Here is your April Newsletter content,

Cut and paste as you please, they have all been written from the point of view of ‘I’, being you the trainer.

The red and yellow breaks make it easy to separate the different articles, so you can use the ones you like.



**Food Basics**

Making healthy changes to your eating doesn’t always need to involve cutting everything out; here are some easy substitutions for making a healthier choice. Remember about your portion sizes though, how much you eat is as important as what you eat.

Lowering the Fat content:

|  |  |
| --- | --- |
| **Ingredient** | **Replace with** |
| Full cream milk | Reduced or non-fat milk |
| Full cream evaporated milk | Low fat or lite evaporated milk |
| Yoghurt | Low fat or diet yoghurt |
| Cream | Low fat or lite evaporated milk Low fat yoghurt |
| Sour cream | Low fat yoghurt, small amounts of reduced fat sour cream |
| Coconut cream | Low fat evaporated milk plus coconut essence Lite coconut milk or dilute the coconut cream |
| Cream cheese | Ricotta or cottage cheese |
| Regular cheese | Lower fat hard cheese such as Edam (25%) |
| Eggs | Low cholesterol egg substitute |
| Butter | Mono/polyunsaturated margarine and vegetable oil e.g. canola or olive oil. Rice bran oil works well too. |
| Cooked chicken with skin on | Remove chicken skin; choose breast meat. Cook chicken on a rack so fat drains off. |
| Fatty meats | Lean meat - remove visible fat. Use low fat mince |
| Streaky bacon | Middle eye rasher |
| Fried food | Grill or microwave food or use a non stick frypan |
| Luncheon meat | 97% fat free ham |
| Tuna or salmon in oil | Tuna or salmon in brine or spring water |
| Puff and regular pastry | Filo pastry and spray with oil |

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# Buying a Swissball

Many clients ask about whether they should have a swissball to use at home, if you are unsure check in with me, I can let you know whether it will add to the work we do together.

If you do find yourself in the shops looking at a range of balls and aren’t sure which to choose, here’s some tips:

* If possible go for one that is ‘anti burst’. This just means that in the event of being damaged instead of popping suddenly your ball will slowly deflate. Antiburst balls are designed to take a force far greater than bodyweight.
* The best size to work with for the average person is a 55cm or 65cm ball, inflated to a size that allows a 90 degree angle behind your knees when sitting on the ball.
* The first time your ball is inflated it’s best to go to a service station and get them to use their aircompressor. After a week or so your ball will need reinflating as it will have stretched a bit.



**Early Riser?**

It’s that time of the year, the mornings are getting darker and a wee bit cooler. The thought of launching yourself out of bed in the dark can lose to a bit longer in bed.

But before you hit the snooze button one more time remember:

* Working out in the morning will kick start your metabolism and get you warmed up for the cooler day ahead
* Exercising early means your workout is done, less chance of work or commitments getting in the way later in the day.
* Your body likes routine, getting up at the same time every day will regulate your body’s circadian rhythm (a biological process that runs on a 24 hour cycle)
* What better way is there to start your day than investing some time in your health and physical wellbeing? You deserve it.

Make those mornings easier by:

* Preparing everything you need the night before.
* Making a time with a friend, commit to a class or book a session with me, you are less likely to cancel a session if you are letting someone else down
* Getting a good night’s sleep. That paperwork can wait and so can the dishes.



For REPS registered trainers:

**Benefits of working with a REPS Trainer (That’s Me!)**

Starting on an exercise programme is one of the most significant things you can do for your fitness and health in both the short and long term. Exercise has so many benefits but in order to make the most of these benefits you need to make sure you are getting advice from someone who knows what they are talking about.

There is plenty of information available with information on how to get fit, lose weight, tone up but not all of it is going to get the results you want or be safe, regardless of how much you pay.

Having a fit and strong body does not qualify someone to offer fitness advice, despite the number of celebrity endorsements of fitness products in the marketplace.

We are fortunate in New Zealand to have a world standard registration body for fitness professional through REPS (Register of Exercise Professionals). REPS is the recognized standard to make sure the exercise advice you are getting is safe and effective

What me being a registered trainer means to you:

* You get up to date advice and exercises from the best, most qualified sources. (This is measured through an ongoing education requirement)
* You can rest easy in the knowledge that I have a recognized qualification that ensures you get the best results based training.
* You know I am competent not just in the ‘doing’ of an exercise session but have knowledge in exercise safety, anatomy and physiology.
* In the unlikely event of something going wrong there is a complaints system so if something does go wrong you are not left alone.
* You know I adhere to a code of ethical practice.



**HELP!!! My Mum’s a couch potato!**

Many of us have a parent, partner or relative who doesn’t share our joy and passion for exercise. It’s frustrating to watch someone we care about tossing his or her health away when we know that there is a better way.

Here are a few ideas to help make someone you love get off the couch.

Don’t be a fitness evangelist

Many people are afraid of exercise and gyms because of they think that everyone who goes there is, quite frankly, crazy. Rocking up to your Mum’s house in your gym gear with a post personal training session high exclaiming the benefits of that killer mountain run is probably not going to get her feeling the love, though it may get her off the couch as she seeks to escape your post exercise high and smelly armpits.

Focus on the benefits to others

If you have a family member who is having health problems due to their lack of exercise then give them a long term picture- focusing on the benefits for the people around them. While we know they should put themselves first perhaps that’s not so easy for them so by putting the emphasis on their loved ones they may see it in a different way.

Offer to exercise with them

The trick to this one is to make sure the choice of exercise is theirs, even if that means you only end up going for a wander round the block to begin with. It’s a great opportunity to spend some time together too.

Don’t presume they don’t know the answers

By all means tell your loved one all about the health benefits of exercise but do it just the once. Just because they don’t respond immediately doesn’t mean they haven’t listened. Think of your advice as a gift, maybe they just aren’t ready to unwrap it yet.

Love them just the way they are

Spend as much time focusing on the good parts of your loved one as you do focusing on what you think they need to change.

The reason you want them to change is because you love them, just make sure you let them know.