

NOVEMBER e~NEWSLETTER

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1. Footlocker 30% off Sale



footlocker30percent.
pdf

2. The XOSIZE Christmas 'Get Together'

Join us for a Christmas drink and a chat on **Thursday 14 December at 7.30pm** at the studio, 223 Tucker Road, McKinnon.

Drinks and nibbles provided – please RSVP by 7 December via email scott@xosize.com.au.

3. Clients & Trainers achievements

Well done to XOSIZE Trainer Geraldine Creaton for finishing in **1st place** at the inaugural 'Hot to Trot' Women's Fun Run 10km event. Fantastic effort Gez!!

4. Questions and Answers

I've been told carbohydrates make us fat?

Some people believe that lots of carbohydrate foods are fattening but usually how we prepare the food or what we have with it increases the calorie content.

For example potatoes are low in fat but often fried or roasted in oil, a baked potato's calorie content may be trebled if we pile a good helping of butter or cheese in the middle. Pasta is another example, we usually prepare some type of sauce to make it palatable, these are often sauces high in fat and calories. Take a look at the examples below:

*Baked potato (flesh only): 80cals in 100g
Add 25g cheddar cheese: 183cals in total*

*Pasta (boiled) approx. 180cals in 200g
Add 100g of cheese sauce: 370cals total*

Can some exercises increase my metabolism?

Yes.

Most exercises will add a little lean tissue and cause the [metabolism](#) to increase slightly, it will probably only do this for the first few [workouts](#) when your muscles are adapting to that level of stress. If you want to increase your metabolism effectively you could add [weight training](#) to your weight loss program. This can help add more [lean tissue to your frame](#). Weight training has also been shown to elevate the metabolic rate for an hour or two after a session thus burning more calories at rest. Weight loss programs should include some anaerobic exercise for increased metabolism.

5. Lifestyle Changes

Most people will already be aware that certain areas of their lifestyle could use some improvement but for various reasons have been putting them off. The pressure and stress of building a career or raising a family can push anyone into a rut where changes seem so hard to make. These changes must be tackled if we are to successfully rid our body of excess fat forever.

One of a person's most formidable barriers to change is his/her own psychology. Some people place limits on their ability to become healthy. Rather than believe and trust that change can take place, a person can talk down or highlight the impossible aspect of the change he wants to make. A person can make himself believe that no matter what he will never be able to achieve the desired goal. For example he may say "I'll never be able to lose weight because both parents were fat, so this means I'll always be fat too! ".

This way of thinking is a false comfort, a method to avoid accepting the challenge, a way to avoid the fear that he will try to change and will instead fail.

Another barrier is the society we live in. We live amongst trends in fashion, food and status. Society and its changing ideals can pose a barrier to successful change only if people allow it to sway them with its criticisms, its traditions and its paradoxes.

Fear can also be a major barrier to any positive change. The fear of the outcome, " What will it be like to go through change? Will I cope? Will I be able to stick to it? Will it bother me or loved ones? " For many people the fear of changing is great enough to hold them back from almost anything including successful weight loss. Fear has deep roots in childhood when discipline, accidents or unhappiness began to set limits on imagination. Often adults carry fears from childhood without realising the limits they place on life potential.

Beating the Barriers

It is possible to overcome these barriers to change. First we need to explore current lifestyle habits and decide what areas need changing.

Now try to think about other attempts made in the past. For example, to exercise more, eat healthier meals or join the gym, write down the reasons you believe why these attempts failed - did the healthy eating plan fall flat because someone invited you for a curry and you couldn't get back on track? Did the exercise plan not work because you had other commitments in your life at that time?

Now analyse the reasons for that failure on a deeper level. What made you accept the invitation for a curry? Try to uncover clues as to what caused a barrier. Look at times in your life where you were successful at something and determine why?

This technique is like a self-search approach to establish what may drive your enthusiasm for various goals. Self-searching can yield valuable answers that you can use to set out on the path towards lifestyle change.

Positive Lifestyle Change

There are three main elements to help attain desired changes.

These three keys are a must in making any change successful, enjoyable and positive:

(A) INFORMATION ACQUISITION

Information about nutrition, physiology and biology will help you to understand how your body works and learn about where you may have gone wrong in the past. As your level of awareness broadens so will your excitement to try new, healthful ways to lose weight. The process of a positive change will then become fun rather than laborious. Gain knowledge from reading books, magazines and articles about nutrition and weight loss. Visiting this site on a regular basis is another way to gain new information and ideas.

Information acquisition is a great start but it is not always enough. For example, everyone knows about the importance of exercise yet there are still many people who do not exercise on a regular basis, despite proof of its benefits!

(B) SUPPORT SYSTEM

This is another important element for any positive change. It may even be the most crucial of all. The pressure, pain and anxiety in successfully losing a large bulk of weight are even higher when trying to do it alone. Friends and family who want the same as yourself will help produce an immense source of motivation, as for when one doesn't confide his/her intentions to diet or exercise then they must use their own willpower to resist any temptations. Try to recruit friends, family or co-workers to be a positive part of your goals even if they don't have the same intention as you, they can still play a role for support if you feel low or tempted.

Slimming clubs are a great way to gain support as they are full of people with the same intentions. New friends and training partners will help by motivating each other and increase chances of success.

(C) SETTING REALISTIC GOALS

Setting goals is one way to ensure success in any weight loss effort. The mistake many dieters make is to set goals that are unrealistic. When a goal cannot be reached it usually affects an individuals' motivation resulting in negative thoughts patterns. Short-term realistic goals should be set to ensure you achieve them quickly to gain motivational momentum. Setting goals can act as a map for you to follow and analyse how far you have come. Start by identifying where you are now and where you want to be. Then fill in the gaps by setting small easily reachable goals so you have a guide to help you reach your main ultimate goal!

6. Race 4 - XOSIZE 'Christmas' Fun Run/Walk

Don't forget this month's Fun Run.

Santa will be making a guest appearance and giving away lots of goodies to the children (BIG kids are included too!)

Sunday 26th November @ 10am, Duncan McKinnon Reserve.

See you at the track!

Click here for the [Entry Form](#).

7. Your Life Your Challenge

Update: - Wilson's Prom – Light Station Walk – (including Overnight Stay)

We received a good response to our proposed trip to Wilson's Prom early in the New Year.

If you have emailed me your interest already or even if you haven't and would like to join us could you please email which dates below you would prefer.

Date Options 6th, 13th or 20th January 2007

As the cottage can only sleep 12 people, its first in first served. So be quick! A **deposit of \$20** will be required to secure your place.

Further information on the Light Station Walk can be obtained at www.parkweb.vic.gov.au/resources05/05_0653.pdf

8. Birthdays cake goes to.....

November is a popular month for birthdays!

Sue Lyon
Scott Hollow
Anna Beattie
Shane Munn
Tania Jack
Chris Pinn
Stewart Clarke
Catherine Joachim
Tony Haycox
Time Reardon
Beth Hemming

9. Website of the month

Check out these websites:-

www.betterhealth.vic.gov.au

www.hiedi.com.au

10. Product of the Month



Socks can be much more than just an item of clothing. They can provide support for muscles, stabilize tendons and ligaments, regulate skin function, help control movements, and optimize temperature. Our team of sports physicians, bionics experts, bio-mechanics specialists, orthopedists, and textile engineers has met this challenge with success.

www.x-socks.com

Now on sale at the XOSIZE studio

11. Exercise and Pregnancy

How much is too much exercise during pregnancy?

What sports should you avoid?

Unfortunately there are no exact limits for frequency, duration and intensity of exercise for pregnant athletes. Ultimately the pregnant woman has to decide the fitness path to take, relying on the advice of her physician and fitness experts. But women who are very fit and participate regularly in exercise before pregnancy should be able to continue their routines as long as they take precautions. Lisa Druxman, a certified personal trainer and founder of *Stroller Strides* in the United States, present these general guidelines on a pre/postnatal fitness program.

1. Exercise intensity. Athletes are typically very tuned in to their bodies. They probably recognise the signs indicating their exercise intensity level is too high and adjust their workout accordingly. Pregnant women should exercise at a level that feels comfortable, using rating of perceived exertion as a guide. A general rule of thumb is that if it feels good, it probably is good; if, however, it feels bad, it's probably not good. Regardless of fitness level, one should never exercise to exhaustion (competitive athletes should be extra cautious, since they are more likely to get caught up in the competition and fail to accurately monitor their exertion level).

2. Strength training. Pregnant women should be able to continue their strength training routine throughout pregnancy. They need to make sure to breathe normally when working out because holding one's breath can reduce oxygen delivery to the placenta. To keep the oxygen supply going, avoid maximal lifts and heavy resistances, especially when the hormone relaxin is present in increased amounts (relaxin provides increased movement in the pelvis to accommodate the growing baby and allow for an easier birth. Relaxin concentrations are greatest in the first trimester, drop after 4 months and then peak again during labor). Many pregnant athletes can safely perform up to four sets of eight to ten reps (again, without undue fatigue).

3. Sports injuries. At any stage during pregnancy, an extreme blow to (or fall onto) the abdomen can damage the placenta. Late in pregnancy, as the foetus moves higher in the womb and is unprotected by the pelvis, direct impact during sports poses greater risk of damage. Most medical experts agree that the kinds of falls and direct contact that typically occur during contact sports are unlikely to damage either the womb or the foetus. However, because some potential for injury exists, deciding which sports are safe is ultimately up to the woman and her doctor.

Exercise during pregnancy: warning signs

If a pregnant woman exhibits any of the following signs while exercising, they should immediately discontinue exercise and receive medical attention:

- pain
- dizziness
- shortness of breath
- faintness
- vaginal bleeding
- difficulty walking
- contractions
- unusual absence of foetal movements (But note that the baby is often quietest when the mother is exercising.)

12. Dr Nick's nutrition tip of the month

Snacking is often an area that takes you off track from the nutrition success pathway. Being prepared with your snacks is one way to ensure you will always be on track, no matter where you are.

Having variety is also an important consideration for maintain adherence.

The following recipe is provided by my sister Amy and is a delicious way to ensure you're having a NutriFit friendly snack!

(See recipe attached).



Lentil Patties.doc

www.nutrifit.com.au