



Hi everyone and welcome to the New Year!

It's hard to believe that here we are already on the other side of Christmas and in the second month of the New Year... and with that comes time to put those New Year's resolutions into place.

For many of us body composition change will be placed somewhere in the top three, whether that be weight loss, muscle gain or general fitness.

With this in mind I thought I would share with you some points that may assist you in achieving your goals as well as give you some warnings signs to be aware of.

Habit forming - Getting

started can sometimes be the hardest part of changing your diet and exercise program.

Habits are a very powerful element in how and what we do and can either be our saviour or our demise. Most people starting a fresh approach to exercise and nutrition are in the habit of not exercising and not eating, so it would make sense that habit forming be given priority status to anyone starting on a health and fitness journey.

Let's face it, when you have a bad habit, how hard is it to break?

Bad habits are so detrimental to our lifestyle that even when we have limited time, money or energy we still find a way to include these bad habits into our daily routine.



Bad habits are usually responsible for the lack of time, energy and money and this creates an irony which leads to negative or stagnant lifestyle change.

As long as those bad habits hang about, you will not be able to break free of the negative irony cycle and start to make some real ground towards achieving your lifestyle goals this year in 2011

So why not get into some positive habits??



Once you're in one, you will experience more success in achieving your new year's resolutions and you'll find they are just as hard to break as the bad ones!



A little word from the wise...

Watch out for which may seem like a good habit but are not, for example *Fad diets or heavily marketed fat blaster supplements, 10 week fit programs, short term diets which promise ridiculous weight loss numbers.* Too hard too fast doesn't create an attractable experience and the individual ceases training before a habit can be formed. *Hope this gives you the motivation to start those **GOOD HABBITS FOR 2011.** Good luck*



INTRODUCING... TVF'S NEWEST TRAINER

EDEN VALINOTI



Fitness has always been a part of Eden's life. From the age of 10 years Eden has been a gymnast .

During her career she was accepted into the Queensland Academy of Sport for gymnastics, eventually she went on to compete for Queensland 2006 and ranked 5th in Australia.



Eden has recently left Cairns where she has been working as a Personal Trainer for the past 3 years. She has now moved to Brisbane to further her Career in the Fitness Industry.

"I strongly believe health and fitness should be a way of life and that is what I enjoy most about being a Personal Trainer. I find it so rewarding watching my clients go on their journey and become as passionate about fitness as I am." Eden

EDEN'S EXERCISE OF THE MONTH

DUMBBELL LUNGE WITH LEG LIFT

This exercise is great for the bum and thighs. Eden says that the next day she also feels it in the hamstrings .



Figure 1 Forward lunge



Figure 2 Transfer weight to back leg and lift front leg



Figure 3 Place leg down and back into lunge

RECIEPE OF THE MONTH.

Tuna and mixed bean salad with lemon dressing

Ingredients (serves 6)

- 2 x 185g cans tuna in springwater, drained
- 750g can four bean mix, drained, rinsed
- 4 tomatoes, deseeded, chopped
- 2 large celery sticks, trimmed, finely chopped
- 1 small red onion, halved, thinly sliced
- 1 cup flat-leaf parsley leaves, chopped





Lemon dressing

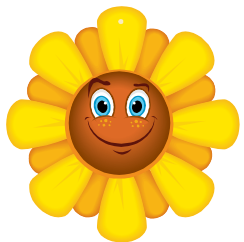


- 1 large lemon, rind finely grated, juiced
- 1 garlic clove, crushed
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon caster sugar

Method

- Flake tuna and place in a large bowl. Add beans, tomato, celery, onion and parsley.
- Make lemon dressing: Combine lemon rind, 2 tablespoons lemon juice, garlic, oil and sugar in a screw-top jar. Secure lid and shake until well combined.
- Pour dressing over salad. Season with salt and pepper and stir to combine. Serve.

This recipe is great to take to work for a healthy lunch.



SOME HANDY DIET TIPS TO REMEMBER:

When working to curb cravings and manage blood sugar levels, especially during working hours it's easier to just run out to the vending machine. OR is it?? Because in just less than 30 seconds you could consume enough calories for 2 meals.



The two major contributors to blood sugar spikes are the times during the day that you eat and the types of food you eat.

The following tips will show you how to reign in your cravings for unhealthy foods like starch, sugar, caffeine and alcohol. As you eliminate these things from your diet, the frequent trips to the vending machine will start fade away.



Breakfast

One serving each of protein and starch, followed two hours later by a "hard chew" snack. This can be crunchy fruits and vegetables like celery or apples.



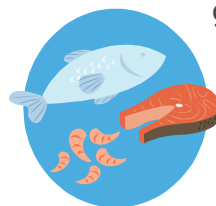
Lunch

One serving each of protein and vegetables. Or, two hours after your first snack, enjoy another "hard chew" snack. You should follow lunch with a hard or soft chew snack, like a high-sugar fruit.



Dinner

Enjoy a serving of protein and vegetables. Every other day you may add a small portion of whole grains, starchy vegetables, potatoes or beans to your meal.



LOOKING FORWARD TO A GREAT YEAR.

BE WELL ☺

RENEE – PERSONAL TRAINER

