



McAllister's
FITNESS

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Hi and welcome to the June News letter.

This month you can find out if you are using the body's five major chemicals to your advantage. Sometimes when we don't feel 100 per cent it may be due to the way we are treating our body and we may need to re-balance our chemical usage. Read the article and do the quiz to find out what chemicals your body is running on and whether you are getting a high out of life.

New trainer

You may have heard an American accent around the gym of late. That is the voice of Richie Pinard and he's from Sacramento California. Richie is an avid runner and cyclist and has a genuine interest in motivating, supporting and helping people enjoy a more active lifestyle. He has a real love for cooking - ask him about his salsa sauce.

New website

Have you checked out our website? The link is www.mcallistersfitness.com.au

It will be interactive with plenty of tips, treats, tales and topics for you to gain some inspiration, motivation and education. Each newsletter will be posted on the website, so let your friends know about it and they too can be inspired to be their best.

There should be plenty to think about in the newsletter and just as many options to choose from. It doesn't matter what it is you decide to do, the main thing is to do it!

I hope you enjoy the read and that it inspires you to make a change to a healthier lifestyle.

Have a great month.

Getting a high out of life

The chemicals adrenalin and serotonin produce two types of natural highs. Adrenalin makes you feel switched on for short bursts, whereas serotonin makes you feel calm and comfortable for longer periods and with the right balance they act together to give you a real and natural high. The body has only a small supply of adrenalin, and it should be used mainly when we are under pressure or in high stress situations. When we use too much adrenalin to get us through the day we run out, thus upsetting the body's hormone balance. When hormone imbalance occurs the body works to re-establishes the balance by using these chemicals for the wrong reasons, and that's when we start to feel tired, flat or anxious.



Five of the body's major chemicals are adrenalin, serotonin, cortisol, melatonin and insulin, each one serves many functions but all contribute to producing a natural high. Adrenalin gives us speed and confidence during the busy times, serotonin helps us relax and keep calm and happy. Cortisol is used as a back up for when we run out of adrenalin and when we are under huge stress. Melatonin is used to help us sleep and restore our own natural chemical balance. Insulin is the key to controlling your sugar levels – too much or too little you can be either hyperactive (full of energy) or exhausted.

These chemicals are maintained in a delicate balance – as you decrease one another increases. For example, adrenalin partners with cortisol and when you are running low on adrenalin your reliance on cortisol increases, this eventually will leave you feeling exhausted, uptight, edgy and cranky.

Signs of imbalance

Our body naturally creates these five big chemicals. Relying too heavily on one can create a fatigue or a physiological imbalance.

How do you know when there is an imbalance?

Adrenalin fatigue leaves you feeling flat, apathetic and lacklustre. You feel like you are running on empty, the need for speed is still there but the ability to pick yourself up isn't.

Serotonin is responsible for a calm, comfortable feeling. You know there is an imbalance when you become restless or have a sense of dissatisfaction. An extreme imbalance is indicated by depression or sadness and a tendency for violence or aggressive behaviour.

Cortisol helps maintain a level of healthy anxiety, a natural caution when pushing yourself out of your comfort zone. Too much and you become hypertensive, paranoid and snappy.

Melatonin imbalance is likened to jet lag even though you haven't travelled. Another good indicator is when you find it really hard to get up in the morning and when your sleep patterns are all messed up, that is, tired during the day and unable to sleep at night.

Insulin is vital for controlling our sugar levels, thus controlling our energy. A great indicator of an imbalance is when you become sleepy after eating food, gain weight easily or lack focus and struggle with concentration. These symptoms suggest that there may be a problem with your sugar sensitivity and insulin regulation.

What can I do about it?

How well you sleep, the food you eat, how active you are, the way you think and how you manage stress are key areas of your life that affect internal chemistry and your chances for a high life.

How well do you sleep?

Sleep helps restore chemical balance, repairs muscle tissue damage, processes memories from the day and stores into long term memory those things you perceive as important.

The food you eat.

The food you eat has a direct and often immediate effect on your internal chemistry – certain foods will elevate your serotonin levels while others may cause an adrenalin spike. To help keep a chemical balance you need to eat lean proteins, fresh fruit and vegetables and low GI foods. You should eat smaller amounts more often throughout the day and avoid refined and quickly digested sugars.

How active are you?

Like food, exercise has both a foundation and a trigger effect. Having a good fitness foundation allows you to manage stress with less adrenalin response, and certain exercises can increase your serotonin production. Exercise can also help burn off excess stress chemicals and rapidly restore your internal balance.

The way you think.

Your body chemistry is influenced by your thinking. When you are scared, adrenalin kicks in, in, and when you're sad serotonin levels are decreased. So controlling how you think is an essential step in gaining balance of the body's chemicals and obtaining a high life.

The way you manage stress.

Even though stress throws your chemistry out of balance, you can improve your ability to tolerate higher stress. Managing stress is an essential step to ensuring chemical balance.

By balancing your body chemistry you'll avoid burnout and give yourself maximum opportunity for a naturally high life. Your current chemical balance profile will change over time, depending what is happening in your life, but being aware of how you feel is a good indicator of what chemicals need to be balanced and what steps need to be taken to correct them.

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Here is a chemical profile test to see which chemicals you are running on.

Adrenalin

- Do you find yourself eating more quickly than others around you? Y / N
- Would you eat lunch at your desk more than 3 times a week? Y / N
- Do you often drive fast even if you are not in a hurry? Y / N
- If you had 3 weeks to finish something would you still leave it until the last minute? Y / N
- Is it hard to imagine yourself doing nothing/ Just sitting – no TV, no reading, absolutely nothing – for an hour a day? Y / N

Your score Y _ N _

If you answer, “yes” to more than 3 of these questions you’re probably an adrenalin junkie

Serotonin

- Do you find that a cloudy day affects you disposition? Y/N
- Do you eat after you have had an argument? Y/N
- Do you crave sugar mid-afternoon? Y/N
- Do you snack mainly on carbohydrates rather than proteins? Y/N
- When stressed are you likely to have mood swings? Y/N

Your score Y _ N _

If you answer, “yes” to more than 3 of these questions you’re probably a serotonin seeker

Cortisol

- Do you get annoyed very easily? Y/N
- Do you snap at people more than you should? Y/N
- Do you feel edgy if you don’t exercise for a few days? Y/N
- Do you often find yourself twitching and toe tapping in meetings where you are required to listen rather than speak? Y/N
- When stressed, do you become angry, sad, afraid or guilty more often than you think you should? Y/N

Your score Y _ N _

If you answer, “yes” to more than 3 of these questions you’re probably a cortisol cowboy

Melatonin

- If you drink coffee in the evening do you feel it affects the quality of your sleep? Y/N
- When you spend a day in the sun do you sleep better? Y/N
- If you are stressed during your day, do you find it hard to sleep well at night? Y/N
- Do you suffer from jetlag more than other people who travel? Y/N
- Would you love to travel with your own bed and pillow whenever you are away from home? Y/N

Your score Y _ N _

If you answer “yes” to more than 3 of these questions you may need to increase melatonin levels.

Insulin and sugar sensitivity

Do you find you are sleepy after lunch more often than not? Y/N

Does a sweet snack give you a noticeable rush or temporary high? Y/N

Is your day a roller coaster of energy and mood – one moment you can focus with great clarity and the next moment your clueless? Y/N

Are you tired a lot of the time? Y/N

Does your attention wander? Do you have trouble concentrating, particularly when stressed? Y/N

Your score Y _ N _

If you answer, “yes” to more than 3 of these questions you may have a sugar sensitivity.

Now that you have an idea about your chemical balance you can take the steps to re-adjust it and create the high life. You need to reassess your chemical balance every 90 days to check for any imbalances.

The high life is about having the right mixture to prevent burnout. By making the adjustments to your sleep, food and physical activity you’ll begin to see immediate changes in the quality of your life. You’ll feel more energetic, less stressed and have greater control than ever before.

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Spotlight on Glenda Pritchard

Glenda has been training at McAllister's Fitness for quite some time now and is such a pleasant person to be around. She has a fantastic outlook on life and really enjoys it. Glenda attributes her success in life to her mum, but I believe her mum gave her the skills and Glenda has utilised them brilliantly.



What hobbies, sports or interests do you have?

I love to spend time gardening, playing with my retriever dogs, doing my exercise, reading and spending time with my family and friends.

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

When I got down to 67 kg, even though I'm not quite there at the moment. As much as I find training to be a challenge, and yes every now and again I fall off the wagon, I really do enjoy it. I have learnt that being healthy is for life, not a short-term fix. As long as I keep consistent I'm in control and working towards a healthy lifestyle.

Why do you train at McAllister's?

I enjoy the atmosphere, everyone is always friendly and it's a no pressure environment that doesn't intimidate you.

10 Turbo Questions

1. What is your favourite song?

Jean Genie by David Bowie

2. Who is your favourite band?

Scissors sisters

3. What is your favourite movie?

Steel Magnolias

4. What is your favourite food?

Peanut M & M's. I would bungee jump for a packet of them.

5. Where is your favourite holiday destination?

Lauzerte – South of France.

6. What was the last book you read?

The bride stripped bare. – Nikki Gemmell

7. What really annoys you?

Wasting time and time wasters.

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

Who I am – I always have a strong sense of what being a mum is and feel lucky to be able to be one. As a full-time mum I am able spend time to better my kids and now see the results of how well they have turned out.

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

For people to be more compassionate.

10. Whom/What inspires you?

My mum – She had to do it the hard way, she is now 72 years old and is extremely fit and has a great attitude. She is always doing something whether it's travelling, making quilts for people all over the world or contributing to her local community. She lives life to the fullest.

What's on

Pedal "N" Punch

Saturdays - A six-week intensive 45-minute bike and boxing class.

Starting 16th June at 9 and 10 am.

Package \$72.00 or \$17.00 per single session

Monday nights - A six-week intensive 30-minute bike and boxing session.

Starting 18th June at 7.00 and 7.30 pm

Package \$60.00 or \$15.00 per session

Pedal "N" Punch 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.



Healthy lifestyles for busy people

This course is a step-by-step program dealing with all aspects of health. It will give you practical skills, simple procedures and clarity on how to live a healthier lifestyle, regain your energy and motivation to change your body shape forever.

Course cost is \$60 (GST Exempt) for three sessions - Tuesday, 17th, 24th and 31st July. 10.30am-12.00noon. Bookings made through short courses Box Hill TAFE

The program is designed to impart relevant skills and knowledge by having participants work through the step-by-step program.

It covers:

- Psychology
- Goal setting
- Motivation
- Lifestyle
- Time management
- Diet and exercise
- Types of exercise
- Exercise myths and misconceptions
- Common exercise mistakes
- Putting it all together
- The ten secrets to a better body

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