he has a fantastic attitude on life and is willing to try. Alan is an avid Carlton supporter (can't hold that against him), a commercial real estate agent, and he helps run a residential age care home in Blackburn (Covenant House). As full on as this is, he still finds time to fit his exercise in. Alan does this by planning his life so that he has a work/life integration that allows him to be in control. He is such an inspiring person to be with.



(cont. pg 4)

Alan says:

What hobbies, sports or interests do you have?

I love watching the football, cricket and to play golf. I would like a bit more time for golf (that's in my plans). I also like to listen to yester-year music.

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

The thing I find most gratifying is that people have noticed how well I look. My stamina has increased, I don't fatigue mentally or physically anymore, which is something I thought I'd never get over. Overall, I feel great and life is for living again.

Why do you train at McAllister's?

I love the stimulation of exercising. Sometimes I wake up feeling really lousy and think about not going to my training session, but I do go - reluctantly, and I am so invigorated after the session that I am glad I went because it got me going for the day.

A moment with Alan

1. What is your favourite song?
True love – Bing Crosby and Grace Kelly.
2. Who is your favourite band?
Crowded House.
3. What is your favourite movie?
Any James Bond movie.
4. What is your favourite food?
Bar-b-qued food.
5. Where is your favourite holiday destination?
Echuca or Perth.
6. What was the last book you read?
Something on marketing.
7. What really annoys you?
Lack of and poor communication.
8. If you could be anything you wanted what would it be?
A pilot.
9. What would be the one thing you would like to change in the world today?
An enjoyable workplace and getting people to do business more pleausrably.
10. What inspires you?
My friend Mark Leatham. He had just overcome cancer when I was first diagnosed with it. He gave me the belief that I could do the same, and I learnt from him how to encourage others in the same predicament and teach them to live life to its fullest, stay positive and never give up.

What's on

We have some new programs this month, and some others that are continuing but you can join on a casual basis.

Pedal "N" Punch (Saturdays)

This is a bike and boxing class that goes for 45 minutes held 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 that enjoy a little extra time sleeping in.

The cost: \$15 per session.

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



Process of change seminar

This is a one-hour presentation on changing your body shape by changing the way you think. It covers the five key factors that stop you from obtaining success and teaches you how to gain power over them.

Where: The Horticultural Centre

82 Jolimont Road, Forest Hill

When: Wednesday 14th March 2007

Time: 7.30pm

Cost: \$15.00

Boxing boot camp (Starting Monday 21st March)

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 a huge amount of calories.

back to the top