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May newsletter Content

Hi Folks, Enjoy.

Don’t forget if you want something customised to your brand or message we offer writing services big and small starting from $10 a month.

NEW THIS MONTH: You will notice ahead of each article are ‘trainer notes’; these are designed to give you some tips on how to make the most of the articles.



*Trainer Notes: You may want to edit this article if you disagree with the suggestions but it’s aimed at those who are making a first step away from junk food so the aim is to make it achievable. This is a great one to copy onto a document with your logo and contact details to give out to clients and potential clients.*

**Get Healthy with Fast Food**

What is the secret success of all that fat laden, nutrient free fast food? It’s easy.

If you are trying to get kids out of the house in the morning and need a speedy packed lunch, are tied to the office all day or come home after a day of work too exhausted to think about cooking then fast food is going to be tempting. That doesn’t make you bad it makes you human.

BUT what it doesn’t do is make you healthier.

So here are some fast food options that keep the fast but are actually real food!

I am sure there are negatives for all these foods BUT they are better than some of the other options.

**Instant oats**

Put a serving of quick cook rolled oats and dried fruit in a heat proof and sealed container, cover with boiling water and put in your bag. Voila, cooked oats when you arrive at work.

**Bagged salad**

Throw it on a plate, chuck on some tomatoes, and add a piece of lean protein.

**Frozen fancy mixed vegies**

These are fast and slightly more appetising than peas, carrots and corn.

**Ready meals**

I am not talking about a pie in the microwave. Many businesses offer precooked meals that are delivered, more expensive than cooking your own but the same price as takeaways. And who knows what the freezer section might throw your way (just check the nutrition panel).

**On the run….**

Now before you tell me that these products have too much salt or carb. Remember that piece of chocolate cake or pack of chips you munch on at 3.30 has salt and carb too (a wee bit more that the following suggestions)

Canned no-sugar fruit (half a can)

Small can of tuna and crackers (comes as a single serve)

Cup of Soup standard (4 to a pack)

One serve can soup

Single serve low fat canned rice pudding



*Trainer Notes: This article is a great opportunity for you to offer a new product to your clients, why not offer a great price on a session or put posters around your club or community for those who are not your clients*

IT’S A GREAT TIME TO START A RUNNING PROGRAMME

Nope, I’m not crazy, the slightly cooler weather makes starting a running programme perfect, and a bit of rain just adds to the fun.

I do know that for every person who thinks running is the best form of exercise there are many who would like to start but don’t quite know what to do first.

The largest group of exercising non-runners are those who would like to run but either don’t know where to start OR have tried running and found it too difficult.

The good things about running are also the things that make it a challenge. It’s a solitary pursuit, so you have time to clear your head. This also means you have time to contemplate how hard you are working.

Running longer distances is about not stopping- lots of self-talk convincing yourself to go that extra lamppost.

Here’s a first step for you:

Let me take you out for a pacing run. A pacing run is one where you run with your trainer so that you have someone to keep an eye on you and make you keep going, the same way I do in a PT session.

I’ll be monitoring your effort and keep you running at a pace that within your limits and be able to help motivate you to keep going. A pacing run will give you an idea of what you can achieve.

Want to give it a try?



*Trainers notes: A bit more of a wider interest for this article but well worth keeping your clients up to date with the benefits of exercise for their kids.*

HEY PARENTS:

With winter comes winter sport.

While the extra washing and mornings spent wet on the sidelines make winter sport a challenge for parents, it’s worth it to have kids active in the colder months.

Kids and activity is a great mix physically and mentally with social and behavioural advantages to having your kids involved with an organised sport. These advantages are increased in winter, when outdoor activity becomes less exciting and opportunities for full on physical activity are limited. Sports gets kids moving, gets them learning and sharing.

In 2012 Sport NZ released results from their 2011 Young People's Survey that looked into the way young New Zealanders participate in sport and recreation activities.

* 7 out of 10 boys (72.6%) and 6 out of 10 girls (60.3%) said they like playing sport a lot.
* Very few young people said they don't like playing sport (3.5% of boys and 5% of girls).
* More boys than girls of all ages said they like playing sport a lot.

The survey didn’t just investigate ‘organised’ sports in teams but also school sports and more freestyle activities kids engage in as all activity has benefits.



*Trainer Notes: pop these up on your facebook feed or have a ‘quote of the week’ on a whiteboard at your club or studio*

“A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.” ― George Bernard Shaw

“Being soaked alone is cold. Being soaked with your best friend is an adventure.” (Emily Wing-Smith)

People don’t notice whether it’s winter or summer when they are happy- Anton Chekov

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

Hippocrates

To me - old age is always ten years older than I am.

Bernard Baruch