

# THE JOURNEY AHEAD



Congratulations, you have started on your journey to improve your physical and mental health, fitness and well being.

Think about your future and all that you hope to do in all areas of your life. You know that good health is essential for the achievement of these goals. Unless you take care of your health, you can't take care of business, family and other interests.

We are aware that reasonably good fitness and strength level brings with it optimum health and improved quality of life. But how do we know if we are fit enough? What does fitness mean and how do we measure it?

The term fitness relates to our general health and covers many aspects of our physical and mental well being.

Physical fitness is indicated by:

- The ability to perform daily tasks easily, having enough energy left to enjoy active leisure activities.
- Strong muscles for balance, endurance, agility, bone strength, and posture.
- A healthy body composition ( lean body weight to fat ratio)
- Flexible and pain-free limb movement
- A healthy and efficient cardiovascular (heart / lung) system

Mental fitness is determined by:

- Self satisfaction and a positive outlook
- Vitality and vigor
- High self esteem
- Ability to de-stress oneself
- Ability to cope with life's ups and downs

Because your body is genetically programmed to move, not getting enough physical activity carries a heavy price tag in terms of health, emotional balance and looks. And, if you have avoided physical activity as much as possible for many years, the good news is, its never too late to reap the benefits.

Physical and mental fitness goes hand-in-hand and could be defined as an inner sense of well being. Healthy living means making important lifestyle changes in the way you eat and exercise and in the way you think. Changing old habits isn't easy, and we want you to know that it's okay to be afraid and uncomfortable with this lifestyle change. That's natural, but these changes will be gradual. Making the change to a healthier lifestyle is a process you will enjoy and can be proud of. The easiest way to go about it is to take it one step at a time, change is impossible when we set ourselves unrealistic goals. If you try to hurry change, chances are it won't be permanent.

If you have fallen into a rut of overeating and inactivity help is here. Ruts can be a comfortable, cozy and self-indulgent phase of life, but no matter how comfortable you have become, ruts often lead to depressing conditions that eventually will take you down a path of self-destruction.

Action creates motivation. Once you understand and implement effective exercise and eating habits, you will become successful. Once you start achieving great results, the excitement and fun you experience will make the change worth the effort. Enjoying the many great benefits of a healthy lifestyle will help provide the impetus to stay on the healthy road you have taken. Whether you are new to exercise or are restarting again makes no difference to the journey ahead.

Imagine that you have committed yourself to walking from Whangarei to Auckland. You are now at the city boundary about to take those first steps on the very long journey. There has been no time frame set for this journey, just that you will keep going step by step until you get there.

The prize at the other end is all that you ever imagined that you could be - healthy, happy, slim, feeling and looking young for your years with loads of energy and vitality.

What a goal, what a prize, no amount of money or luck can obtain this priceless possession and to attain it all you have to do is keep plodding along that road.

There will be obstacles, there will be detours, there may even be some backtracking, and there may even be some complete stops. This is all part of the journey; this is all part of the fun and the challenges that lie ahead.

Your commitment to this journey must mean a non-negotiable bottom level of two exercise sessions per week. If you do more than this that is fine and you can consider these a bonus and you will reach your destination in a shorter time. But the two sessions always must be done unless you are very ill or seriously injured. If you miss sessions it is up to you to make them up.

To fit these sessions in they must take priority of the same level as work or family commitments. If you wait till you have time left over then they will not get done and you will not get to Waipu let alone Auckland!

Getting started and continuing an exercise program can be a challenging yet rewarding undertaking. You can implement various techniques to improve your adherence to these new lifestyle changes.

Set realistic goals that contribute to long term lifestyle changes. Set both behavior and outcome goals. A behaviour goal could be simply exercising Tuesday and Thursday mornings at 7 o'clock. An outcome goal could be fitting back into a favorite piece of clothing that no longer fits.

Focus on achieving your behaviour goals since you will have much more control in achieving this type of goal. By achieving the behaviour goal it is highly likely you will automatically achieve the outcome goal.

Think of your scheduled sessions as you would any other appointment. You wouldn't break your dental appointment because you didn't "feel like going" would you? If you're committed to reaching your health and fitness goals, you must follow through and keep promises to yourself.

Initially, you may be very motivated to stick to your program but it is not unusual for your motivation to dip occasionally. Rather than having an all or nothing attitude towards exercise, think of it as an on-going process.

If you miss your scheduled workout, realise all is not lost. Forgive yourself and re-evaluate your behavioural plan. Adjust your strategies to prevent further dropouts and recommit to

your program. Develop a back up plan in case of unforeseen circumstances. (This may be doing only 50% of your normal session or changing your scheduled workout day or time.) Agree not to use your back up plan unless absolutely necessary but be flexible enough to compromise. Exercise is not an all or nothing event. Even a little is better than nothing at all. If you have not successfully stuck to your program in the past, analyse past obstacles and implement new strategies to overcome these barriers.

### MAP OUT EXERCISE PLANS AND STICK TO THEM

People who stay faithful to their exercise programs don't usually have willpower. They don't need it. What they have is a habit, a routine. Exercise for them is like brushing their teeth. They just do it.

Put exercise high on the priority list, next to family and working.

To make exercise a habit, it needs to be on the agenda in a specific time slot, not on the "to do" list that you turn to "when I get a minute". When you make time to exercise, you will end up having more energy to meet all of your needs, and more things get done in the end.

One way to make something a habit is to have the same environment, the same situation every time you exercise. Consider exercise as part of your working day like getting dressed. The process of donning the workout gear at a designated time is far more important than how long or how hard you work out. Once the consistency is ingrained in your routine, you can pay more attention to the quality of your workout.

How long till it's a habit? As quickly as six weeks or as long as six months - it's simply a matter of following a format that makes you feel good, about making promises and keeping them.

The key is setting yourself up to be successful with your new program. Success breeds success. Small successes encourage you to keep going and help you manage larger challenges

### STAYING ON TRACK WITH YOUR EXERCISE PROGRAM.

You may have good intentions of sticking with your exercise plan, but obstacles will come up that may detour you. Remember excuses only get in the way if you allow them to. Follow these suggestions to stay on track.

- Write down your reasons for starting your physical activity plan on a card. Put this card where you will see it often.
- Write down your three most disruptive obstacles to activity and propose three realistic solutions.
- "Not enough time" is the most often used excuse. Increase your time management skills so that you can fit in your exercise sessions.
- Schedule your exercise sessions in a daily planner or calendar. Consider these as appointments with yourself. Give yourself the same respect you give others in keeping appointments. Your only reason for not exercising should be if you're sick.

- Enlist a friend or relative to share physical activity with you. Support is one of the most important factors in exercise adherence. Share your goals with those close to you or others that are likely to ask you about your progress. Ask them for their support. Having explained that you have set aside a particular time to exercise can potentially minimise future conflicts or misunderstandings. Those close to you will have the opportunity to understand the importance of your goals and the time you have set aside for them.
- It can take up to 8 weeks to see some of the benefits you desire from your program. In the meantime, focus on short-term goals, like performing your weekly training sessions as planned, which will increase your self-confidence.
- Use a log sheet to track your progress. Consistency is the key, not how long or how hard you exercise. Do ten minutes when you don't feel like a longer session. Write it in your log. The most important thing is that you did something. You'll be proud of your accomplishments and this will help you to stick with your program.
- Visualise. Remember that you are exercising because you want to achieve the goals you have set yourself. If your goal is to reduce body fat, visualise each session as peeling layers of fat off your body, much as you'd peel layers off an onion. If your goal is to increase muscle definition, visualise your muscle as it will look, and feel it working as you lift the weight. If your goal is to increase your cardiovascular fitness or to reduce your blood pressure, imagine your heart working and pumping blood and oxygen to the cells in your body - getting stronger and more efficient. As you perspire, imagine the impurities flowing from your body and you are working your way to better health.
- Think of exercise as essential to your well being like good nutrition and sleep. If something is part of your lifestyle, you do it whether you like it or not, like brushing your teeth. If you regard exercise as a hobby (something to be done when you feel like it) you may not exercise regularly, not reap the benefits and lose motivation.
- Successful behaviour change begins with believing in yourself and believing that your health and wellbeing are important and worthy of your time and energy.

Aim for improvements in your life, don't aim for perfection. Life is never perfect. Small changes will bring big rewards.

Keep this information handy and read it from time to time. This will help motivate and keep you focused. It doesn't matter where you are today it's where you are going that counts.

## CHANGE YOUR ATTITUDE.

Old Attitude.

"I don't have time to exercise".

New Attitude

"It's up to me to create time to exercise".

Old Attitude

"I don't have the discipline to stick to an exercise program".

New Attitude

"I will enlist the support of others and encourage them in return".

Old Attitude

"I can't afford to invest in my health right now, I'll do it later".

New Attitude

"An investment in my health will yield immediate, positive returns".

Old Attitude

"When a crisis erupts, I have to put exercise on the back burner".

New Attitude

"Especially during tough times, I need a strong foundation from which to operate".

Old Attitude

"If I'm injured, I have to stop exercising".

New Attitude

"If I'm injured, I can find alternative ways to exercise".

Old Attitude

"I have other priorities, like family and work".

New Attitude

"When I make my health a top priority, all areas of my life benefit".

Old Attitude

"My friends and family don't want me to change".

New Attitude

"I will inspire my friends, family and others to change for the better by becoming a positive role model".

Think like a winner.

Think like a winner, not a loser - remember that emotions are like muscles and the ones you use most grow strongest. If you always look at the negative side of things, you'll become a downbeat, pessimistic person. Even slightly negative thoughts have a greater impact on you and last longer than powerful positive thoughts. Negative thinking doesn't do you any good; it just holds you back from accomplishing the things you want to do. When a negative thought creeps into your mind, replace it reminding yourself that you're somebody, you have self worth and you possess unique strengths and talents.

# IS PERSONAL TRAINING FOR YOU?

Your membership includes your initial assessment and exercise program and all ongoing 6 - 8 weekly follow up reassessments to evaluate your progress.

You may wish to receive more individual attention for motivation, guidance and custom results. You may need a personal trainer.

Personal training is not just for movie stars or wealthy people. Rather, it is an innovative, affordable route to a results-oriented exercise program. People of all fitness, age and economic levels use personal trainers to help make those lifestyle changes they couldn't achieve by themselves.

## What is a Personal Trainer?

A personal trainer is someone who has the expertise, experience and educational background to design an individualised exercise program to assist clients in achieving their individually selected fitness goals.

He / she does this by teaching you how to perform exercise correctly, designing and varying your program for you, and over time, by training you how to think about the components and principals of exercise, so that when you are comfortable, you can train yourself.

Once your trainer has found out what your health concerns, fitness goals and schedule are, he or she can tailor a program to help you achieve the results you want. With a trainer's guidance you can maximise your results in a minimal amount of time.

These goals could include:

- Body fat reduction and weight loss
- Cardiovascular conditioning
- Bodyshaping and toning
- General muscular conditioning
- Crosstraining ( strength and endurance)
- Low back strengthening
- Sport specific training
- Rehabilitation from injury
- Flexibility
- Pre / postnatal training

Your goals will be as individual as you are. By taking into account what you want to achieve, your trainer can design a program that is just right for you. Together you will set long and short term goals. Your first session will probably include questions and assessment tests to give your trainer an idea of your "starting point".

Once you know where you are starting from and where you want to go, you can chart your route and measure your progress along the way.

## How many sessions will I need?

The amount of sessions you need is usually up to you. Some people already have a fairly successful exercise program, and simply want to learn more advanced exercises to complement their program and to add more variety. In these cases one or two sessions might be enough. Other people want more in-depth help that includes extensive assistance with exercise program design. Such help might take four or five sessions. You may just want a trainer once weekly, fortnightly or monthly to motivate, educate and inspire you and you continue with your training yourself in between.

A personal trainer can help make your exercise program as enjoyable as possible and help ensure that your investment of time and money in your gym membership is well spent.

# GIVE YOUR HEART A REGULAR BEATING



We are an immobile population. The most physically inactive population that ever lived! Otherwise able-bodied, we sit while we work - at the computer, at the workbench, at the desk, at the phone, on the tractor. We even sit while we are going from one place to another - in our cars, on the bus, on the boat, on the train, on the aeroplane. We sit during our recreational hours - at the dinner table, on the deck chair, on the couch, at the bar, at the movies, at the picnic, watching sport.

No surprise that we are so out of shape, that we develop pot bellies in our 20's, that our hearts pound and we have to gasp for air when we climb a flight of stairs. No surprise that our arteries clog and our blood pressure zooms. No surprise that our bodies designed to be physically active deteriorate from lack of use and suffer from the effects of emotional stress.

## EXERCISE IS THE CURE FOR THIS

### Cardiovascular fitness

This refers to the fitness level of your heart, lungs, veins and arteries that are responsible for processing and transporting oxygen to your muscles.

The heart is not some mysterious beating organ, but rather a pure powerhouse muscle that responds to exercise just like any other muscle. You can beef it up and keep it strong, or you can let it get scrawny and weak.

This mother of all muscles grows larger and stronger with regular and consistent exercise. With this added strength the heart can pump more blood with every beat, delivering life giving oxygen and nutrients to all tissues. Since its throwing out more blood with each stroke it doesn't need to pump as often even when its owner is resting or sleeping. It functions more effectively and with less wasted effort. This is why athletes have slow heart rates, around 50 beats per minute.

As your fitness improves your heart will become more efficient and can be measured by a reduced or slower resting heart rate.

Resting heart rate is the number of heartbeats per minute when you first wake up and before you get up. If you reduce your resting heart rate by 10 beats per minute, each day you will save approximately 14,000 beats per day of your heart. This can add more active and productive years to your life and life to your years.

Aerobic means using oxygen. Exercises that enhance your body's ability to transport oxygen are brisk walking, running, cycling, electronic cardio-conditioning equipment, swimming etc. Any activity that uses large muscle groups and where your heart beats steadily and your lungs breathe deeply. Aerobic exercise enhances overall fitness and well being in other ways too. Although it improves the functioning of the heart, it also lowers blood cholesterol and effects your brain chemistry so that you produce natural opiates which make you feel good - improving your self-image and confidence so you feel better about yourself and your life all round.

The difficulty or intensity level of your exercise is another essential factor to improving fitness. You may choose to walk for 30 minutes a day (sounds excellent), but you won't improve your cardiovascular fitness by taking a gentle stroll.

The key to achieve the maximum benefit from your exercise and to make sure that you exercise safely is to measure the intensity level of your exercise, i.e. how hard you are exercising. This is by no means as daunting or as difficult as it sounds. There are a number of ways to measure how hard you are exercising, ranging from a very simple talk test to taking your heart rate, either manually or with a heart rate monitor. You can choose whichever method suits you best.

#### 1. The talk test

The talk test method is a subjective measure to determine how hard you are exercising. If you are able to talk during your exercise without too much effort you are within a safe level of exercise.

#### 2. Measuring your heart rate

You can measure your heart rate manually, by taking your pulse, or with a heart rate monitor. Measuring your heart rate makes sure that you exercise at the ideal level for you. If you exercise at levels which are too low, you won't improve your fitness and may become frustrated by your lack of progress. Measuring your heart rate also makes sure that you don't push yourself too hard and overexert yourself. Furthermore, you will be able to measure your progress, which is motivating, and as your fitness improves you will be able to adjust your heart rate to match your fitness, thus maintaining an optimum level of exercise.

##### Taking your pulse

Use your index and middle fingers on one hand and find the pulse on the other hand on the underside and thumb-side of your wrist, just above the wrist bone. Press down lightly. If you prefer you can take your pulse from the artery to the right or left in your neck near your Adam's apple. When you have found your pulse, count the number of beats, counting the first beat as zero, for either six seconds (then multiply this number by ten) or for ten seconds (then multiply this number by six) to get the number of times your heart is beating per minute.

(Bear in mind that although counting for 6 seconds is easier, the longer you count for the more accurate your results will be). You should check your pulse about 5 minutes into your exercise and again 5 minutes before you stop. You may have to stop exercising to do this; take it immediately as your pulse rate will slow down rapidly.

### Using a heart rate monitor

All you need is a basic monitor that consists of a sensor strap, which fits around your torso next to your skin and a wrist monitor. The two communicate and your heart rate is continuously displayed on the wrist monitor. They are extremely easy to use.

Although there is no initial financial cost with measuring your heart rate manually, feeling and counting your pulse can be tricky (especially during exercise) and it is less accurate than using a heart rate monitor. A heart rate monitor is accurate and your heart rate is displayed continuously. This allows you to always exercise at the absolute optimum for you. The immediate feedback is also fun and motivational.

### Calculating your intensity level

You can easily calculate the level at which you should be exercising. Your maximum heart rate (i.e. the fastest your heart can beat) is used as the reference point for determining your intensity level. You can estimate your maximum heart rate by subtracting your age from 220. For example, if you are 40 years old,  $220 - 40 = 180$ , your maximum heart rate is 180 beats per minute (bpm).

Aerobic exercise should be at levels, which are between 60% and 85% of your maximum heart rate. Between this range are zones. You can match your current level of fitness, and your exercise goals, with the appropriate zone. This way, you achieve exactly what you want from your exercise. To achieve a range of benefits you could aim to exercise at several intensities.

#### Zone No 1

The Healthy Heart Rate Zone where you exercise at 50% to 60% of your maximum heart rate. This is the easiest zone within which to exercise and ideal for those who are just beginning. At this level the intensity is low, you can talk easily, it is easy to maintain, the risk of injury is low and it is beneficial for overall health. It burns a high percentage of fat, but a small number of total calories.

#### Zone No 2

The Fitness Zone where you exercise at 60% to 70% of your maximum heart rate. The benefits of this zone are the same as the first with the addition that it provides more cardio-respiratory benefits and you burn more calories.

#### Zone No 3

The Aerobic Zone where you exercise at 70% to 80% of your maximum heart rate. In this zone, your cardiovascular and respiratory capacity will greatly improve, you will burn fat and more total calories for less time compared with the lower zones.

#### Zone No 4.

The Threshold or Anaerobic Zone, where you exercise at 80% to 90% of your maximum heart rate. This is the zone for improving fitness and performance. It burns a low percentage of fat, but many more calories.

You can calculate your zones simply by multiplying your maximum heart rate by each percent of your zone

#### Step 1

Estimate your maximum heart rate (220 minus your age)

#### Step 2

To calculate intensity levels for zone 1 multiply your maximum heart rate by 50% (0.50) and 60% (0.60)

Example for a 40 year old

Maximum heart rate is  $220 - 40 = 180$

For 50%,  $180 \times 0.50 = 90$

For 60%,  $180 \times 0.60 = 108$

Heart rate should be between 90 and 108 beats per minute for zone 1.

Measuring your heart rate is not completely reliable method by itself to ensure that you don't push yourself too hard. There may be days when you find it more difficult to achieve your desired heart rate because you are tired, you have a cold or are feeling a bit low for example. Rather than push yourself, take into account how you are feeling.

### Start slowly

Start with small amounts of time and little effort and increase gradually. Don't try and do too much too soon, you may feel unwell and lose motivation to continue. A key to successful exercising is to start slowly, particularly if you have led a sedentary lifestyle. You will finish your exercise with a sense of achievement, feel better and give yourself the motivation to continue. It is also essential to start slowly to prevent injury.

### Keep a diary

Keeping a diary of your exercise, i.e. how much time, how often and how difficult, can keep you motivated as you see your progress and success. You may also wish to record how you feel. It could also help to identify your barriers to exercise. For example, you may find it difficult after work if you go home first, so exercise immediately after you leave work before going home. A diary can also be useful in helping you decide when to increase your exercise in terms of frequency, time and intensity.

### Set goals

Set yourself short-term goals and be realistic. For example, your aim may be to increase the distance you walk from 10 minutes to 15 minutes or to increase your pace so that your intensity level increases from the low end of zone 1 (50% of maximum heart rate) to the high end of zone 1 (60%).

# REDEFINE YOURSELF



Our bodies are made up of two basic components - lean body mass (LBM) which encompasses muscle tissue, and fat. Lean body mass is the part of you that is most alive. It consists of organs such as the heart and liver, bones and skin as well as muscle tissue. Your LBM demands oxygen, uses nutrients from your food, thinks and feels, moves, grows and repairs itself. The rest of you is fat. Fat tissue is very different from muscle. It does not need oxygen, does not create movement or activity, and cannot repair itself. Approximately half of our lean weight is muscle, which along with fat is most likely to change during our adult years.

## Body Composition

Your LBM to fat ratio is a very important factor in your general health and wellbeing.

For energy, beauty, health and weight control, most experts would say that 90 percent lean body mass to 10 percent fat is ideal for men. For women, 80 to 85 per cent lean body mass is just about perfect, which means carrying no more than 15 to 20 percent of your weight as fat.

Your body composition (lean body weight / fat ratio) will be determined at your assessment before you begin your exercise program and can be taken at 6 - 8 weekly intervals to determine your progress. This test is performed with an ultrasound body composition analyser or by skinfold measurements.

Fatness is dependent on lifestyle. It's the result of what you do, and don't do and what you eat. It takes years of overeating to grow fat, the body shifts its fat-point up very slowly. To shift it down you have to operate the same way, very slowly. It is safe to lose between 3 - 6% of body fat per year without raising the body's defenses. To ensure changes in your fat-point, you need to know the amount of fat on your body. The key word here is fat. It doesn't matter what you weigh but it does matter how fat you are. The bathroom scales cannot tell you this.

Note: Beware of any fat loss program that measures your progress with scales.

## Total effects

How your body functions is to a great extent determined by its ratio of lean body mass to fat. When for any reason, such as being inactive or going off and on slimming diets, you shed lean muscle tissue, your energy, your personal appearance and the way your body performs is undermined. In most of us - this is a slow decrease - often so slow that you don't notice it - over many years, only to awaken in midlife to find your body is flabby even if you have remained thin, and that you suffer from chronic fatigue. There are other things too that can decrease muscle mass, such as illness, or too much exercise, or the wrong kind of exercise. Then, even if you appear to have stayed the same weight on the scales, the fat on your body will have increased and your body will have lost a great deal of its tone.

## Finding yourself

It is the muscle portion of your LBM you will be working with, through both dietary changes and exercise. What happens is that your LBM slowly but surely transforms your body - which may have become distorted over the years by stress, poor eating and lack of movement - into the true form that is hidden within it. The more muscle mass you build, the more energy-burning factories you create in your cells, which in turn increases your metabolic rate (the rate your body burns fuel). You will be able to burn fuel for energy and lay down less fat, until eventually you can eat more than you are eating now, and never get fat.

This muscle is the engine of your body; it creates the life energy to think, to move and to feel. The important thing to remember is this: stop worrying about how to whittle away just a bit more flab from your hips, thighs or tummy, and concentrate instead on improving your muscle mass.

## Why the middle age spread keeps spreading

Inactive adults lose around 250 grams of muscle per year, or 2 ½ kilos per decade and add about 7 ½ kilos of fat. While these undesirable body composition changes should be obvious, most adults are much more aware of the fat gain than the muscle loss. They typically diet to lose excess weight, which further reduces their muscle mass, as about 25 percent of the weight lost through dieting is muscle tissue.

This loss of muscle leads to a lower metabolic rate. This is similar to dropping from an eight-cylinder car, to a six-cylinder car, to a four-cylinder car to finally, a motor scooter. This results in less energy use, meaning our bodies are less able to use the food we consume - thus more gets stored as fat. Muscle is the only thing in the body that burns fat. When you lose muscle you cannot lose fat! Muscle burns calories, the less you burn, the more you store, and the more you weigh. Your body weight on the scales over the years might remain the same but your waistline will continue to expand. This slow insidious change in body composition reduces our capacity to function effectively, making it more difficult to perform physical activities, increases our risk of life threatening degenerative diseases such as cancer and heart disease and increases risk of injuries (including falls and back pain).

Under-muscled people have low levels of energy. Studies show they are at as great a risk from degeneration and early aging as people who have too much body fat.

Losing muscle is a bad thing, and greatly accelerates the aging process. Inactivity is the major contributor to this deterioration. What you do or don't do in the decades beforehand greatly influences how you age.

## Metabolic efficiency

Our muscles have high-energy requirements. Even when we are sleeping, our muscles use more than 25 percent of our energy (calories). When you implement the principals of effective strength training, and if you are consistent in your program, you will increase lean muscle mass throughout your body and increase your resting metabolic rate. You will then be burning more calories even while parked on the couch watching TV.

Most adults do not understand the cause and the solution to the weight gain problem. They do not realise that the loss of muscle leads to the addition of fat. They are even less aware that the loss of muscle is related to osteoporosis and a variety of degenerative diseases. Fortunately, it is possible to replace much of the muscle that has been lost through a sedentary lifestyle. Both our physical appearance and our physical performance can be improved by muscle gain or hampered by muscle loss.

Because the deterioration in body composition is a two-fold problem (too little muscle and too much fat), restoration of desirable body composition requires a dual solution (muscle replacement and fat reduction).

Obviously, regular exercise is essential for replacing muscle tissue. However, only strength training is effective for this purpose. Endurance exercise is ideal for improving cardiovascular (heart / lung) fitness, but it neither builds muscle nor prevents the loss of muscle during our adult years.

### How to do it

Strength training or resistance training is exercise that uses resistance - and involves the use of barbells, dumbbells, machines and other equipment to improve strength, overall fitness, appearance and / or sports performance. The basic premise of strength training is to use weights and resistance to make muscles work harder than they are accustomed to working, and provides many important benefits that cannot be achieved by any other exercise or activity.

The benefits of strength training include increased muscle strength, endurance and tone, and increases in tendon, bone and ligament strength. This contributes to improvements in our work, our general day to day activities and our favorite sports and hobbies. It increases bone mineral density, helping prevent osteoporosis and stronger back and abdominal muscles help provide better support for the spine, thus combating the epidemic of back problems. Another benefit of a good strength-training program is its effect on our overall appearance and body composition, which can directly influence self-esteem, self worth and level of confidence.

Where aerobic exercise strengthens the heart and lungs, weight training goes far beyond. Studies have shown that strength training also reduces the risk of obesity, diabetes, colon cancer, high blood pressure, unfavorable blood cholesterol, and arthritic discomfort.

You can see that anyone interested in decreasing body fat percentage - and their risk of diseases - as well as increasing physical performance and appearance, should be strength training to help condition their metabolism.

(Unlike dieting, which decreases the number of calories a person eats each day, strength training increases the number of calories a person uses each day).

Shedding weight while exercising regularly means you lose fat instead of water or vital lean tissue. Once you get into it, you will come to love it - while it is doubtful that you will ever meet anyone who enjoys dieting!

## How to get started

An effective basic strength training program will include exercises for the major muscle groups and should be performed a minimum of twice per week.

Every time you lift and lower a weight, you form a repetition or 'rep'. Most reps take 6 to 7 seconds to complete, 2 or 3 seconds to lift the weight, 1 second to hold it, and 3 to 4 seconds to lower it. The number of times you carry out each 'rep' is called a set. For instance, 10 leg extensions followed by 30 seconds to 1 minutes rest is considered one set. You may start off with 1 - 2 sets of each exercise increasing to 3 sets, as you become stronger.

The last repetition should be slightly difficult. You always want to pick a weight that you can lift at least 8 times.

If you can perform more than 12 reps in a row with no difficulty, this is an indication that your strength has increased so much you need a slightly heavier weight. A workout usually takes between 20 to 30 minutes to complete.

It is always a good idea to warm up for 5 - 6 minutes to warm up cold muscles and help protect from injury. (Use the silver wind bikes for your warm up).

It is important to change your strength-training program every 6 - 8 weeks.

A new program will:

- Ensure maximum results are obtained from the exercise program.
- Adds variety and interest to the exercise program to keep it fresh and exciting
- To educate and add to the library of exercises you use to eventually lead to having enough information to safely design your own programs.
- Helps motivate to ensure adherence to an exercise program
- A properly structured program performed at the correct intensity will help ensure results are achieved in the shortest possible time.

## Look after your back

The most common pain in the Western world is back pain. This results from poor posture and under-use rather than over-use of our back muscles. We sit at desks at work, flop down on chairs in our living rooms and wear high-heeled shoes. Our backs become stiff, locked up and immobile.

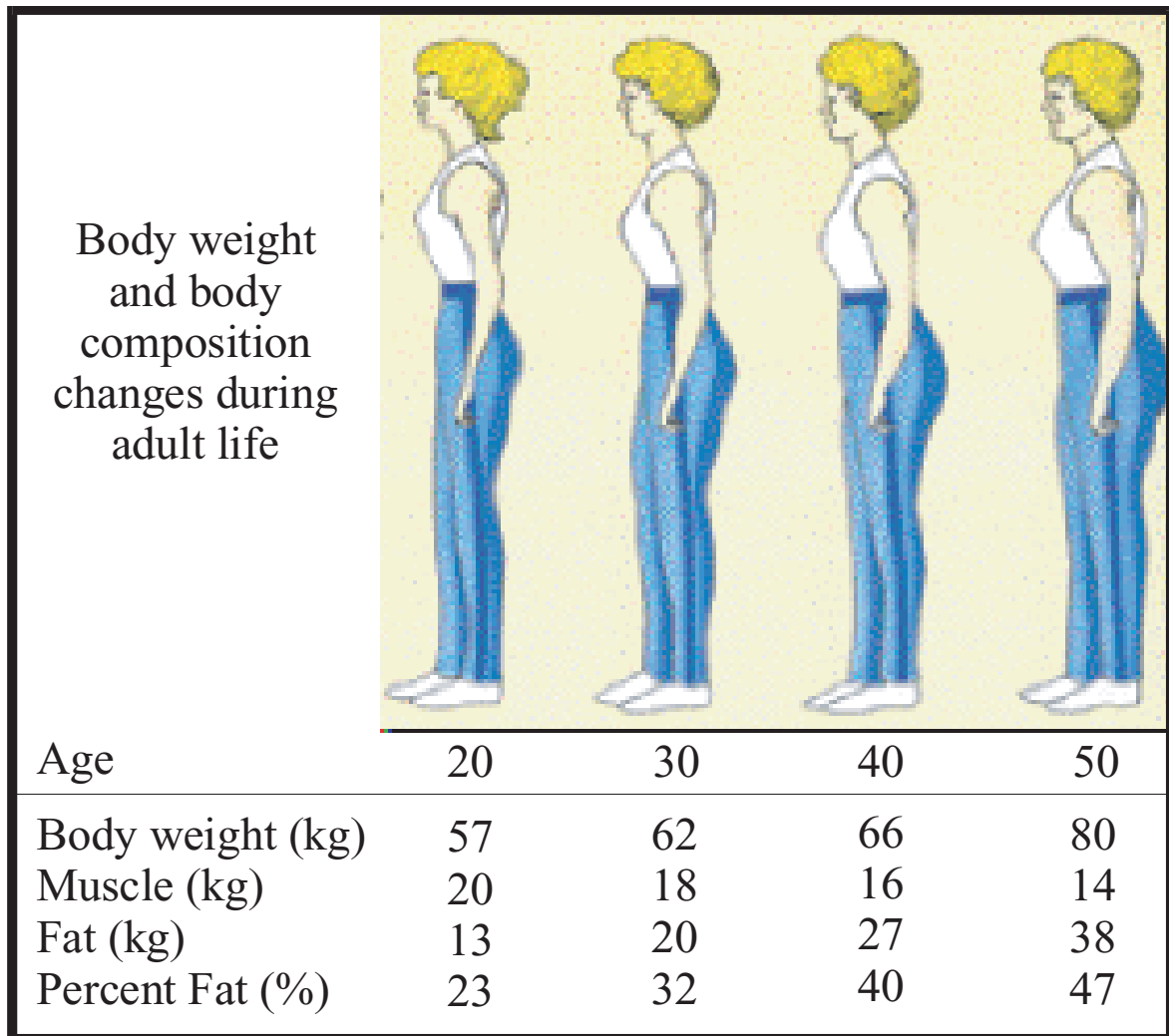
Most forms of lifestyle fitness, such as those we have discussed, will help strengthen your lower back. In fact, exercise generally reduces back pain. The lower back is affected by any weakness, imbalance or tightness in the surrounding areas such as the thighs, abdominals, buttocks and, of course, the back muscles themselves. So, to increase the stability of your lower back, it's important to exercise and strengthen all of these muscles.

## Sleek smooth body

With time, your muscles will become denser and more compact. Don't be worried if from time to time you step on the scales to find you weigh a kilo or so more, instead of less. As your muscles become denser, they also become heavier and the more muscle you create in your body the less fat you will have. It is important to measure your fat loss progress by a body composition test or by the clothes you wear that will fit you better and not by the scales. The scales may show that you've lost 3 kilos, but it can't tell you that half the weight was muscle and water, not fat. Similarly, you may be discouraged when you haven't lost any weight, even though you have actually lost kilos of fat and replaced them with kilos of firm fat-burning muscle.

How long does it take to transform your body into a fat burning organism? The process of building muscle is a slow one. It takes place over months. Not only will your muscles grow stronger and smoother, your bone tissue will become denser.

Stop exercising again, and your body will turn to flab, your energy levels will drop, your muscle mass will shrink along with your ability to burn calories, and your overall sense of wellbeing will drain away.



## TAKE TIME TO STRETCH

Before we became such a highly industrialised, automated, and sedentary society, most people spent most of their day doing some form of physical activity. Today, with the exception of those who exercise regularly, few adults do much in the way of movement. For example, a typical business person drives to work in the morning, sits at a desk all day, drives home in the evening, then reads or watches television until bedtime. This routine is repeated over and over throughout the midlife years until one day we discover that we don't move very well. We feel tight and tense, and we may experience a variety of aches and pains, especially in our hips, back, neck, and shoulder areas.

What happens is a classic example of the use it or lose it principal of human physiology. Unlike car engines that wear out with use, our muscles, joints and bones seem to rust out with lack of use. This is why it is so important to do strength training to maintain muscle tissue and bone density. However, it is equally essential to do stretching exercise to maintain joint flexibility and functional movement ability.

For example, many people have become aware of neck inflexibility when they have to turn their whole body to check traffic when backing up their car. Others suffer stiffness in the morning or after sitting for extended periods of time. Some people become aware of their rigid bodies when they take a ski trip, or hit a few tennis balls. The first golf or softball game of the season can also be a rude awakening, resulting in injuries to tight muscles, such as lower back and hamstrings.

Unfortunately, as movement becomes more difficult, people tend to move even less leading to further debilitation and lifestyle limitations.

There is good news, however for those willing to work towards better physical function, minimised stiffness and enhanced posture. By systematically stretching the muscles, they can become more extensible and the joint structures can become more flexible. Regardless of age, muscles have the ability to respond positively to a progressive program of stretching exercises. Let's take a look at how to improve joint flexibility in a safe, effective and efficient manner.

When you are performing your strength training exercises you are exercising your muscles through a complete range of motion. There is a built in stretch in each exercise, so you are stretching joints and muscles as you strength train.

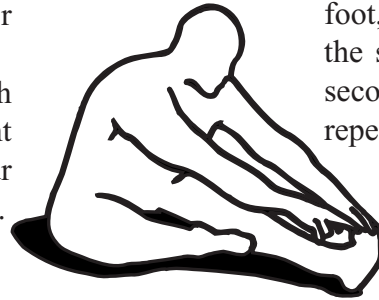
You could also consider stretching in between each set of an exercise. This is an ideal way to optimise workout time, and achieve further flexibility benefits. As you have to rest between sets anyway, why not make it a productive time? You can perform extra stretches for any problem areas you may have (eg old injuries, back pain, etc)

Follow the wall charts (over by the silver warm up bikes) for all the major muscle group stretches.

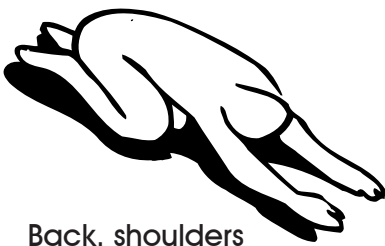
### Principals of stretching

1. Always stretch within your comfort zone, never stretch to the point of pain. Although a mild muscle taughtness may be desirable, discomfort has no part in a sensible stretching program.
2. Relax, it is almost impossible to stretch effectively when you are tense, and an up-tight stretching session can certainly increase the risk of injury.
3. Stretch during or after training when you are warm. It may actually be counterproductive to stretch a cold muscle.
4. Stretch slowly, fast muscle movements and bouncing actions trigger the stretch reflex that causes the muscle to contract rather than relax. Move slowly and gently into each stretched position, avoiding abrupt actions.
5. Hold 10 - 30 seconds in the fully stretched position,

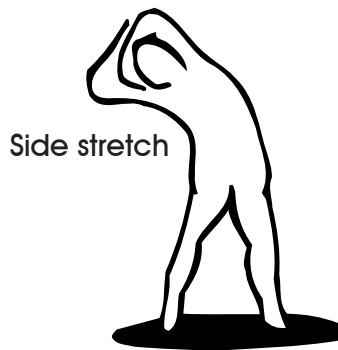
While there is no rule on what stretches you should do, there is one stretch that is recommended as it involves rear thigh (hamstring), low back, hip, calf and shoulder joint, all in one simple stretch. Begin by sitting on the floor with your left leg straight and your right leg bent at the knee so that your right foot touches your left thigh.



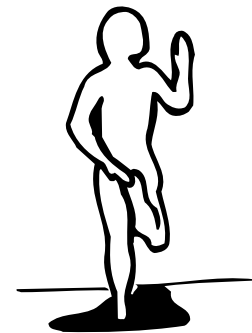
Reach your left hand toward your left foot slowly, until your hamstrings feel comfortably stretched. At this point, grasp your foot, ankle, or lower leg and hold the stretched position for 10 - 30 seconds. Change leg positions and repeat for the right leg.



Back, shoulders



Side stretch



Front thigh



Back of thigh, hamstring



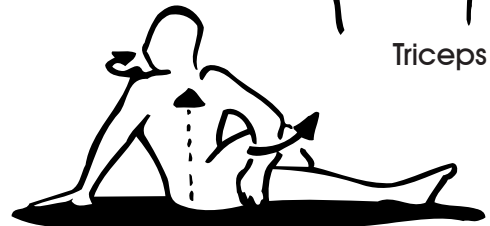
Lower back and buttocks



Triceps



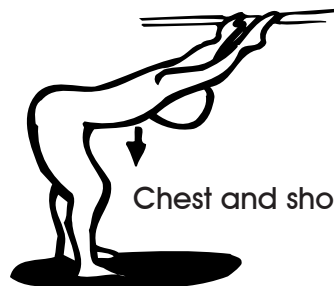
Abdominals



Trunk twist



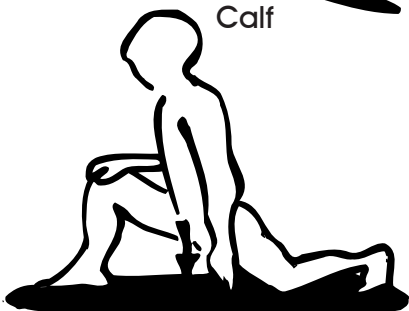
Calf



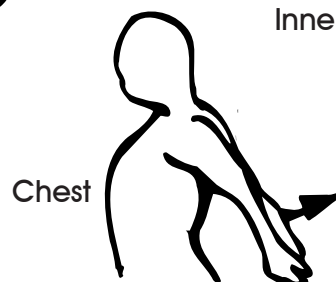
Chest and shoulders



Inner thigh



Hip flexor



Chest

# EAT SMART NOT LESS



Are nutrition and health related? Is healthy eating important? Of course! Like a finely tuned racing car, your body needs the right fuel (food) and regular maintenance (exercise, lifestyle and mental attitude) to achieve its true health potential. Nothing is more important than healthy eating! Put in the wrong fuel or let it go without regular use and there's no way your body can deliver its full power and performance. Without healthy eating your body's engine will cough, splutter and eventually stall. The body has a foolproof way of telling you when it's malnourished - it gets sick. Short-changing yourself on nutrients means you're operating below your potential in all areas of your life, at work, at the gym, even playing with your kids. Don't expect to remain healthy if you do not have a balanced diet. You cannot eat whatever you like and stay in good health.

Just as you make time for exercise, you can make time for improving your diet. For some people, a few small changes will dramatically improve their diets. Others may need to learn more about nutrition.

Eating healthy food exerts a significant influence on your well being - maintaining a balanced diet by healthy eating can:

- Give you vitality and energy for life
- Help you stay at a weight that's right for you
- Boost your immune system
- Improve sports performance
- Delay the effects of aging
- Keep you active and fit into old age
- Help beat tiredness and fatigue
- Enhance your ability to concentrate and possibly alter mood
- Ward off serious illnesses like heart disease, certain cancers, mature age onset diabetes and gallbladder disease

If there is one thing the experts agree on, it's that good nutrition is one of the most important keys to a long and healthy life.

If you want to eat your way to a healthy mind and a healthy body, here are the three most important keys:

- Balance - Enjoy a good balance between the various food groups. Try to avoid bingeing on one type of food or excluding others.
- Variety - Eat with the seasons, experimenting with fresh fruits and vegetables to create variety. Try to avoid getting into boring habits and cooking the same old meals every night. Explore new cooking styles and foods that you haven't tried before. Research shows that the greater the variety in your diet, the better your health will be.
- Moderation - Forget forbidden food lists - they just set you up for failure. But, always practice moderation - especially at parties, restaurants, takeaway bars, and other places where the healthy food choices are limited.

## The Basics

A balanced diet is one that contains carbohydrate, protein, fat, vitamins and minerals in the correct proportions to promote health. Remember to think of a balanced diet as a healthy way of eating, as opposed to a restrictive diet. It is not excessive or deficient in any one category.

- Carbohydrates: found in grains, (and foods made from grain such as bread, pasta, cakes and cookies) cereals, rice, pasta, vegetables and fruit.
- Protein: found in meat and poultry, fish, eggs, dairy products and soy products and whey protein.
- Fat: found in plant oils such as olive oil, nuts and seeds, avocados and cold water fish.

## What is a carbohydrate?

Most of the food you eat is loaded with carbohydrates, it is rare to sit down to a meal or grab a snack that does not contain carbohydrates. The human body converts carbohydrate to glucose which, the cells use for energy. Any glucose that you don't need immediately is transformed into glycogen and stored in the liver and muscles where it's kept as an energy source reserve. If this isn't used up, it is eventually - and efficiently - stored as fat.

The main forms of carbohydrates are simple (sugars such as honey, jam and sweets) and complex (from cereals, rice, pasta, fruits and vegetables). Foods rich in complex carbohydrates are a better energy source than simple sugars because they are rich in other nutrients such as fibre, protein, vitamins and minerals, and they are converted more slowly which means they'll keep your energy levels high longer. Simple carbohydrates tend to be absorbed quickly and can rapidly increase the sugar and insulin levels in your blood. Very high insulin levels can lead to increased fat storage.

## What is protein?

Protein is a compound made up of amino acids and is a vital part of every cell in the body including those in the muscles, heart, liver, kidneys, blood cells, skin, hair, nails, teeth and bones. It's essential for growth, and for the repair and formation of new cells. It's vital for fighting infection, in the making of antibodies, and it also helps produce hemoglobin, which carries oxygen through the bloodstream and hormones, such as insulin. The dietary program that most people obtain long-term success with is reduced in carbohydrates and moderate in protein. The protein source, as well as timing of meals, can make a big difference in helping you to enjoy a slimmer, healthier you.

Protein foods taste good. Good tasting food fills you up. Feeling satisfied with what you eat usually leads to not eating extra calories. Thus, the ingestion of protein-based foods often helps you to eat less of other foods.

Whether you are trying to lose body fat, build muscle, or both, consider the importance of protein. Protein feeds the muscle and the muscle burns body fat. Have a portion the size of your clenched fist with each of your main meals. Good sources are chicken, lean beef, fish or seafood, eggs or whey protein supplements.

## What about fat?

Despite popular belief not all fats are bad. An important component of a healthy diet is a small amount of good (monounsaturated) fat, such as olive oil, canola oil, avocado, seeds and nuts, as well as oily fish. These foods supply essential fatty acids to your diet. Fat plays a vital role in several biochemical responses. First, fat slows the entry of carbohydrates into the bloodstream, helping to maintain steady blood sugar levels. This promotes the release of CCK, a hormone that contributes to the feeling of fullness. Second, the small presence of fats promotes fat metabolism in the body; they facilitate oxygen transport, lubricate and insulate muscles and organs, aid in the absorption of fat-soluble vitamins (A, D, E and K), nourish the skin and help maintain body temperature. Recent research indicates that 30% of a healthy diet should come from suitable fats.

Nutrition works closely with general fitness to raise your energy level and to prevent disease. You may not know that besides strengthening your immune system and keeping your body in healthy working order, your diet can also effect your brain power, moods and emotions. Focus on what you should be eating, not what you shouldn't be eating. Think long term and work on changes in your food selections.

We need to eat plenty of healthy food to maintain our bodies and provide enough energy. Many of us in fact do not eat enough during the day, which can lead to weakness, tiredness and the slowing of the metabolism. Fueling metabolism is like stoking a fire. Remove the wood and the fire diminishes.

## WORK WITH YOUR BODY FOR SUCCESSFUL FAT LOSS

Most attempts to lose weight end in frustration, disappointment, self-condemnation and even weight gain. This is because people usually try to lose weight in ways that create the very stress and food cravings that ultimately defeat their weight loss strategies.

Successful weight-control programs work with, rather than against, your body. Weight that stays off is a by-product of a healthy lifestyle that reduces the need to eat because of food cravings or emotional hunger.

Many dieters reduce their calorie intake by either skipping meals or cutting back on their intake of carbohydrates, both of which cause their blood sugar levels to plummet. When blood sugar levels drop severely, the human body thinks it is starving. To protect itself from starvation, the body actually conserves fat. The longer the blood sugar level is low, the more efficient the body becomes at storing food as fat. Our survival mechanism is triggered, throwing the body into a defensive fat preserving condition. Fat storing enzymes are activated and multiplied to try to hold on to as much fat as possible in response to the possible famine (your latest diet).

Restricting calories is not the answer, muscle tissue is broken down for energy for the body's vital needs, and to slow the metabolism (the engine of the body) to reduce calorie needs in an effort to conserve energy.

On a restricted diet you get hunger combined with food cravings and emotional stress, no wonder such diets rarely work! For every diet, there is an equal and opposite binge. People gain back more weight after dieting and with a higher percentage of body fat.

The frequency of how often we eat per day has been shown to greatly affect how fat we are. Many studies have concluded that those who eat four to six smaller meals per day have less body fat than those eating two or three meals a day, despite that fact that both groups eat about the same amount of calories. Eating only three times a day requires us to go too long without eating. By the time lunch or dinner rolls around, we are so famished we eat anything easily available.

Feed your body four to six times throughout the day for best results - this way, food is absorbed and processed more efficiently, you are never hungry and you are less susceptible to poor food choices.

Eating small, healthy snacks in between our meals not only helps prevent you from gorging, it increases your metabolism and helps you feel energised and satisfied throughout the day.

Burning calories is far more effective than skimping on them to lose and maintain weight.

The key to losing unwanted fat is to be able to access stored body fat. A person must learn to eat in a fashion that increases metabolism while stabilising insulin levels.

Thus enters the role of exercise. We know that physical activity is a good thing and is the cornerstone of successful weight control for at least two reasons. Physical activity burns calories and revs up your metabolism. But just as important, exercise makes you feel good and reduce feelings of stress and depression that can lead to overeating.

If an individual's goal is to take off and keep off unwanted fat weight, that person must eat sensibly and exercise regularly, Knowing what constitutes a sensible diet and a sound exercise program is critical to achieving maximum results.

Forget promises of instant fat loss and accept the fact the successful weight control requires time, discipline and perseverance. Although, it sounds difficult, the results of such an approach to winning the losing game far outweigh the endless frustration of repeatedly losing and regaining the same 6 kilos.

## Is Fat the Enemy?

You exercise. You eat "right". But you still don't look and feel as good as you'd like. You're not alone. Over the last decade "expert" advice has directed us to cut the fat out of diets. To combat weight problems millions of people have cut back on protein and are eating low fat and fat free carbohydrate foods. This has led to excessively high carbohydrate diets (bread, baked goods, pasta, grains etc). The "typical" diet now consists of as much as 70 % of our calories coming from carbohydrates and as little as 10 - 15% from protein. The result is an agonisingly consistent increase in excess body fat over time, with over half of our population considered overweight or, to use a more precise term "over fat".

Indeed, obesity has reached epidemic levels in the last ten years, even though people have consumed less fat during that period. This is despite the dramatic increase in fat free products and a health conscious environment. In pursuit of physical health, we have forgotten an important concept - balance.

A high carbohydrate meal generates a rapid increase in blood sugar and your body responds by releasing the fat storing hormone insulin. This sharp insulin response causes blood sugar levels to go up, giving you a burst of energy. But, as quickly as this burst of energy comes on, it is used up, leaving you feeling tired and craving another high carbohydrate meal. If you don't burn all the energy a high carbohydrate meal provides, the excess is stored as body fat. Losing weight on the high carbohydrate diet can be difficult for some people and keeping it off can be even harder. Worst of all, the bulk of the weight loss comes not from the fatty tissues but from the muscle.

Scientific research reveals the recommended high carbohydrate diet once considered an effective fuel source - is instead a major cause of unwanted body fat.

Studies have shown that the proportions of macronutrients - carbohydrates, protein and fat will determine whether we store fat or burn it. The pendulum has swung from the high protein diet of the 70's to the high carbohydrate diet of the 80's. And now it seems to have moved towards the middle - the point of balance.

A revolutionary new way of eating a balanced diet is called 40-30-30 nutrition. This means 40% of food intake is from carbohydrates, 30 % from protein and 30 % from fats, yes, and even fats. This 40-30-30 ratio will help attain the balance your body needs to store less fat, giving you more endurance, vitality and energy, curbs appetite and helps you feel fuller with less food.

Finally, a way to lose fat, feel fit and stop the cravings. This ground breaking protein rich non-restrictive eating plan can succeed where low fat diets fail. The 40-30-30 nutrition plan takes a realistic, easy to follow approach. It's not one of those quick fix, overnight diets. It's a new comfortable way of eating and living that becomes part of your life. Like life, good nutrition is about balance, giving your body the right combination of foods to take off excess weight and achieve optimal health, without counting calories or fat grams or giving up the foods you love.

Once the body has adjusted to running on this new fuel source derived from stored body fat, most people experience increased energy, less hunger, fewer cravings and feel great. This increased energy also makes an exercise program more enjoyable and effective.

The tendency to be overweight is a lifelong condition. Like diabetes or high blood pressure, you don't "cure" it - you aim only to "control" it. Unless you continue to work at it, excess weight has an unpleasant habit of coming back. But the process really does not have to be unpleasant.

To be successful with weight (fat) loss the most important features are a healthy balanced diet and exercise. Without exercise it is virtually impossible to lose weight, and more importantly, to maintain a healthy weight. Maintaining weight is the name of the game. Almost anyone can lose weight. The trick is to keep it off.

Good healthy foods in moderation and reasonable exercise help to shape a fitter and more energetic body, which makes for a more enjoyable lifestyle. If you make multiple small changes to diet and lifestyle you can make massive and miraculous changes to your shape, health and quality of life.

### Measure Progress Effectively

You know, it's important to measure your weight-loss progress with body composition testing. However, did you know that your success could be measured on a number of levels? You can have successful results even without weight loss!

Are you adopting new healthy habits? Are you feeling better, sleeping better, managing stress better? Are your medical problems, injury, and other long term health risks decreasing? Are you improving the quality of your life? These factors with or without weight loss, are the most important measures of success.

You can also measure your short and medium-term changes regularly during the process. These include obvious changes in health-related behaviour patterns such as:

- A decreased reliance on medications
- Increased ability to perform physical activity
- A reduced intake of fat and/ or carbohydrates
- Increased intake of quality protein and vegetables in your diet.

If you've started making slight changes in how your food is cooked or prepared, or if you're reading labels at the supermarket and are discovering new tastes and textures, you're making great improvements towards a healthier lifestyle. When you feel good about yourself and acknowledge the changes you're making along the way, you're more likely to keep moving forward on your path.

Don't forget to notice and acknowledge your improvements in energy levels, performance, and self-esteem and the many other benefits you'll gain from this healthier lifestyle: improvements in health risk factors and medical conditions, improved quality of life, healthier eating, and more enjoyable physical activity.

Key Point: Losing weight is not just about diets. It's about a whole new you and the possibility of creating a new life for yourself.

# SOMETIMES THE SMALL STUFF MAKES THE BIGGEST DIFFERENCE



One of the important principals of a healthy diet is to eat good quality protein at every meal and snack. This helps keep insulin and glucose within healthy ranges. Eating protein raises insulin levels only gently and helps protect the body from runaway weight gain. A diet that is high in carbohydrates can spike blood sugar and cause increased levels of the fat storage hormone, insulin. Insulin can slow down your body's natural ability to burn stored body fat for energy, increase the amount of blood sugar you store as fat, and decrease the fat burning benefits of exercise. However, a diet with a balanced ratio of carbohydrates, proteins and fat not only helps stabilise blood sugar and control insulin, it releases a powerful fat burning hormone, glucagon. Glucagon improves your ability to burn stored body fat for energy, thereby increasing the fat burning benefits of exercise.

## Where do you get the best quality protein?

The highest value proteins come from micro-filtered whey protein, a natural product that is derived from milk. Next come eggs, red meat, fish, poultry, and soy.

Not so long ago, whey was considered a worthless by-product of cheese manufacturing. Technology stepped in - much to our benefit and using highly specialised processing equipment now turn it into a protein with a very high biological value.

Micro-filtered whey contains not only all of the essential and non essential amino acids, but more of the important branch chain amino acids than any other food. This space age food, carefully manufactured to protect nutritional value, is the result of more than 20 years of research and dozens of international studies.

The high quality of whey protein is central to building a lean, powerful strong body, which is why athletes so often use it. And, of course anyone interested in optimum health.

## Micro-filtered Whey Protein Concentrate:

- Helps build lean body mass
- Enhances immune functions
- Improves the quality of collagen (to help prevent premature aging)
- Helps build new healthy collagen
- Enhances skin, nails and hair
- Encourages body fat loss
- Protects against free radical damage
- Strengthens bones
- Increases glutathione (an antioxidant helping to protect against illness and premature aging)
- Helps eliminate many food sensitivities

Whey protein is a superb way to help bring about cell renewal and new tissue growth, which is exactly what you are after when you are transforming how your body looks and functions. It is time to think of protein in new ways. It needs to form the core and center of your diet for life.

Whey protein comes in a powder form and is convenient to carry when you are on the go, at work, or when travelling. You can cook with it even using it as a substitute for flour in some recipes. Whey protein makes great drinks both hot and cold, snacks and desserts (including ice-cream) (recipe below). Whey is easy to mix, tasty, and naturally packed with antioxidants, cholesterol lowering agents, bone strengthening nutrients, and easy to absorb protein.

A big advantage of a whey protein supplement is the convenience. It is easier to mix and drink a protein shake than it is to buy, prepare, cook and eat animal products (meat, eggs etc). Consuming small, frequent meals is the optimal way to eat, regardless of whether your goal is fat loss or muscle gain. For many people eating this way is difficult. There are times when eating food is a drag, or when you cannot eat enough food. That's when a high quality protein supplement is most helpful. It is then easy to boost protein intake.

Whey protein is a health-orientated development in food technology and is a great ally for our 21st century fast paced lifestyles.

### Protein rich food bars

A convenient way to eat a small meal or snack is with a food bar. A food bar is not an "energy" or "snack" bar, which are loaded with carbohydrates and fat, but a nutritionally balanced bar developed to support good health and trigger the preferential burning of body fat.

A "guilt free" delicious tasting anytime snack the food bar is the perfect way to increase protein intake without loading up on unwanted carbohydrates or adding fat.

### Protein Ice Cream

2 - 3 heaped tablespoons whey protein powder

200 ml chilled water or 200 ml lite coconut cream or 200 ml soya milk

3 ice cubes

Artificial sweetener to taste

½ teaspoon vanilla extract or any other flavouring

60 grams raspberries or blueberries (optional)

Ice cream maker or an ice cube tray without the dividers in it

Blend all the ingredients together in a blender that crushes the ice completely. Place in an ice cream maker for 10 - 15 minutes until ice cream is formed or pour the mixture into an ice cube tray, and put in the freezer to chill. Remove every 10-15 minutes and mix with a fork so that it doesn't go completely hard and then chill again. This usually takes 30 - 45 minutes.

## Your number one priority is your health.

We take our health for granted, and forget that daily habits can enhance or erode our good health over the years. Health is a very precious gift and deciding to stay fit is a way of protecting that gift.

Lifestyle results mean people need to reconnect with their bodies and understand how exercise, nutrition, weight control, stress management, relaxation and lifestyle balance affects their mind and body alike.

Wellness is a feeling of total wellbeing. It involves choosing to follow a healthy lifestyle and taking personal responsibility for ones own health. It is a process of making healthy choices and gradually gaining control over lifestyle habits. It also involves the development of a positive mindset, greater self-confidence and developing personal potential to the full, along with peak health and fitness.

When you are healthy and feeling good, you make better decisions and find more creative solutions to problems. You're more fun to be with, and you will have more to give to those that you care about.

This is your life - enjoy it as much as possible! Laugh, have fun and count your blessings.