



## ASK YOURSELF THESE 2 QUESTIONS...

### HOW IMPORTANT IS YOUR HEALTH TO YOU?

AND

### HOW IMPORTANT IS IT THAT YOU ACHIEVE GREAT RESULTS?

It would be safe to say that 90 percent of you are looking to lose weight and improve your health and feel GREAT!

In my 5 years of working with clients, I've found the only way for you to achieve great results is if you are following a sound nutritional program, in combination with your exercise program.

However no matter how detailed and perfect the exercise program, if the correct nutritional principles are not in place, you will not see the results you want.



I have had many clients who have followed their exercise programs but neglected their nutrition plan and they saw NO results.

Of course, a combination of the two is the ideal scenario, but I can't stress enough how much the nutrition component is so very crucial.



To be successful I believe it is important to know why we are doing it. If I just tell you what to do, without justification it becomes a chore and we all remember as children if our parents gave us a chore to do, our immediate reaction was....

I don't want to do it!!!

I would now like to propose a new way of reducing the type of food we put into our bodies – this is called

### 'Inflammatory food'

The simple solution to most health and weight concerns is to reduce the inflammation in our bodies.

I have found that almost everyone is suffering from a health condition or not losing weight because of inflammation.



### Firstly, what is inflammation?

Inflammation is your immune system's response to infection or irritation in the body. We have all experienced the inflammation that occurs on our skin in response to a cut, infection or injury.

Likewise, your internal body systems will respond to infectious and irritating foods with inflammation. This kind of inflammation is not as visible, but it makes itself apparent through



diseases such as diabetes, rheumatoid arthritis, cancer and obesity.

Through my experience nutrition plans proves nothing but extraordinary results. I have witnessed this over and over again that when my clients have a plan to follow they get results.

Therefore this month we are going to provide an easy to understand nutritional 14 day program that you can follow.



This will also include a foods list of what you can eat and which foods to avoid.

It is also important that you know why you are avoiding certain foods. If you can understand the "why," then you are more apt to follow instructions.

## 14 Day NUTRITIONAL CHALLENGE

In order to find exactly which foods may be irritating, we must eliminate all possible culprits for 14 days.

I think almost everyone can agree to 14 days???

If you're up to the challenge then don't forget to ask for your nutritional guideline at your next training session. Good luck!

### Do you know the answers to these 5 most frequently asked questions from your trainer?

1. How much water are you drinking per day?
2. When was the last time you went outside to exercise?
3. Do you know how much you weigh?
4. When was the last time you ate a plate of vegies?
5. Have I reached any of my set goals?

*If you couldn't answer these 5 questions straight away then start thinking about them!*

## Congratulations...

**TVF'S SUPERSTARS OF THE MONTH IS...  
Alison Greenbank  
Fitness First Brisbane City.**



I see Alison at the gym 5 days a week slogging it out either on the cardio equipment or giving it her best in her training session. She is well on her way to reaching her goals.

Congratulations Ali and keep up the great work! **AND...**



**Jilly Mc Cool**  
**GOLD GOAST SOUTHPORT**

Jillian has come such a long way. She came to us with lower back problems which prevented her from performing the basic functional movements, 6 months later Jilly is now mastering some complex exercises and most importantly her back is feeling great, she's thinking positively and feeling awesome.

Congratulations Jilly, keep up the great work!

Please collect your massage voucher at your next pt session.



***Quote of the month***

*"Dreams pass into the reality of action. From the actions stems the dream again; and this independence produces the highest form of living"*

By Anais Nin



**EXERCISE OF THE MONTH**

**Bicep Curl - On SB with Leg Raised**



<b>Difficulty Level :</b>	Intermediate	🟢
<b>Muscle Group(s)</b>	Arms	
	:	
<b>Modality :</b>	Strength	
	Stability	
<b>Equipment :</b>	Stability Ball (SB)	
	Dumbbell (DB)	
<b>Progressions :</b>	Alt arms	🟢
	1 Arm	🟡

Preparation :

- Activate core and glutes by drawing in navel towards the spine and squeezing the glutes.
- Stand tall with weights in either hand.

Movement :

- Standing tall place weights in each hand.
- Position SB behind you.
- Lift one of your heels towards your glute.
- As the heel is being lifted carefully place the top of the foot on the SB.
- When you are comfortable and stable start the curl.
- As curl reaches its peak stop and return to the starting position.



## RECEIPE OF THE MONTH

*Breakfast is the most important meal of the day as it fuels you up and gets you ready for your day. Without breakfast, you can get irritable, restless, and tired. So make time for breakfast!*

### Healthy Breakfasts

#### Egg white Omelette

- 6 eggs whites
- non-stick cooking spray
- **any or all of these optional items:**
  - fat-free cheese
  - mushrooms
  - onions
  - green peppers
  - tomatoes
  - any other favourite veggie



Pre-heat a 10" omelette pan to medium-high. Beat egg whites to mix. Add to pan. Cook until egg is nearly set. Add other ingredients to one side. Flip other side of egg over. Slide onto a 100g dried bean thread and serve on plate.

#### Enjoy oats for breakfast and beyond

Oats can be overlooked in the world of breakfast food, playing second fiddle to faster, convenient and oftentimes less healthy items. But packed with thiamine, iron and dietary fibre, this nutritional superstar deserves some recognition. Inexpensive and quick to prepare, a bowl of oatmeal lends itself beautifully to healthy additions like dried fruit, nuts and even chocolate.

#### Porridge with banana-pecan topping

- 2 cups traditional rolled oats
- 2 cups skim milk
- 2 cups boiling water
- pinch of salt
- 1 banana, chopped
- 4 large dates, chopped
- 1/2 cup pecans, toasted, chopped
- 1 tablespoon maple syrup

#### Method

1. Combine oats, milk, boiling water and salt in a saucepan. Place over medium heat. Cook, stirring with a wooden spoon, for 5 minutes or until porridge comes to the boil and thickens (it should coat the spoon).
2. Remove from heat. Cover and stand for 10 minutes (porridge will cool and thicken slightly on standing).
3. Spoon porridge into bowls. Top porridge with banana, dates and pecans. Drizzle with maple syrup. Serves 2



#### ENJOY X



**Did you know...?**



**Laughter is the best medicine.**

As the saying goes, "laughter is the best medicine." It has been shown to be one of the most powerful ways to ward off disease and illness known to man. Research has shown that the health benefits of laughter range from stress relief to treatment for cancer.

Most of us probably don't think about how often we laugh, but rest assured our body is keeping count. Children seem to understand that laughter is the best medicine, as they laugh on average up to 400 times a day, while adults only an average of 17 times per day.

Is it any wonder that our children seem to enjoy life more than we do? Remember, laughing is contagious and we could learn a thing or two from our kids about health.



The benefits of laughter are far reaching. There is no better natural health and mind-body-spirit connection than what laughing can provide you.

The bottom line is that laughing is one of the best natural health remedies. So, if your stress levels are mounting, if you are feeling

unhealthy, if you are feeling rundown and depressed, or you just want some relief...LAUGH!

The more you laugh, the better you feel, and the better those around you will feel.

*Maybe go and check out the 'Brisbane comedy Festival' – Brisbane Power House.*

***FIND A TRAINING PARTNER  
AND MAKE YOUR WORKOUT  
DOUBLE THE FUN AND HALF  
THE PRICE!***

Session times between:  
8 and 11am  
2 and 4 pm

FOR AVAILABLE SESSION TIMES AND PRICES PLEASE EMAIL ME OR CONTACT ME ON **0408 770 741**

*Be well and keep focused!*

***Renee Straguszi***

***Total Vision Fitness***

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





*newsletter*