



McAllister's  
FITNESS

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Hi and welcome to the March News letter.

It's just over a week until Easter and it's time to ask the questions:

- Have you reached any of your quarterly goals?
- Are you any fitter, leaner, stronger?
- Do you have more energy and enthusiasm for life or are you where you were New Years day?

Easter can be a time where people lose focus, tend to binge, not exercise and then end up disappointed with all the extra kilos they have stacked on.

I'm a big believer in doing things in moderation the key to this is knowing what is your moderation. This month we will give you 10 tips to controlling the Easter binge so you can enjoy your Easter without the unnecessary guilt.

We will also give you a run down on what to look for when hiring a Personal Trainer. I believe that many people aren't fully aware of what their role is in the partnership and what role the trainer should be playing.

Once again, there is a plethora of information, interesting topics and tips that can be applied to make 2007 the best year yet.

If you have any questions, issues that you would like addressed, please let me know and I can cover them in further issues.

Have a fantastic Easter.

## Controlling the Easter binge



Easter, like many times of celebration, can present real weight-loss problems with all the Easter eggs, bunnies, picnics and boozy barbies. Treats appear in every corner of every supermarket and for many, this can mean a time for dieting disaster. Your weaknesses appear in abundance, and if you have been pretty strict with your weight-loss plan you may start to feel like you are depriving yourself and you could jump off the wagon with both feet!

How can you divert your attention away from food and/or breaking your good habits? You have to change the way you think about losing weight. Ditch the word 'diet' and think of it as a healthy living campaign. You are helping yourself to become the person you want to be instead of resorting back to the things that created the person you have left behind.

Changing your attitudes will help you get through Easter eating with ease. Think about feeling healthier and about when you will look in the mirror and see the new you. Work on the 'R.I.C.H' principle which is – Rewarded, Inspired, Confident and Happy.

***No matter what time of the year or what occasion it is, you need to have a plan or strategy to get through it, stay on track and achieve the goals you have set.***

It is good to set some rules to achieve this, such as having a limit on the amount of chocolate, alcohol or food you will have over Easter, and stick to them. The point of setting some goals is to keep you focused on the big picture. The best thing about doing this is not so much what the goal is, but how it creates a thought process for staying on track.

### Rejuvenate

Easter activities don't need to revolve around chocolate, you can buy yourself or someone else alternative gifts like a massage or beauty treatment, something that makes you feel good, or find an activity that you always wanted to do and pursue it.

It is also a time to concentrate on specific areas of your life, time to re-organise, rejuvenate and refocus on the things that are going to produce your personal best. For example, pick an area of your life that you want to improve and work on. Whether it be family life, your home, a new career or course, take the time to plan how you are going to achieve it. This will re-ignite your enthusiasm and get you motivated again.

### A little treat

Just because you are trying to get fitter, leaner or stronger doesn't mean you have to totally miss out. Set limits for yourself when it comes to Easter eggs, food etc. If allowing yourself a few eggs stops you from jumping off the wagon, then have some. If you have a moment of weakness, accept it - and then get over yourself and back on track; there is no need to beat yourself up over it.

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The main point is that no matter what time of the year or what occasion it is you need to have a plan or strategy on how you are going to get through it, stay on track and achieve the goals you have set. Remember, the number one reason why people don't reach their goals is because they never finish what they started.

I think Easter can be a tough time to stay on track for a few reasons; 1) It seems such a short break that you don't see it as that detrimental to your campaign, but in reality four days of solid indulgences can be dangerous. 2) People give you chocolates and hot cross buns so you feel obliged to eat them. 3) You want to be good and not offend so you use the theory that if I eat them all in one sitting they are gone, therefore no more temptation.

So to help you get through Easter here are 10 tips to keep you on track.

1. Set limits to how many treats you will have over Easter (reduce don't eliminate).
2. Keep up some form of activity.
3. Try not to buy temptation foods.
4. When in doubt, eat half.
5. Buy alternative gifts rather than chocolates.
6. Think about how much you eat, not just what you eat.
7. Eat plenty of fruit, veggies and grainy foods.
8. Keep up your daily water intake. (1 – 2 litres).
9. Know what your weaknesses are and keep them under control.
10. Don't feel guilty if you weaken to temptation, get over it and then use it to become more determined.

Most of all, enjoy your Easter break and don't stress. This will allow greater control over your thoughts and actions. Keep it simple, sustainable and sensible.

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## What to expect from your trainer

Recently I have been asked why people use the services of a professional personal trainer. My answer to that is they are there to help you get started, educated, back on track or to keep you from becoming bored with workouts by introducing new routines to overcome plateaus. They can also advise you on nutrition, physical activity and goal setting to create a healthier lifestyle.

A personal trainer should be the solution to your health and fitness problems.

For the purpose of clarification, a personal trainer is a qualified, competent professional who is up to date in subjects such as exercise physiology, kinesiology, behaviour modification, health assessment, nutrition, weight management and leadership. Someone who can help you achieve a given task in a more efficient and streamlined manner. Personal trainers should be mentors that specialize in helping people achieve new levels of positive physical change. (They should “walk the talk”).

### What should you want and expect from your trainer?

I myself love training with other trainers for a few reasons; 1) to learn from them whether good or bad, 2) to experience some of the things that my clients may experience from training with me, 3) to be challenged a little and be made accountable for my actions (yes, we need it too).

Every time I train with a trainer I have a list of criteria that I look for, this is to make sure I receive the experience I am paying for. I believe that you must get an experience every session. What do I mean by an experience? An experience is something you really enjoyed and look forward to again and again, absolute value. You need to have a say in the process, be involved, not just turn up and do. I will always get my trainer to set me goals to reach whether it's during a session or in a month's time, I need to be accountable otherwise I lose interest. If that's you, you need to mention that and have your trainer set some targets to be reached. That way you have a purpose to your experience, there is nothing worse than paying for something and feeling it wasn't worth the value. So make sure you are getting value for your dollar.

### How do I judge this value?

I will share what I look for in a trainer and so should you.

#### Personally

- Do they pay attention to me? (Watching my form, posture, facial expressions, weight capacity or level of fatigue).
- Are they listening to me? (Understanding what my needs are)
- Do they motivate/inspire me?
- Are they genuine?
- Do I trust this person?
- Am I comfortable with them?
- Do they make training fun?

### **Professionally**

- Are they certified?
- Do they have insurance?
- What is their story? (background, experience, etc)
- Are they current with their training? (Always learning)
- Do they deliver what they promise?
- Do they have variety in their training?
- Is the training specific to my needs? (Exercise, nutrition, intensity etc)
- Do they document what I am doing?
- Do they challenge me?
- Is there a mapped out journey to our training relationship?
- Do they do regular assessments? (When applicable)
- Do they set goals for me to achieve?
- Am I getting results?

### **Knowledge**

- Do they have good understanding and knowledge of the game?
- Do they have good people skills?
- Do they know their stuff? (Anatomy, exercise, goal setting etc)
- Do they walk the talk?

A trainer should provide you with continual feedback on your progress, provide a program which is regularly modified and varied and help you achieve your goals by teaching you how to utilize the tools of positive thinking. A trainer should help you change your mindset so you can apply these principles to help you do the best you can.

I hope this gives you a better idea of what to look for when working with your trainer. They should be able to adjust training to suit your individual needs and goals, empower you with knowledge and inspire you with results.

Remember at the end of the day it's "Personal" training, it's all about you. You are the one paying for the service. Ask questions, get feedback, be part of the process and most of all make sure it's an experience that gets results.

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## Spotlight on Neil Johnson

Neil uses McAllister's for personal training, stress release (when Collingwood lose, which is quite often) and complements this with his own training at a gym. Neil works hard and enjoys being pushed to another level. He is a partner at Charman Partners (Accountants and Auditors) which involves interstate travel. Even though he has these demands he still plans time for his health and makes that an important part of his life. Neil integrates work and family life together and manages to have it well under control. He still loves his food and wines, but still manages to be healthy without making major restrictions. He is a great inspiration to dads who struggle to find time for their health.



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

Golf, Gym, Football (Spectator), Cricket (Spectator), Eating & drinking (these counteract the Gym).

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

Managed to lose a reasonable amount of weight (have not necessarily maintained it) and achieved a better level of fitness.

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

To try and keep me on track with the weight loss/fitness and the enjoyable atmosphere while doing so (that should get me an easy training session?)

## 10 Turbo Questions

### 1. What is your favourite song?

Collingwood FC theme song after a win (fairly rare).

### 2. Who is your favourite band?

The one that plays the Collingwood theme song!

### 3. What is your favourite movie?

Life of Brian – an all time classic with some great lines.

### 4. What is your favourite food?

Risotto – only before 5pm, of course.

### 5. Where is your favourite holiday destination?

Italy (in my dreams), Asia.

### 6. What was the last book you read?

Australian Master Tax Guide – I have a very boring life!

### 7. What really annoys you?

Having to read the Australian Master Tax Guide.

### 8. If you could be anything you wanted what would it be?

A personal trainer – what a great life!

### 9. What is the one thing you would like to change in the world today?

Our water shortage – to save me having to hand water the garden!

### 10. Whom/What inspires you?

Danny McAllister – this should get me out of trouble for the answer to number 8!

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## Hello/Goodbye

### Hello Paul

We have a new trainer on the team, Paul Van Haltren. Paul has seven years experience in the fitness industry and always gets the best out of his clients. If you get a chance introduce yourself to him. (ask him about cars)

### Goodbye Amanda

Amanda has decided to put her life as a Personal Trainer on hold due to health reasons. We enjoyed her bubbly personality, and wish her all the very best for her health and future.

## What's on

### Pedal "N" Punch

This is a 45-minute bike and boxing class running for six weeks.

**Starting Saturday 14th April at 9 and 10 am and Monday 16th April 7 and 7.30pm.**

**Cost: \$60 for 6 weeks or \$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.

### Boxing boot camp

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

**Monday and Friday starting 30th April at 9.30am.**

**Cost: \$150.00 (gloves included)**

For anyone who loves boxing and wants to burn a huge number of calories.



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