



## MAY e-NEWSLETTER

This month's E-newsletter includes:-

- **Upcoming events**
- **Community Conversations is back!**
- **Sugar**
- **Website of the month**
- **Quote of the month**
- **Corporate Health Management Program**
- **CPR Training available @ XOSIZE Studio**
- **Food Calories, Exercise Calories and Net Calories**

### 1. Upcoming Events

Are you wondering what your next fitness goal might be? Check out [www.coolrunning.com.au](http://www.coolrunning.com.au) for future fun runs.

**Run to the G** <http://www.theageruntotheg.com.au/>

Sunday 17 June 2007

5/10/21.1km run/walk

### 2. Community Conversations Is Back

**Topic:** Cutting Diet Confusion and Activating Activity

Presentation will cover:-

- *Diet confusion – How do I rate?*
- *Diet myths that won't go away?*
- *7 Questions about diet stories*
- *10 keys to diet success*
- *51 reasons to be active*
- *51 ways to be active*
- *My physical activity plan (worksheet)*

**Presented by** Scott Hollow, Personal Trainer and Owner of XOSIZE Personal Training

**Date:** Friday 15 June, 2007  
**Time:** 7.15pm for 7.30pm -- 8.30pm  
**Venue:** XOSIZE Personal Training Studio (223 Tucker Road, McKinnon)  
**Cost:** \$5 per person (all proceeds going to Diabetes Australia)  
**RSVP** Essential by 28th May (\*be quick -- limited seating\*). Register your attendance via email [scott@xosize.com.au](mailto:scott@xosize.com.au) or 9576 7218

### 3. **SUGAR**

by George E. Meinig, DDS, FACD

The sugar you eat is sucrose, a disaccharide C-12H-22O-11. The sugar in your blood is a monosaccharide C-6H-12O-6. Sorry to get so technical, but I hope in seeing the chemical formula you will recognize that a difference exists.

At any one time the glucose level in your blood stream should be 90 mg. per 100 ml . This means the total amount in your blood is about 5 grams or about one to three teaspoonfuls.

Now, when you eat a candy bar containing eight teaspoonfuls of sugar, or pie at 10, or ice cream at eight, you send in a high charge of eight to 20 spoons of sugar into a system that is geared to maintain itself with only one to three teaspoonfuls, a chaotic problem is encountered. This overload must be dealt with first by your pancreas and its hormone insulin. Then, when the insulin gets too high, the adrenal gland must manufacture and distribute into the bloodstream its insulin-governing hormones. Normal, natural food is not so highly concentrated and, more importantly, contains essential vitamins, minerals and enzymes which help the stomach to utilize what you have eaten. This in turn helps each cell to obtain its proper nutrients.

The continual overcharging of one's glands with sugar has a depressing influence on your metabolism. That is, instead of speeding it up, it actually slows it down, resulting among other things, in a lower than normal blood sugar.

The slowdown foods are sugar, refined breads and packaged cereals, pie, cookies, pastry, ice cream, candies, coffee, tea, alcohol and soft drinks.

If you really want a pickup, use the speedup foods instead, for they stimulate metabolism. Meat, fish, seafood, poultry, fresh fruits and vegetables, cheeses, eggs, butter, seeds, nuts, etc., all invigorate and vitalize the system. The actual time of absorption and development of energy from these foods is but a little more than with sugar itself. Besides, an important fringe benefit of the good speed-up foods is better handling of stress and one's vigor is sustained over longer periods of time.

Source: - <http://www.price-pottenger.org/Articles/Sugar.html>

### 4. **Website of the month**

[www.calorieking.com.au](http://www.calorieking.com.au)

If you are serious about losing weight this website has a useful software package to keep an online diary and calorie counter to keep you on track.

## **5. Quote of the Month**

*Do the very best you can with what you've got.*

**(Duke Ellington)**

## **6. Corporate Health Management Program**

Did you know XOSIZE offers a Corporate Health Management Program?

- [Click here for Corporate Massage](#)
- [Click here for Corporate Health and Fitness Program](#)
- [Click here for a example of our Corporate Seminars](#)

## **7. CPR Training Course available @ XOSIZE**

Everyone should have an understanding of CPR and how to administer it. There is a very good chance that you know someone with heart disease. It is also quite likely that you will personally witness a heart attack in your lifetime. Scientific research has shown that without **Cardio Pulmonary Resuscitation (CPR)**, a person with a severe heart attack has little chance of survival.

We are aiming to get a group (minimum 5 people) for a session to be held at the XOSIZE studio.

Please register your interest via [scott@xosize.com.au](mailto:scott@xosize.com.au) .

**Cost** : Approximately \$85 per person (based on the number of participants)

**Time** : 1 ½ hours

**Date** : TBA

## **8. Food Calories, Exercise Calories and Net Calories**

by Rawinia Gregory (Source [http://www.calorieking.com/library/article.php?path=&art\\_id=757](http://www.calorieking.com/library/article.php?path=&art_id=757))

Fresh fruit and vegetables help your food calories go further.

When you want to lose weight, understanding how your body uses the food you eat is important. The key thing to learn is the simple to say, but sometimes harder to do, phrase

**"Weight loss = Inputting less than your body needs to maintain its current weight"**

What this means is that to lose body fat you need to eat less than the amount of energy your body is using each day. Energy is measured in calories or kilojoules. You gain energy from the food you eat, and you expend energy by moving, breathing, body functions and by exercising. For example, eating a slice of bread supplies your body with around 70 calories of energy. Going for a 30 minutes walk burns (uses) around 90 calories.

So how do you know how many calories you need to eat each day, and how much energy each food item supplies your body with? Read on to learn more about calories and using your Food and Exercise Diary to track your input and output.

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