



empowering you

Hi Everyone

Well, what a change in the weather we have experienced over the last couple of days!

Even though it is a little chillier in the mornings, rest assured that these are the months when we tend to hibernate either at home or in a warm and comfy bed. Compound this increased lethargy with a diet infused with those satisfying wintery meals and a larger capacity for fuel intake spurred on by the increased metabolism due to the temperature drop and..... you have yourself a potential problem you need to avoid!

This winter I don't want anyone falling into the winter blues trap. So I have put together some motivational tips to help us get through.

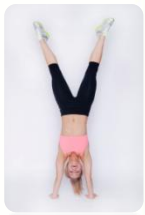
STAYING MOTIVATED DURING WINTER.



Don't use the cold weather as an excuse not to exercise. Use these motivational tips to help keep you on track.

- **Exercise travel.** Choose a place to exercise that is comfortable and close to where you live or work.

- **Train with a friend, your partner or a Personal Trainer.**



Finding a training partner with similar goals to you can add enjoyment to your exercise routine, and serve as an additional source of motivation. Having someone else depending on you can make the difference between a pre-breakfast workout and a morning on the couch.

- **Expect setbacks, and learn from them.**

There will always be times when things don't go your way, or you have a little less time. It's easy to find excuses not to exercise, and sometimes they are genuine. Don't quit, just make adjustments and change your direction.

- **Just do it.**

Don't ponder your workout; just get started. The more you think about it, the more likely you will talk yourself out of it. Once you're in motion, you'll find it easier to continue.

Good luck





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Is it possible to watch Master Chef & lose weight too?



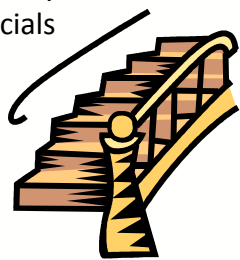
The answer is: **YES**. Click on the TV and get to work. If you are diligent and creative, formulating

workout routines that you can do during your favourite TV show is easy.

Here are some guidelines to follow and ideas for easy at home exercises that will help you burn calories while you watch the tube.

During Commercial Breaks

1. CARDIO EXERCISES- During the first commercial break (God knows there will be enough of them), walk up and down your stairs as many times as you can to get the cardio aspect of your workout going. Since commercials usually last 2 to 3 minutes, you should have your heart pumping by the time the show returns.



2. STRENGTH TRAINING – Go to the pantry during one break for a few cans of baked beans. Try some biceps or triceps curls with these improvised weights. Or, find those 5 kg weights gathering dust in the closet and incorporate them into your TV time.



3. CHORES - Another great idea for commercial breaks is to get a chore done such as running the vacuum, putting laundry away or ironing. You'll get some things done and burn calories all at the same time.



WHAT'S NEW TO TVF

A new partnership with the Queensland Rugby Club

Total Vision Fitness is proud to announce a new partnership with The Queensland Rugby Club (QRC).



'As QRC's Preferred Personal Trainers, we are providing specially designed group fitness programs and personal training to QRC members', Renee, TVF Director, said.

"In return, the QRC are offering our TVF clients with a special membership opportunity to join the newest and best private rugby club facility in the Southern Hemisphere"





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As a member of the QRC at RUGBYQUAY you receive a range of benefits and rewarding offers including:

- **Access** to RUGBYQUAY, Brisbane's finest waterfront private club dining and bar facility.
- **Up to 50%** off your dining, year round.
- **10%** off Qld Reds match tickets.
- **10%** off any Emirates flight.
- **Private members bar facilities** at Suncorp Stadium and Ballymore Stadium for all Qld Reds home games.
- **Reciprocal membership** to 17 private clubs locally, nationally and internationally.
- **Exclusive offers** to selected hotels and resorts, retail outlets, CBD car parks and health clubs across Queensland.
- **Invitations** to special member functions and events.

FOR A LIMITED TIME

QRC would like to extend to TVF clients a special offer

50% OFF the Nomination Fee.

**Normally \$255.....
TVF CLIENTS PAY JUST**

\$125

For more info SEE your TVF Trainer for your QRC Info Pack or call Kate at the QRC on 3352 8120 <http://www.qrclub.com.au>

Exercise of the month

How to row like a champion

Check out these tips on movement order, power distribution, and timing/ratio.

1. ORDER

Legs, Core, Arms *Reverse*

Arms, Core, Legs

2. POWER DISTRIBUTION CORRECT.

20% Arms 20% Core

60% Legs

3. TIMING/RATIO

Pull back on 1 and come back 2 3

Be sure to practise these tips next time you jump on the rower.





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TVF SUPERSTAR OF THE MONTH

Congratulations to

Keith Pearson.

Find out what makes Keith a TVF superstar!!!

How long you have been training with TVF and what have been the biggest changes to your body.

I've been training with TVF for two years. The physical changes I've experienced are as follows:

1. Progressive weight loss (total 18kg).
2. Increased motivation in everyday life to the point where I am competing in Triathlons.
3. Lessened my lower back pain with a stronger core.
4. Lessened my knee pain with stronger hamstrings and quads.

How much weight have you lost?

My weight Loss has gone from 115 kg in 2009 to 97kg today 2011.

What do you enjoy most about the training?.

I use the TVF sessions for strength and conditioning, as part of my training for a new found addiction - Triathlons!

The TFV workout provides weekly motivation and a break from the rigorous cardio intensive swim, run and ride sessions I now do weekly.

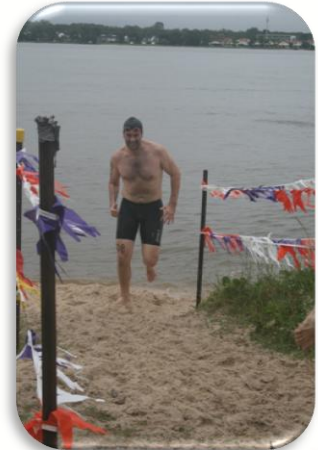
TVF also helps me keep on track with my diet as I don't want to let my trainer down!



BEFORE 2009



NOW...IN 2011



Keep up the great work Keith we are so proud of you 😊





Quote of the month

Avoiding the phrase "I don't have time..." will soon help you to realize that you do have the time needed for just about anything you choose to accomplish in life."

Recipe of the month



Roast marmalade chicken with winter salad

The bitter sweetness of the marmalade, the warm heat of the mustard and the fresh tang of orange juice combine to give the roast chicken stacks of flavour.

Ingredients (serves 4)

- 3 tbs bitter orange marmalade, warmed gently
- 1 tbs Dijon mustard
- 8 chicken thigh cutlets (with skin off)
- 2 red onions, quartered
- 1 orange, quartered, plus juice of 1 orange
- 1 tbs olive oil

Winter salad

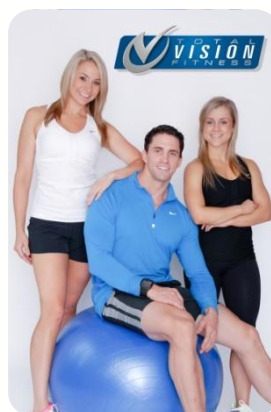
- 2 tbs sherry vinegar or red wine vinegar (see Notes)
- 1/4 cup (60ml) olive oil
- 1/2 cup flat-leaf parsley leaves
- 3/4 cup (120g) kalamata olives, pitted

- 100g feta, crumbled
- 2 oranges, peeled, white pith removed, cut into 5mm-thick rounds

Method

1. Preheat the oven to 200C. Line a roasting pan with baking paper.
2. Mix the marmalade and mustard with some sea salt and pepper in a large bowl. Add the chicken and turn to coat well.
3. Arrange the chicken and drizzle with any remaining marmalade mixture. Scatter over the onion and orange quarters, and then drizzle with the orange juice and olive oil. Season well with salt and pepper.
4. Roast for 35-40 minutes until the chicken is golden and cooked through, basting with the juices once or twice.
5. Meanwhile, for the winter salad, whisk together the vinegar and olive oil in a bowl. Add the parsley, olives, feta and orange and gently toss to combine.
6. Divide the chicken and salad among plates, then drizzle over any pan juices. YUM!

We hope you've enjoyed this month's TVF newsletter and have taken away some useful tips to help get you through the wintery months.



Yours in health and fitness

The Team at Total Vision Fitness



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