



McAllister's
FITNESS

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Hi and welcome to the May newsletter.

Well, we are almost half way through the year. Is it looking like it will be your best year yet? I hope so. If it's not looking too fantastic be positive, you still have six months to get on track and take control.

This month we address the subject of 'Being busy' and whether it is a concern or a crisis. Whatever the outcome, there is always a solution and we have plenty of solutions that will get you active and help you burn some calories.

This is a great opportunity to announce the new 'McAllister's Fitness' logo and website, how exciting!! We have taken a step into the World Wide Web. Check it out.

The link is www.mcallistersfitness.com.au

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

This newsletter should give you plenty to think about and just as many options to choose from. It doesn't matter what 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.

Business v Busy-ness!

Is the modern obsession with being busy diminishing our lives?

“How are you going, all right, mate?” used to be the standard Australian greeting, incorporating our charming tendency to answer our own questions. But we’ve now adopted a different way of greeting people that makes us sound more important or worthwhile.

“How are you going, busy?” is the new greeting. I don’t know how it has developed but you hear it all the time, I have caught myself saying it. Now I make a point of not saying it. The other day I was responding to an email and as I was writing the usual things are good etc. I

stopped myself from letting the person know how busy life is. Let’s face it, no one really cares how busy you are, it’s your self-perception, something of a status symbol to show importance.

Busy-ness has become the new badge of honour. If you’re not busy there must be something wrong with you, you’re either not getting enough out of life or you are lazy. “How are you going, flat out?”, the busier you are the more important you are. When did we decide that having a full plate was a virtue? Whatever happened to the idea that we need time to nurture our personal relationships, take time to think, or even not to think?

What is my point here? The point is I believe that saying we are busy is a way of justifying why we are not being true to ourselves when it comes to our relationships, family and health. Do we really like being too busy, or is busy-ness the great escape from emotional engagement with the rest of our lives? Let’s face it, if we had more time we would all be buffed, toned and terrific. We would be able to enjoy the moment, God forbid if we were to take time out to relax and do nothing.

Don’t get me wrong, there are times when we just have to be busy; the thing is, if you are too busy and have no time for health, family or relaxation, you have a time management problem. You need to take a look at how you spend your time and see what things can be eliminated and what things are necessary. Let’s call it being time efficient.

Many activities may seem to be feel-good ones, so called ‘down-time’, but is watching senseless TV shows, surfing the internet, saying yes to everything the best use of your time? You may think this is a bit of a contradiction, but I urge you to look at the activity and ask yourself if it is the best use of your time.



Do we really like being too busy, or is busy-ness the great escape from emotional engagement with the rest of our lives?

I know this may challenge a few people, but I truly believe that if you ask the question and are honest with yourself you will discover that you could have much more time for quality activities.

I love lists, I have lists for everything, I have a list for my lists. I used to be governed by them, especially the daily to-do lists. How? When you have a daily to-do list you feel compelled to complete all activities on it before the end of the day or you have failed. However, if you don't get them all done does it really matter? If you looked at the list and prioritised the items you would discover that some aren't so important, and if not done **your world won't fall apart**.

My question to you is - can you use your time more efficiently in these three areas if:

Health - you are struggling to find time to become a little fitter, lose those extra kilos or fit into that item of clothing that's, shall we say, a 'little tight' right now.

Relationships – you don't spend enough time with your partner, family or children.

Life – you never have time to enjoy the moment, relax or do nothing.

Start to look at what you do in your day, get tough and eliminate some of those time-wasting activities. It may seem a bit challenging at the beginning but believe me, once you have done it you will realise how poorly you were spending your time. Find out what is important and pursue that. I'm not saying don't do things you enjoy, but if it's change you want to see then make your chill-time quality time.

So for the next month I challenge you to work on better time management and see what happens. We at McAllister's Fitness are passionate about making a change in the world, and by making small changes in your health you can make a huge change in the fight against Diabetes. Good luck, and enjoy your quality time.

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Spotlight on Dean Hall

Dean has been training at McAllister's for two years now. In that time he has changed from someone who was just travelling through life with no real purpose to someone who has a great outlook on life, enjoys what he is doing and is having a real crack at the opportunities that come his way. Dean's best attribute is that he sees the positive in things and goes for it rather than focussing on the negative.



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Dean says:

What hobbies, sports or interests do you have?

Watching live bands.

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

When I started at McAllister's my health wasn't good and my fitness was poor. I now enjoy my exercise, have heaps more energy and look and feel 10 years younger than I am. I now know what it feels like to be healthy again and I enjoy that.

Why do you train at McAllister's?

To look good and feel the best I possibly can.

10 Turbo Questions

1. What is your favourite song?
Anything from the album "Ace of hearts"
2. Who is your favourite band?
Motorhead.
3. What is your favourite movie?
Don't really have one.
4. What is your favourite food?
Chicken, red meat, pasta, oh and grapes.
5. Where is your favourite holiday destination?
Germany
6. What was the last book you read?
Buffy the vampire slayer.
7. What really annoys you?
Politics and religion.
8. If you could be anything you wanted what would it be?
A drummer in a highly successful heavy metal band.
9. What would be the one thing you would like to change in the world today?
Politicians, to tell the truth.
10. What inspires you?
Heavy metal music.

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What's on

Pedal "N" Punch

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

Starting Saturday 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.

Boxing boot camp

Monday and Friday mornings - A five-week boxing and cardio program. A 30-minute boxing circuit conducted outside (weather permitting)

Starting 18 June at 9.30am

The program package is \$150.00 (gloves included)

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



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