

# Tips to keep off the Kg's this festive Season:

Written By James Miller

Ba app sci Nutrition/Food science . Personal Trainer

Did you know that on average ½ our yearly weight gain is stacked on in the 6 weeks in and around our Christmas celebrations? Whilst this is not great news, we can hardly say it is unexpected. To add to this killer news, rarely is this weight lost. Here are some basic tips to try and give you a fighting chance these holidays.

## **Be Realistic!**

No matter how good you plan to be, good plans run a distant second to a table full of fattening festive joy. So pencil in 2 or 3 days (Christmas day, New Years Eve, work party etc) of “guilt free” indulgence. If you’ve been looking forward to mums Christmas pudding all year... Enjoy it!

## **Don't let one moment of indulgence ruin your whole week!**

You are only human, so enjoy the big days and get straight back on the wagon. How about for every “guilt free” day there is a “day off” alcohol/snacks? I like using the “80/20” rule, 80% of what passes our lips is good for us, allowing 20% to be the fun stuff. Also try and get some extra exercise in around your big days.

## **Alcohol.... The triple edged sword.**

We all know what a “Pot Belly” is, I would like to re-name this particular type of belly as the “What I ate whilst I was drinking my pot and the things I didn't do the day after I drank my pots belly”. A little long winded but it might catch on? Alcohol is high energy, is conducive to eating fatty foods with, wanting a massive greasy meal the following day, and decreases energy output the following day. Enjoy, but in moderation.

## **Bring a plate.**

Help out the host and ask if you can bring some nibbles along, this way you win brownie points for being a great guest, and can make sure there are healthy snacks available. Seasonal fruits such as mango, pineapple, rock melon, grapes, berries etc go fantastically well in a fruit salad or served on a platter with some yoghurt (reduced fat of course) as a dipping sauce. Also a vegetable platter with dips is sure to go down a treat.

## **Embrace Aussie Traditions**

Us Aussies love a game of back yard cricket or a kick and throw of a ball of any shape. Go with it and get the whole family involved, for the adventurous party, pick up a bag of water balloons... You won't even feel like you're burning off the Christmas Turkey if you have that uncle, whose jokes you've never really liked but felt you had to laugh just to be polite, in your sights.

## **Take control of the catch ups**

At this time of the year catching up with many different groups of people can often wreak havoc on any weight loss program. Take control of the catch up and steer clear of a chat over lunch, rather head for coffee shop, allow yourself a skinny latte and stay away from the cake!! Better still make the venue local, but far enough away for a good walk to and from.

## **Substitute!!**

The easiest way to cut down on excess kJs. For example, a 600ml bottle of coke contains 258 calories, compared to his friend coke “zero” which contains 1.8 calories. Meaning as far as energy intake for energy balance you could have **143** bottles of coke zero for every **ONE** bottle of coke. Well worth the change when you put it like that. In moderation diet soft drink substitutions are safe.

## **On the Barbie**

Some quick tips:

- Replace sausages, greasy burgers or chops with lean kebabs, lean steaks, lean hamburgers, skinless chicken fillets, fresh fish, or veggie burgers.
- Always include a healthy garden salad or tabouli
- Don't go overboard with meat sizes, trim down steaks to the size of the palm of your hand
- Have you tried Kangaroo steaks? Much lower in fat and a great source of protein
- Mix it up; thin lean strips of meat on skewers with veggies (capsicum, mushroom, onion etc) and seafood are sure to be a hit.

If there are any areas you would like to discuss further please feel free to ask me whilst I'm floating around the studio.

Your friendly Nutritionist/Personal Trainer

James

## Welcome to our New Trainer

### James Miller

2009 looks to be an fantastic year for everyone at The Health Hub. We are excited to introduce our new trainer James Miller who is a qualified nutritionist and is set to bring a wealth of nutritional knowledge and advice to the studio. James has a Ba app sci Nutrition/Food science from Deakin Uni and has worked as a nutritionists for cricket Victoria and the Southern umpires. He has lectured at Chisholm Tafe on nutrition and previously worked for Kraft foods and Lite n' easy.



Oh, and we better mention that James is an outstanding personal trainer with experience training high level representative sporting clubs.

James has also played over 100 games of senior first grade cricket for Frankston Peninsula Cricket Club in the Victorian Cricket Association. He has a strong drive toward fitness and rehab. Much of this focus comes from his fiancée Lynda, who is a successful physio at The Sports Injury Clinic. If you don't already know who Lynda is, then find out, as she is an extremely talented physio who works closely with The Health Hub trainers.

James and Lynda are tying the knot in May next year. Their dream honeymoon is to watch the Socceroos play in South Africa in 2010. It appears that they are perfectly matched health and sport fanatics.

James has a strong belief that the world revolves around food, music, sport and the love of a good woman!... He's only human.

James feels that a big part of his success as a Nutritionists and Personal Trainer comes from the fact that he understands the difficulty of overcoming setbacks in striving for fitness goals, having himself been through a number of sporting injuries requiring major surgery.

James currently has limited sessions available on Monday and Wednesday afternoon/evening, and will pick up a few mornings in the New Year. Please book your sessions with James now and prepare for a healthy and fit 2009.

## **Thank You to Our Shape Up Sponsors.**

In this program we had almost \$4000.00 worth of prizes from;

- Peninsula Hot Springs
- Lindenderry Estate
- Just Fitness in Brighton
- Stephany Thomas Myotherapy
- Lava Girl
- Reiffle Haircutters
- Enhanced Myotherapy
- Eliza Health Foods
- Kim Ballard Hair and Beauty
- Beauty Revolution
- The Health Hub

These local businesses have been very generous in supporting our efforts in the program. In return we want to support them especially over the Christmas season. So please make the most of their information and special offers in the studio.

### **Feel like something sweet and fun that is low in calories—try Jelly Squares.**

Recipe from Maria Van Der Linden—Dietician

Ingredient;

- 3 tablespoons of gelatine
- 1 cup cold water
- 3 packs of low joule jelly
- 4 cups of boiled water

Directions;

- Mix gelatine with cold water
- Add jelly and boiling water
- Stir until dissolved
- Refrigerate, set and cut into squares

## **Superstar Murray Savery**

Congratulations Murray, you are fitter and stronger than ever and ready to play Soccer with the big boys in the UK. We wish you all the very best in your sporting and live endeavours.



# NEWSLETTER

December 2008

## Studio Christmas Break

The Studio is closed for Training from Christmas day and will re open on **Monday 5th Jan..** If you are booked in for this first week back, you will receive a confirmation phone call on Friday 2nd Jan.

## The Health Hub Shape Up

Our 10 week Shape Up challenge has been an amazing journey for everyone involved. The Health Hub trainers feel that every motivated participant put in such a great effort. You all deserve your rewards and the benefits of improved health and fitness.

Some feedback from this program;

- *I loved the group sessions and walks and the support received from trainers and other clients*
- *The weekly emails were very informative. WK*
- *The goal setting was challenging but made all the difference to me getting results. NK*
- *I am so pleased that my kids see me enjoying exercise and feel that I am setting a healthy example. ZW*

Congratulations to our Shape Up winners, Sue Thomas, Jane Haughton, Sue Cragen and Zita Watkin.

Our next Shape Up program will **start 16th Feb 2009**. Perfect start to the new year. Speak to your trainer for more information and to reserve your place

## We Value your Feedback

Thank you to all who took the time to honestly complete our feedback form. The Health Hub trainers endeavour to provide the best service possible and your response to these questions will have a significant impact on what we provide in 2009

Here's a little glimpse of what's install for 2009

- **3 shape Up Programs** absolutely jam packed with valuable information, excellent results and heaps of prizes. First one starting Feb 16th
- **More group sessions**—we understand that the cost of quality PT can affect you decision to continue with ongoing multiple sessions. We strongly recommend that you consider our cost effective, time efficient and fun small group sessions. Some sessions will be outdoor over summer.
- The introduction of **specialised Nutrition consultations with James Miller**—Qualified Nutritionists
- Even more quality **Health Information Nights**, with special guest speakers
- An organised **adventure trip to Cradle Mountain** in Tasmania. Info night Jan 27th.
- Every Health Hub trainer completing **further education courses** on health and fitness, and passing valuable information onto you.
- Improvements to your **home exercise programs**—we want you exercising outside of the studio as well!
- New trainer and Nutritionist James Miller

## **YOU At Your Optimal Health And Fitness**

Presented by: 'Stephanie Thomas Myotherapy' in conjunction with 'The Health Hub'.

- \* Integrating Myotherapy with your personal training sessions, allows for an individualised and holistic approach to your health, optimising your injury and training recovery.
- \* As a Health care professionals, we understand the importance of communicating and working closely with your Personal Trainer and other health practitioners, I.e. physio, chiro, myo .
- \* This communication is very important to ensure you are getting the most complimentary and wholistic management.
- \* Specializing in injury rehabilitation and sports specific training.

### **WHAT IS A MYOTHERAPIST?**

- \* Myotherapists assess, physically treatment and manage soft tissue injuries.
- \* Myotherapy treatment helps to enhance the body's natural healing therefore reducing pain, restoring movement and improving function.
- \* Myotherapists treat a wide range of conditions including: overuse syndromes, headaches, acute and chronic back pain, tennis and golfers elbow, muscle tears, strains and sprains, shoulder pain, shin splints, neck pain, sprained ankles and many more!
- \* Following a thorough assessment, your myotherapist will use a combination of techniques to ensure an optimal outcome, these include: myofascial release techniques, trigger point release, cupping, dry needling, tens, corrective exercises and heat and cold therapy.

**With every Initial Consultation purchased with Stephanie Thomas Myotherapist, before 25<sup>th</sup> dec 2008,**

**You receive a FREE gift bag to the value of \$45.00**

**FREE GIFT: Includes a spiky ball to aid in muscle release, a there band aiding in mobility and stretching, and an info sheet to show you how to use both!**

**Do you suffer from any of the following?**

**Back Pain?**

**Neck Pain?**

**Stress?**

**Headaches?**

**Tennis and golfers elbow?**

**Hip pain?**

**If you answered YES, Myotherapy can help!**

- \* A concise assessment and treatment plan with Stephanie Thomas, Myotherapist, will aim to free you of Back Pain and Headaches and many other conditions and injuries.
- \* Combining Myotherapy, Pilates and Personal Training, Stephanie will devise an individualised treatment plan and strengthening program in conjunction with your trainer at the Health Hub to achieve your optimal health and fitness!

### **Did you know?**

- \* Your head weighs 10% of your body weight?
- \* When you are standing in 'good posture' ( standing/ sitting up tall with your ears in line with your shoulders ) your neck muscles, discs, joints and other structures are supporting 1 head weight.
- \* For every **INCH** you drop your head forward from this 'good posture position', you add another whole head weight of stress to your neck structures!
- \* That means, if you weigh 60kg, then your head weighs roughly 6kg. If you drop your head forward 2 inches, your neck structures are now having to support **18kgs!**



No referral is required to see a Myotherapist.

I have industry recognition with IRMA and provider