



## LET'S MAKE THIS YOUR BEST HEALTH AND FITNESS YEAR YET!

WELCOME to our first TVF Newsletter for 2009.

So January has zoomed past us and we're now at the beginning of February.

By now we should all be back at work and getting into the year ahead.

How are we going so far?

Has the New Year resolutions kicked in or have we been putting them off?

Are you exploding into the gym with positive energy and your goals in site?



If you're shaking your head right now and this doesn't sound like you, then don't panic... I'm sure there are a lot of us in the same boat.

Sometimes it takes a few weeks to get back into the rhythm of work and working out.

If you haven't made any health and fitness goals for '09' or it's just taking more time than expected to get motivated.

Then I'm going to make things simple.

This year I would like to propose 3 Health and Fitness goals for you...

FEBUARY 2009 – TVF NEWSLETTER

### 1. Keeping a consistent workout schedule, including;

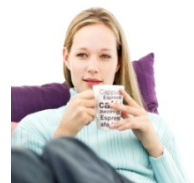
- A good weight resistant program either with your trainer or on your own.
- Cardio workout, indoors and outdoors.
- Stretching and meditation session, Pilates, yoga or body balance.

### 2. Minimise alcohol consumption

- I feel alcohol is often one of the major contributors to weight gain and general overall performance.
- Aim to keep your alcohol intake to a max of 4 standard drinks per week.


### 3. Take Time for Yourself!

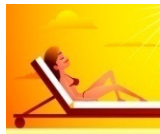
- Lastly, and perhaps most importantly, you should set aside 20 minutes every day for you. Many of us lead stressful lives and this can throw off our hormone levels and lead to serious health problems. So take a relaxing bath, catch up on your favourite book or take a peaceful walk; get away for a little while and take care of you.






## TOP TIPS

- **Have fun to help de-stress.** Experts recommend regular exercise, meditation and breathing techniques to reduce stress
- **Practice good oral hygiene.** Spend a minimum of two minutes to brush your teeth twice a day — and don't forget the dental floss. Daily flossing and brushing of teeth not only help prevent cavities but may keep other diseases at bay as well. 
- **Do a crossword puzzle.** Researchers at Rush have found that mentally challenging activities, such as reading and playing chess, may have a protective effect on your brain.
- **Check your ergonomics.** If you work at a computer, look at the ergonomics of your workstation — how you fit and move in your environment.
- **Increase Vitamin D intake.** The health benefits of vitamin D are becoming increasingly apparent. This vitamin is linked to bone health, heart health,

muscle performance, nerve function and the prevention and treatment of some cancers. So, drink your milk, eat your egg yolks and consume fish (like salmon) to find natural sources of this important supplement. While vitamin D can be obtained through sun exposure, experts say that it is better to take supplements. 

- **Eat Less, More Often:** Eat five portion-controlled meals a day. So in addition to breakfast, lunch and dinner, have a snack in between. The idea is to keep your sugar levels balanced throughout the day, extreme highs and lows hurt your metabolism! The best foods include white meat (like chicken and fish), coloured vegetables (not white), hard fruits (if it crunches, it's good for you!) and some liquid fat (olive oil, fish oil) or nuts. Good nutrition and exercise is key to optimal health and well-being. 



## Are you supplementing?

I'm a great believer in taking supplements and the positive effect they have on your wellbeing.

Being in an industry where you're working abnormal hours, it's very easy to get fatigued and tired. Which generally means your immune system becomes low and you're more susceptible to nasty flues and viruses.

Like most of us, I don't have time to be sick, so I feel a good daily multivitamin/mineral supplement improves my overall bodily functioning and boosts both my physical and mental health and well-being. Insuring I'm at my very best, to keep you at your best!

Any multivitamin is good, however this brand I highly recommend and have been taking for the last 10 years.

YOU CAN ORDER LIFE PAK FROM THE TVF WEBSITE.

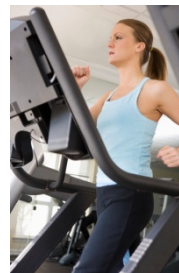


### ADDITIONAL

**INFORMATION:** LifePak® is a nutritional supplement with optimal levels of essential micronutrients scientifically formulated to support longevity and wellness. LifePak® provides a comprehensive array of antioxidants, vitamins, and minerals typically lacking in the average adult diet.

Health benefits of LifePak® include powerful antioxidant support to protect cells, immune system support, promotion of cardiovascular health, blood sugar metabolism support, complete bone nutrition, and other anti-aging benefits. Used with Pharmanex® Marine Omega, LifePak® provides a nutritional foundation for a long life—full of vitality and energy—free of debilitating conditions associated with nutritional deficiencies.

## EXERCISE OF THE MONTH



### GET ON THE TREADMILL

When on the cardio machines, to avoid repetitive movements and zoning out...

### SPEED UP THE CLOCK

Creating intervals will trick your mind into thinking the workout is going faster.



START WALKING AT A FAST INTENSITY OR JOGG FOR 2-5 MINS, THEN HIT THE ACCELERATOR FOR 60 SECONDS BRING IT DOWN TO RECOVER FOR 2-5 MINS THEN REPEAT.

TRY TO COMPLETE THIS ROUTINE 4-6 TIMES AND KEEP A DIARY OF YOUR RECOVERY PERIODS.

GOOD LUCK!



## EATING PLAN REFRESHER:

For many of us, eating well is difficult and at times it all seems too hard. However, if we break it down and make it simple, it's really not as daunting and time consuming as you think!



**Below are 5 easy steps for you to follow.**

1. Eat 5 times per day at regular times
2. Eat 100g of lean protein (the size of your palm) twice a day
3. Fill 2/3rds of your plate with vegies twice a day
4. Everything including your snacks needs to have a nutritional value i.e.- good snack (almonds, tuna)
5. Making sure you stay consistent.

## ***Quote of the month***

***“Life isn’t about finding yourself, it’s about creating yourself”*** by George Bernard Shaw 1995.

## RECEIPE OF THE MONTH

*I love this recipe as it’s QUICK, EASY AND HEALTHY!*

### **Chicken, cashew and chilli salad**

100g dried bean thread

½ store bought bbq Chicken, flesh shredded

1 cucumber sliced

1 tomato cut into wedges

1/3 cup roasted unsalted cashews

¼ cup coriander leaves

¼ cup basil leaves

### ***Chilli dressing***

¼ cup (60ml) sweet chilli sauce

1 ½ teaspoons soy sauce



Place noodles in a heatproof bowl and pour over boiling water.

Allow to stand for 5 minutes or until tender, drain. Toss noodles with chicken, cucumber, tomato, cashews, coriander and basil. To make the dressing, combine sweet chilli and soy and toss through salad.

Serves 2 people.

ENJOY X



## TVF WEBSITE

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When I decided to build the TVF website, my vision was to build a personalised health and fitness service used for dedicating your needs.

You can use the site to download previous newsletters, order some fitness equipment and health supplements and coming soon will be a variety of exercise programs that you can print off and use when you're not training with your trainer.

Next month we will be launching

### TVF'S SUPERSTAR OF THE MONTH!



#### *Your criteria*

- ✓ Showed dedication
- ✓ Achieving Results
- ✓ Positive Attitude
- ✓ Attending all booked sessions
- ✓ Made changes to improve lifestyle
- ✓ Increasing number of times in the gym

*Our Superstar will receive an hour massage.*



I would love to hear any suggestions you may have to make the site work for you!

I look forward to hearing your feedback and don't forget if there's anything you want to learn more about or add to the newsletter, please send me an e-mail and we will include it in our next edition.

**Be well and keep focused!**



*Renee Straguszi*

*Total Vision Fitness*

*"Empowering you to make positive changes in your life"*