

## e~NEWSLETTER FOR OCTOBER

- Clients and Trainers achievements
- Q & A
- Fun Run – 15 October – *Running for Diabetes Australia*
- Your Life your Challenge
- Birthdays
- Referral Program
- Stay ahead with Dr Nick's nutrition tip

### 1. Clients & Trainers achievements

Well, it was certainly a big day for XOSIZE clients and trainers on Sunday 8 October with the Melbourne Marathon and Half Marathon. Fantastic results everyone!

#### **Melbourne Marathon**

- Lance Alberchet: :3:56:47 (1<sup>st</sup> Marathon)
- Tony Peterson 3:45:03 (1<sup>st</sup> Marathon)
- Brooke Norris 4:22:09 (1<sup>st</sup> Marathon)
- Mark Sharipo 4:23:23

#### **Melbourne Half Marathon**

- Corrine Proske, 2:04:08 (1<sup>st</sup> Half Marathon)
- Rosie Horvat : 2:03:18 (1<sup>st</sup> Half Marathon)
- Gordon Bardic, 2:03:04 (1<sup>st</sup> Half Marathon)
- Geraldine Creaton 1:25:29 (13<sup>th</sup> Female Overall. 3<sup>rd</sup> in her Age Group!!)
- Arron Strachan 2:29:00



Click here to read [Rosie's](#) and [Brooke's](#) race week and day experience.

### 2. Questions and Answers?

If I could only choose between diet or exercise which one would be best for weight loss?

I would say exercise is better because it helps to create physiological changes which aids weight loss, however a combination of both diet and exercise would be much better and will give quicker weight loss results.

**In saying "we are what we eat" does this mean our weight can be affected by the type of food we eat even if the energy content is the same?**

It's possible. Some research with animals has suggested that a diet high in carbohydrates can cause a weight change if the source of carbohydrate is different. For example, a diet high in simple sugars (chocolate, sweets and biscuits) is more likely to cause a slight weight gain than a diet high in complex carbohydrates (rice, potatoes or pasta) even if the amount of energy consumed is the same.

**I work very long hours sat at my desk, is it possible that I can lose weight without exercise?**

You can try. Weight loss is possible through diet alone but energy requirement for sitting all day will be fairly low therefore, any weight loss would require a lot more dietary restriction and determination. Restricting diet too much could lead to deficiencies and no weight loss program should leave you deficient in any nutrient apart from energy!

**How often should I exercise and how can I tell if I'm doing too much?**

How often we need to exercise depends on the individual and what they're trying to achieve - whether it's losing weight, toning up, building muscle or fitness. For weight loss it would be enough exercise if you are experiencing steady, sensible progress, if this slows or stops you could look more on the diet side. Training 3 times per week should be enough and well within a healthy person's capability although if no exercise has been undertaken for a while it would be important to start lightly and consult physician or your GP beforehand. After a few months, if you have the time and feel up to it you may add another session at the gym each week to push for more weight loss progress! If you do add another session make sure to get a full 8 hours sleep each night to help you recover.

Some indications of doing too much exercise are a sudden appearance of some or all of the following signs:

- **A consistent loss of appetite** - *exercise should help regulate appetite not destroy it*
- **Insomnia or disruptive sleep patterns** - *proper exercise should help us sleep more soundly*
- **Racing heart rate after sleep** - *we should feel relaxed after sleep not anxious*
- **A regular and strong feeling of lethargy** - *a good indication only if combined with some of the above*

If you experience any of the above symptoms remember it may not be a definite sign of overtraining there could be many other causes, these are only a guide so consult your doctor as soon as possible if you are unsure.

**Are our genes making us overweight?**

It's very possible that our genetic predisposition will have some influence on body weight. There are some genetic complications that may help contribute to difficulty in losing weight such as hormone imbalance, certain enzyme deficiencies or problems with the cell energy pathways. These are just a few however, it has been estimated that genetic disorders account for less than 5% in obese people and many people just exercise too little and eat too much.

**I jogged three times a week for 3 months but only lost 5 pounds so I stopped as I didn't think it was worth this amount of weight loss?**

If you were to have checked your body fat percentage before the weight loss program and again after 3 months you may have discovered a fat weight loss of more than 5 pounds. Sometimes the fat lost is simply replaced by lean weight but the weighing scales will not show this, remember weighing scales show weight lost or gained they cannot show how much of the weight loss was fat, water or muscle. Losing that amount of fat and adding lean tissue in its place is a great start as it will increase the metabolism and allow you to eat more, you will be smaller in size with inches lost off the waist. That's what weight loss is all about!

**My friend told me to start bodybuilding as the more muscle I gain the higher my metabolism would be. He said I would burn more fat and could still eat loads of food?**

It has been estimated that one pound of muscle burns 25-50 calories per day and each pound of stored fat only burns 2-3 calories per day. So yes your metabolic rate will increase however, building large muscles takes lots of hard work and dedication and I would not recommend intense training sessions to any inactive individual. To burn off excess fat you should be doing some form of low-intensity high duration aerobic exercise, after the weight has come down and fitness levels improved then bodybuilding may be okay!

### **3. Race 3- XOSIZE Fun Run/Walk**

Race 3- **Sunday 15 OCTOBER @ 10am, Duncan McKinnon Reserve.**

Please note! The upcoming Fun Run on Friday 13th October has been rescheduled to **Sunday 15th October starting at 10am.**

Sorry if this has inconvenienced anyone, however due to daylight saving not commencing until the end of October there is a lack of quality light for a twilight race. We hope to plan a few twilight races early 2007.

Race entry is still **FREE**, however if you would like to make a gold coin donation to *Diabetes Australia* on race day that would be appreciated.

*See you at the track!*

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

### **4. Your Life your Challenge**

#### ***Wilson's Prom – Light Station Walk – (including Overnight Stay)***

*We are look at organising a small group to complete the 19.1km (return) walk to the Wilson's Prom Light Station in the New Year.*

*If this is something you'd be keen to do, please send me an email to register your interest. Thanks Scott*

#### **ABOUT THE LIGHT STATION**

Perched on a small peninsula jutting into the wild seas of Bass Strait is the Wilson's Promontory Light station. The dramatic granite tower and head lighthouse keeper's residence, built in 1859, and a number of other buildings make up the light station precinct. It is a fantastic place to relax and 'get away from it all'.

Hikers can experience the charm and atmosphere of this magnificent light station while staying in the luxurious comfort of one of the three cottages, all surrounded by a backdrop of breathtaking coastal scenery and grandeur. Situated 19.1 km from Tidal River, the light station is only accessible by foot. Before booking accommodation at the Light station, visitors are encouraged to think long and hard about whether they are capable of doing this walk.

It is recommended that you try a practice walk of the same length, along an undulating bush track that has some steep sections, to gauge your ability to walk this distance carrying a backpack.

All cottages are beautifully restored and are fully equipped with stove/oven, microwave, fridge, cooking utensils, cutlery and crockery. Cottage 2, which was the head lighthouse keeper's residence, has one room with a queen-size bed. All other bedrooms in the three cottages have bunk beds, sleeping between two to four people per room. The kitchen, lounge, dining and bathroom areas are all shared facilities.

Further information can be obtain at this website - [http://www.parkweb.vic.gov.au/resources05/05\\_0653.pdf](http://www.parkweb.vic.gov.au/resources05/05_0653.pdf)

## **5. Birthdays cake goes to.....**

October is a popular month for birthdays!

Happy Birthday to:

Mark Shapiro  
Shaun Murphy  
Carly Moran  
Emma Edwards  
Natalie Cheetham  
Kevin Archer  
Sarah Bellamy  
Christine Kohr

## **6. Referral Program**

We value our clients. So if you are happy with the XOSIZE experience, please refer your family and friends and you'll receive a 'finder's fee.'

Our referral program makes it worthwhile to refer new customers by offering you either a credit towards your existing account or a gift voucher. The 'finders fee' is calculated on the initial spend of the customer in the first 2 months of commencing with XOSIZE.

There are no restrictions on how many people you can refer. For more information, email Scott at [scott@xosize.com.au](mailto:scott@xosize.com.au).

And if you're not happy with our service, we'd like to hear about that too!

## **7. Dr Nick's nutrition tip of the month**

Warmer weather is fast approaching so it's time to start thinking about using the barbecue again. This doesn't have to involve large serves of sausages and fatty meat. You can use small pieces of lean meat, chicken, fish or tofu. Vegetables that are sliced and lightly barbecued are also delicious, such as onion, eggplant, zucchini and mushroom. Use a small amount of olive oil (spray is best) and avoid overcooking and/or burning food as it destroys both the flavour and much of the goodness.

The following recipe is taken from the Nutrition Australia website ([www.nutritionaustralia.org](http://www.nutritionaustralia.org))

This recipe shows an easy and tasty way to add variety to your usual barbecue, and is sure to tempt even the most traditional barbecue enthusiast! This recipe uses chicken, but it can be easily substituted for pork, beef or tofu. Regardless of what ever "meat" you choose, it can be threaded onto skewers and made into kebabs. Chicken thigh fillets are ideal to grill using an indoor grill, chargrill pan or barbecue as thigh fillets have lots of flavour and are very tender. Chicken Yakitori is served with a green salad that has loads of taste and is great for a barbecue. Enjoy!

# Chicken Yakitori with Gourmet Mixed Salad

Serves 5

## Ingredients

### *Chicken Yakitori*

500g chicken thigh fillets (cut into 3 pieces)

#### **Marinade**

2 tablespoons salt reduced soy sauce  
1 tablespoon Worcestershire sauce  
1 tablespoon plum sauce  
2 tablespoons wine  
2 tablespoons honey  
1 clove garlic, crushed  
1 cm cube fresh ginger, sliced  
or 1 teaspoon ground ginger

### *Gourmet Mixed Salad*

1 lettuce, leaves torn into quarters,  
or assorted mixed lettuce leaves  
1 tomato, sliced  
½ cucumber, sliced  
1 capsicum, cut into strips  
50g feta cheese, cut into small cubes (optional)  
8 olives  
*Dressing*  
2 teaspoons olive oil  
1 teaspoon lemon juice  
½ teaspoon dried herbs  
freshly ground black pepper

## Method

1. In a flat container, combine ingredients for the marinade. Add chicken.
2. Stir, cover and place in refrigerator to marinate for at least 2 hours (can be left for several hours or overnight).
3. Preheat chargrill pan, grill or barbecue until hot. Remove chicken from dish and grill until cooked through. Meanwhile, prepare salad
4. In a bowl mix together salad ingredients.
5. Drizzle oil over salad, herbs and pepper. Mix to combine. Chill until ready to serve with Chicken Yakitori

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