



2010...

## HAPPY NEW YEAR

*Welcome to our first TVF Newsletter for 2010.*

*I hope we all had a great time over the Xmas break to relax and recharge those batteries.*

*2010 is going to be a great year Jam packed with...*

***New Goals***

***New Focus***

***New Challenges***

***New YOU!***

This year I really want to emphasize the 3 C's when keeping a healthy mind and body.

- 1. Commitment***
- 2. Control***
- 3. Change***

**COMMITMENT:** Being committed is the only way we can achieve goals, and committing to a routine that suits you and your lifestyle.

**CONTROL:** Can be challenging especially as it relies on more mental strength. Whether its food, portion control or exercise control, you need to take charge of those negative/lazy thoughts and turn them into a positive action.

**CHANGE:** Change is always scary as it is the unknown...

Ask yourself this question.

*How much have you changed in the last 5yrs???*

Loose that inner fear of change and push those boundaries.



**“Uncomfortable is good”**

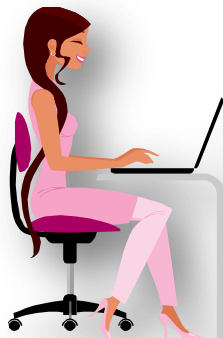
*If you haven't already guessed all these important factors are essential to sustaining a healthy life style.*



## FITNESS REMINDERS

- **CHECK YOUR POSTURE**

As I have mentioned many times before sitting in your chair at the office is murder on your posture.



So next time you hit the gym try to concentrate on those posterior muscles, like the traps, back, hamstrings and glutes.

- **FUNCTIONAL FITNESS**

Training that mimics daily functions – ie getting in and out of the car, carrying your groceries, picking up the kids picking up heavy files off the floor etc. Most of these exercises are carried out in different planes.

So next time you're lifting a weight don't move it up and

Down, take it diagonally. You're also building lean muscle, burning fat, increasing strength and increasing your range of motion.

## WHAT ARE THE 12 POWER FOODS?



These foods can be combined in hundreds of combinations, it will prevent you feeling bored with the menu and you receive all the necessary nutrients in one meal.

**A** - Almonds and other nuts

**B** - Beans and legume

**S** - Spinach and other green vegetables

**D** - Dairy fat-free or low-fat milk only, as well as yoghurt and cheese

**I** - Instant oatmeal of the unsweetened and unflavoured varieties



- E** - Eggs
- T** - Turkey
- P** - Peanut butter, preferably the organic kind
- O** - Olive oil
- W** - Whole grain breads
- E** - Extra protein in the form of whey powder
- R** - Raspberries and other berries

*Eat Breakfast like a King  
Lunch like a Prince  
Dinner like a Pauper*

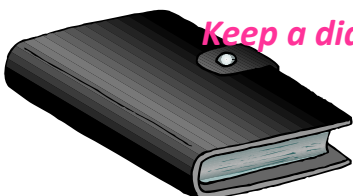
*I love that quote 😊*

## WHY FOOD DIARIES WORK!!

Food diaries are essential when you want to start a new exercise regime or loose weight. The reason is, that it shows you all the 'little' **EXTRAS** we consume during the day that you may or may not realise you're eating.

When it is written in Black and White there is no hiding and will help you make a better food choice the next time.

*Keep a diary with you and write in it just after eating.*



## POWER MEALS

### Moroccan Fish Hot Pot

Serves: 4

Cooking Time: 45 minutes

#### Ingredients

- 4 thick fish fillets
- 1 tblsp oil
- 2 tsp garlic, crushed
- 1 onion, sliced
- 1 tsp Moroccan seasoning
- 800g tomatoes, diced
- 1 cup white wine
- 400g can chickpeas
- 3 cups prepared couscous
- 2 lemons, juiced & zested
- 40g butter
- ½ cup parsley, finely chopped





## Method

1. Heat oil in a large pot or deep frying pan over a medium heat and sauté the garlic, onion and seasoning for 2 minutes.
2. Add fish to the pan and brown well, approximately 2 minutes on each side.
3. Stir in the tomatoes, white wine and chick peas. Simmer over a low heat for 25 minutes.
4. Whilst hot pot is cooking, prepare couscous as per packet instructions.
5. Melt butter in a frying pan and add couscous, lemon juice, rind and parsley.
6. Serve hot pot on a bed of couscous with crusty fresh bread.

Enjoy!!



## A LIGHT BULB MOMENT...

# 19km

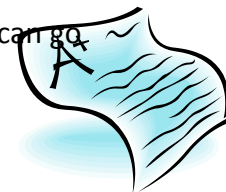
**Is the extra distance we would need to walk daily to match the activity levels of our ancestors.**

*Source: The international journal of sports med.*

## HOMework.

*How many calories do you consume a day and what is the daily recommended intake?*

To help you with this question you can go to [www.calorieking.com.au](http://www.calorieking.com.au)



## EXERCISE OF THE MONTH

### SUPERSETTING

Supersetting is an advanced training method in which you do two exercises, one after the other, with no rest in between. The exercises can be for the same muscle group or two different muscle groups, depending on your goals. The idea is to do one exercise and, instead of resting and doing another set, doing a different exercise and alternating those exercises for your desired number of sets.

#### The Benefits of Supersets

Supersets help you:

- **Save time.**
- **Increase intensity.**
- **Overload your muscles.**
- **Make things interesting.**
- **Easily set up a workout.**
- **Incorporate more variety into your workout**





**HERE IS A GREAT SUPERSET  
WORKOUT TO TAKE TO THE  
GYM**

**Superset  
1: Squat and  
One-Legged  
Squat Dumbbell  
Squat**



One-

Legged Squat



**Superset 2: Deadlifts  
and Reverse Lunges**

Deadlift



Reverse Lunge



**Superset  
3: Pushups and  
Chest Press**

Pushups



Chest Press



**Superset 4: Dumbbell  
Row and Pullovers**

DB Row



DB Pullover



**Superset  
5: Overhead  
Press and Lateral  
Raise**

Overhead Press



Lateral Raise



**Superset 6: Bicep  
Curls and Kickbacks**

Barbell Bicep Curls



Tricep Extensions



*LOOKING FORWARD*

*TO A GREAT YEAR.*

BE WELL

RENEE ☺

