

## e~NEWSLETTER FOR AUGUST

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- Questions and Answers
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- Birthdays
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- XOSIZE free Fun Run
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- Food Tip and recipe of the month – LOW GI - Moroccan chicken with couscous!

### 1. Members & Trainers achievements

Congratulations to Rosie Horvat who finished her first 10km run when she completed the first XOSIZE Fun Run. This was a great effort by Rosie, as she had planned to complete this a week earlier in another Fun Run, but unfortunately she fell sick on the eve of the race. Still recovering from her illness, Rosie managed to beat her goal time of 60mins. It's now full steam ahead for Rosie – she has her sights set on running the Melbourne Half Marathon in October.

Click here to read Rosie's [race report](#).

Good luck to Donna Douglas who will be competing in the City to Surf this weekend.

### 2. Questions and Answers?

*Q. I have been exercising and dieting for months and it doesn't look as if I've lost much fat?*

A. We don't just have fat cells under the skin (subcutaneous fat) but we also store "internal fat" in the body cavity (to protect internal organs) and to a lesser degree in our muscles. Also we are not all the same; some of us have more subcutaneous fat to lose and others have more internal fat to lose. If you have an abundance of internal fat you may be burning more of this before burning the bulk of fat from other areas. This means you won't notice weight loss results as quickly. However, don't let this dishearten you as the good news is once internal fat levels are lowered subcutaneous fat will melt off much quicker.

*Q. I'm exercising but why can't I lose the fat around my belly?*

A. Fat cells are present all over our body. Genetics determine where fat cells are positioned and the quantity laid down in each area. Some people have more fat cells around the belly and some have more around the bottom or thighs. If you have more fat cells around your thighs then you may draw more energy from there and less around the stomach. We cannot decide where our body takes the energy from. It means that the fat around the stomach may just take longer to remove so just keep exercising and you will eventually lose body fat from all over the body!

### 3. Welcome to Arron Strachan ~ Masseur

We would like to officially welcome Massuer, Arron Strachan, to the XOSIZE team. Click [here](#) for more details on the services Arron can provide XOSIZE clients.

#### **4. Birthdays cake goes to.....**

Happy birthday for the month of August  
to Brooke Norris (Late July Birthday)  
Kylie Kamaretsos  
Andrea Edwards  
Scott Christensen  
Trudi Hay

#### **5. Running Training Program**

*This program will kick start this Saturday 12th August at 7am. \*\*Meet outside the studio.*

For further details [click here](#)

#### **6. Products of the Month**

##### **Pedometer**

Was \$69.00 Now \$34.50 from Xosize

The T5E011 includes a step counter an estimate of calories burned and calculates distance in kilometers when jogging or walking. Easy to clip on and go with a clear interface.

Counts steps up to 99999.  
Tracks distance in miles or kilometers.  
Computes calories burned.  
Easy-to-read.  
Flip-top case with spring loaded belt clip.  
Battery and instructions included.

##### **Book of the Month**

Your Body Your PCF (BY MARIA DEVESON CRABBE ) Click [here](#) for more details.

For those starting on a low carb diet, *Your Body Your PCF* will let you know how low you should go.

**Price: \$12.95**

##### **Running Fuel Belt**

Recommended use: running, walking, hiking, adventure racing and cycling.

Colours: Carbon

Sizes: S-L

**RRP A\$49.95 Xosize Price \$45.00**

Check out Fuel Belts range of [products](#)

### **Aussie Bodies Trim Low GI Protein Snack Bar** *A healthy alternative for bodies on the run!*

#### Trim Low-GI Protein Snack

Your best laid plans can go to waist at snack time. Now you can indulge in a real snack that supports, not sabotages, your weight loss efforts. Aussie Bodies Trim Low-GI Protein Snack bars are high in protein to promote [satiety](#) (appetite satisfaction) and [low-GI](#) (<55 in approved independent tests) to promote slow-release energy and blood sugar stability. Low in carbs and calories, Trim bars are a tasty and convenient way to stay satisfied on the run.

Stay Satisfied, Stay Trim in 4 trim-endous flavours.

**Size:** 50g NET

**Flavours:** Chocorama, Apricot Delight, Mocha, Berrylicious

**Recommended intake:** Twice a day between meals

**RRP Price:** \$38.64 (12-Pack) **Xosize Price** \$34.95

If you would like to purchase any of these items, please feel free to email Scott with your order.

### **7. FREE - XOSIZE – ‘Fun Run’**

Please note Race 2 has been forwarded a week and now will be run on September 10th

Click [here](#) for results and photos of Race 1 and details of Race 2.

### **8. Your Life – Your Challenge**

We are currently entering a team from XOSIZE for the following events. If you interested, please let Scott know. The events include:

Around the Bay in a Day 15th October 2006 <http://www.greatrides.com.au/topic.php?a=5&b=238> and the Audux Alpine Classic 27th January 2007 <http://www.audax.org.au/alpine.htm>

### **9. Food Tips and Recipe of the Month**

#### **Tip**

*Is whole grain bread less fattening than white bread?*

No, not really they both contain about the same calories. Whole grain bread contains more fibre so eating it more often can help us consume less calories because it helps fill the stomach. The result is we end up eating less total bread.

#### **Recipe**

Here's a **low GI meal** with a difference:-

*(Source: The New Glucose Revolution by Prof. Jennie Brand-Miller et al)*

## **Moroccan Chicken on Couscous**

### **LOW GI:**

<i>Kj</i>	<i>1500</i>	<i>Kcal</i>	<i>360</i>
<i>Carb</i>	<i>43g</i>	<i>Fat</i>	<i>9g</i>
<i>Fibre</i>	<i>4g</i>		

### *Ingredients:*

*2 teaspoons ground cumin*  
*2 teaspoons ground coriander*  
*1 teaspoon ground fennel*  
*1 x 400g can chickpeas, drained and patted dry*  
*2 gloves of garlic, finely chopped*  
*2 red chillies, finely chopped*  
*1 tablespoon olive oil*  
*500g chicken breast fillets, sinews removed*  
*½ bunch flat-leafed parsley, roughly chopped*  
*1 preserved lemon, pith discarded, rinsed and thinly sliced*  
*½ cup (125ml) dry white wine*  
*1 cup (200g) couscous*  
*½ cup (90g) raisins*  
*Juice of 1 lemon*  
*Salt*  
*Freshly ground black pepper*

1. Combine the cummin, coriander and fennel in a mixing bowl, and toss the chickpeas in the spices.
2. Heat the olive oil in a large work or frying pan. Add the garlic and chillies and cook, stirring for 1 minute.
3. Toss the chickpeas into the pan and cook until the aroma of the spices comes through – approximately 2 minutes. Place chickpeas in a large bowl and set aside.
4. Add 1 tablespoon olive oil to the pan and cook the chicken fillets for approximately 4 minutes or until just cooked through. Add to the chickpeas and stir the chopped parsley and preserved lemon slices through.
5. To make a sauce, deglaze the pan with the wine, simmering for 2 minutes.
6. Pour over the chicken mixture and keep warm.
7. Place the couscous in a large mixing bowl and pour 1 cup of boiling water over the top. As the couscous plumps up, gently fork through the raisins, lemon juice, salt and pepper.

Serves 6

