



## HARDWORK, CONSISTENCY & MAINTENANCE.

*By now, everyone has heard us 'bark' these 3 special words over and over BUT as your **Personal Trainers**, we wouldn't have your best interest at heart if we didn't.*

*Here's a reasonable assumption: Most people nowadays want to have strong, fit bodies because when you're in good physical condition, you feel better in every way.*

*However, the problems most of us face are either:*

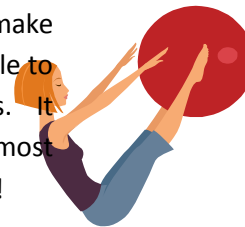
- Getting there,
- Doing it or
- Achieving it.

*There are two main components to undertaking any physical exercise or activity. 1 is the mental component and 2 is the physical. I strongly believe it's the **mental component** you need to conquer before the **physical**. So if you can repeat these words (**Hard work, Consistency and Maintenance**) to yourself every day, I guarantee you it will make **getting, doing or achieving** anything a lot more easier.*

Here's some "TIPS" to try and help you apply these three important tools of the fitness trade.

- When you determine that your major goal or purpose is to become or stay fit, then **HARD WORK** isn't an option. It's a necessity!

- **CONSISTENCY** is the key. Unfortunately just training hard for a few weeks at a time isn't going to get the results you're looking for. Try doing something physical every day or every second day so that you can look forward to and enjoy a day off in between your workouts.
- **MAINTENANCE**, whether it's your trainer kicking your butt at the gym each week or your daily note in the diary reminding you to exercise, make it a priority in your weekly schedule to commit to your training sessions. It will help keep you on track and most importantly.....keep you doing it!!!



*Just to sum up... the **fitter you are** the easier your day will become as you will have less sick days and have more energy when you get home from work and on the weekends to spend with your family and friends. ☺*

## DID YOU KNOW

### *Exercise helps reduce hunger pains!!*

Learning to control hunger pains may be necessary in order to lose weight consistently. Hunger is our body's natural way of telling us we need energy and nutrients. Hunger pains can cause an overwhelming desire for food, however hunger cannot give us any indication of the amount of energy consumed.

With so many high calorie food products on the market the result is we often consume more energy than required.





*When it comes to hunger pains, first have a glass of water. Then do some exercise!*

Often the best thing to take your mind off being hungry is to do some exercise. Once you start exercising and get your heart rate up a little, you and your body will concentrate on the exercise and the hunger pains will go from your mind.



*This is a great little tip* - a quick walk or a jog for a few minutes when you feel hungry is a great thing to reduce hunger pains.

When you get back have a piece of fruit to finish off.



## RECIPE OF THE MONTH

*Just recently my Mum was down visiting from Cairns and as all good mums do, she made us a wonderful meal. So I thought I would share it with you. Thanks Mum x*



### Lentil and bacon soup

#### Ingredients

- 2 tbsp vegetable oil
- 4 rashers smoked streaky bacon
- 1 clove garlic
- 1 onion, peeled and chopped
- 1 chopped tomato
- 2 carrots, peeled and diced
- 1 cup red lentils
- 1 stick of celery
- 4 cup of chicken stock
- ½ cup water
- 2 tbsps chopped fresh parsley
- Salt and freshly ground black pepper

### Method

1. Heat oil in a large saucepan. Add the garlic, bacon, onion, tomato, carrots and celery and cook over a medium heat, stirring occasionally, for 7-10 minutes, or until the bacon has started to turn golden and the vegetables have softened.
2. Add the lentils to the pan and stir well. Add the stock and water. Bring to the boil, cover, and then simmer the soup gently for about 45min, or until the lentils and vegetables are tender, season with salt and pepper.
3. Spoon soup into a bowl, topped with chopped parsley. If the soup is too thick, a little extra boiling water can be added.

To freeze, leave the soup to cool, pack into freezer containers, cover, seal and freeze for up to 3 months.

This recipe would be great to make over the weekend and have during the week for dinner when there's no time to cook.

*I must mention the Chocolate fondants mum made for dessert were amazing... but probably not amazing for the waist line.*

*Special treats every now and then are ok.*



### Quote of the month



*"Pain is temporary. Quitting lasts forever." - Lance Armstrong quote.*



## Small Groups, Big Gains

Our new Small group training program is a systematic, periodised program designed for 2-3 people, either with people from your work place, friends or family. This program will cover all aspects of exercise and can be done either;

- **In the gym -Fitness First Brisbane city**
- **Or outside – CBD**

These small group sessions are designed to get results in spite of the different skill sets, abilities and goals of each individual.



*If you're interested in knowing more about our new program and prices send me an email.*



## TVF Superstars of the Month.

A big shout out to...

### Zelda Recruitment

*Outdoor Training group.*

The team: **Donald, Sandy, Rox, Liz, Janet, Justin, and Ryan.**

Team motivation and enthusiasm has been great each week.

Keep up the **HARD** work guys.

**Also....**"Great work" to **Kristy Sillman** who has lost 11kgs. Yeah!!



## EXERCISE OF THE MONTH

### *Abdominal Crunch with Medicine Ball*

**Difficulty:** Advanced Level

**Muscles Group:** Abdominal

**Equipment:** Power Plate (Brisbane city Fitness first)

**Benefits:** Core and Pillar

**Preparation:**

- Sitting on Plate bend and lift both legs
- Lift shoulders off the platform and engage abdominals and hold.



**Movement:**

- Maintain Neautral Spine
- Keep abdominals activated
- Set Plate to 30 seconds at 35hz on LOW amplitude

*If you would like to know more about the benefits of the Power Plate. OR have any other questions or queries in regards to training, please don't hesitate to contact us*



*Be well! Renee-  
Personal Trainer*

