Bigredball PT client news



This one was popular with our last year’s readers at this time of year. So here it is again.

**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.



THE TRUTH ABOUT DIETS

Apparently depriving ourselves of food on impossible to stick to eating plans is not good for us- who'd have thought?

The trouble is, when we want to shed a few kilos the ads are very tempting... and they claim awesome results.

If you severely restrict the amount of food you eat or eliminate most food groups you will see changes in your weight, of course! If it was easy and safe to do just that we wouldn’t need a diet plan or product to help us lose weight as we’d all be the perfect size. However we’d also be sick and tired and probably not live a long life.

It is true that the less you eat, the more weight you lose but you have to keep eating well for the rest of your life to maintain any results you achieve. That means if you are on a restricted plan you are facing a life of going without. In contrast a healthy, but a varied eating plan will be something you can adhere to in the long term, maintaining any weight loss you achieve.

Our body is not happy when we lose weight fast so if we do, it makes plans for avoiding weight loss in the future. We all want to see results fast but any diet plan that has testimonials from people who have lost large quantities of weight fast will often have a wee disclaimer at the bottom stating that these results are not typical. Don’t be sucked in!

No matter what the latest product is the basic rule of weight loss is still to exercise moderately and eat well. While a fast fix is tempting think about the benefits of long term and lasting results. It may take a bit more time to get there but you are less likely to put all the weight back on.



This month’s quote theme is winning.

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

Arnold Schwarzenegger

Success is almost totally dependent upon drive and persistence. The extra energy required to make another effort or try another approach is the secret of winning.

Denis Waitley

I think whether you're having setbacks or not, the role of a leader is to always display a winning attitude.

Colin Powell

A champion needs a motivation above and beyond winning.

Pat Riley



FOR THE PARENTS OF YOUNG KIDS OUT THERE… a bit of humour

* You are **not** what you eat- we always used to say ‘you are what you eat’ thinking that if we ate too many cream buns we’d end up looking round and squishy. If that were the theory then we could all eat kitkats all day and be tanned and slim with a light centre.
* Recent research has proven that toddler slobber does not have a calorie burning effect, nor does it reduce the signs of aging when applied to your face.
* Experts recommend fitting in exercise when you have a spare moment- do they make a treadmill with a change table and a toddler seat these days?
* If swimming is great for your figure explain whales?
* Before you quit eating chocolate, just think seriously whether you want your kids to think you’re a quitter