Newsletter content April 2014



Starting on an exercise programme will be an adventure but at times it will also challenge you, you may be out of your comfort zone, you may be doing things you didn’t think were possible.

It’s okay to be a bit worried.

If you are new to this ‘regular exercise’ here are a couple of things to make your entry into the world of fitness a bit better.

Don’t go out and buy all new fancy gear before you start. Wear whatever you are comfortable in today. Once you have started working out you will have a much better idea of what you are comfortable and confident in.

Don’t take it ‘one day at a time’. Make a commitment to a couple of exercise sessions a week for a length of time. It may be a couple of weeks, a month or more. Make an agreement with yourself that you will keep it up until the end of that period.

The thing with being new at anything is that it is hard to begin but gets easier very quickly. Don’t miss out on the fun.

Sit down with a trainer before you begin and find out what you can expect to achieve taking into account your current health and fitness status. That way you won’t be disappointed if you can’t walk as far as you thought or lift as much weight as everyone else seems to. A trainer will tell you what the truth is for you, so you won’t need to rely on what friends and colleagues tell you.

Enjoy it. Most of those crazy folk who love exercise and seems to achieve it effortlessly were once just like you.



BAKED FRUIT CRUMBLE

The Recipe

In a bake proof dish put *2-3 cups of chopped up fruit* and *half a cup of water.*

In a bowl mix together *half a cup of wholemeal flour*, *quarter of a cup of brown sugar*, *1 and a half cups of rolled oats* and *a quarter cup of coconut* (optional).

Add *half a cup of oil* (I use ricebran). Mix together, the mixture will be crumbly and not wet.

Toss on the fruit base and chuck in the oven for 30-40 minutes at a moderate temperature.

Serve on it’s own or with yogurt or custard.

**What fruit to use?**

We are fans of the old apple crumble, often combined with banana or frozen berries.

Summer fruit goes down well too!



How did those New Year’s resolutions go?

Chances are many of you have forgotten that you even made them. It’s only April so you have 9 months until the end of the year. There is still plenty of time to reset those goals and get on track.

And for those of you who have made progress- Isn’t it awesome? I bet you didn’t realise how good it would feel to be here right now. I hope you are setting new goals now and taking the time to enjoy your success.



“My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is.”

― [Ellen DeGeneres](https://www.goodreads.com/author/show/40648.Ellen_DeGeneres)

“A bear, however hard he tries, grows tubby without exercise.”

― [A.A. Milne](https://www.goodreads.com/author/show/81466.A_A_Milne), [*Winnie-the-Pooh*](https://www.goodreads.com/work/quotes/1225592)

“Get comfortable with being uncomfortable!”

― [Jillian Michaels](https://www.goodreads.com/author/show/5106.Jillian_Michaels)

“No body is worth more than your body”

― Melody Carstairs

“When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease.”

― [Terri Guillemets](https://www.goodreads.com/author/show/5761601.Terri_Guillemets)