December 2015

Body Creation Personal Training Fitness,
Body Shaping & Self Defence

December 2015

your (holiday) health & fitness

The holiday season, and especially Christmas is fast approaching.

Don't let your guard down. It's tempting to say it doesn't matter what I do, what I eat, what I drink - it's Christmas and I'll just make up for it later.

The truth is its harder than you think to make up for excesses. The best option is not to deny yourself everything, but be moderate and make best (healthiest) choices where you can and limit the quantities, and or opportunities.

Find other ways to be active if your exercise routine has changed .

As I always say - *EVERYTHING IN MODERATION.*

KEEP IN MIND:

A glass of RED - **120** CALORIES

A glass of BEER - 155 CALORIES

A RUM & COKE - 248 CALORIES

A VODKA CRUISER - 210 CALORIES

Slice of CHRISTMAS PUDDING - 140 CALORIES

A spoon of CRANBERRY SAUCE on your turkey - 35 CALORIES

A serve of BRANDY CUSTARD - **150** CALORIES

1/2 cup of TURKEY STUFFING - **85** CALORIES

A slice of GLAZED HAM - 160 CALORIES

A slice of FRUIT CAKE - 195 CALORIES

A glass EGG -NOG - 193 CALORIES

A MINCE PIE - 200 CALORIES

IF IT DOESNT CHALLENGE YOU IT WONT CHANGE YOU

Tips to avoid the pitfalls of Christmas excess

- Eat before you go to functions. Have a decent breakfast and eat something light before going to the function to reduce the likelihood of filling up on junk party foods
- Don't try to start a weight loss program at Christmas: aim instead to maintain your current weight
- Watch portion sizes and use a smaller plate to support your will power.
- Don't head straight for the glamorous food - remember veges legumes fruit and healthy grains at Christmas time too.

If you choose to drink:

- Watch your serving size. Use smaller glasses.
- Avoid topping up you drink. Finish one drinlk before starting another
- Alternate alcoholic and non-alcoholic drinks (ptreferably water) this helps keep you hydrated and limits the intake of alcohol.

Find us on: facebook

Steve BodyCreation PT

Steve's favourite holiday exercises #2 STEP UPS

Great exercises are great because they *work.*

Step-ups are one of those amazing exercises that anybody can do anywhere anytime with little equipment and still get 100% benefit.

Like lunges, this is a massive muscle compound action that works the big lower body muscle groups as well as core support muscles. So its good for all over toning, stability, balance & coordination *and* burns calories. In or out of the gym, you can add additional weight or incorporate other movements to increase the muscle activation and burn up more calories.

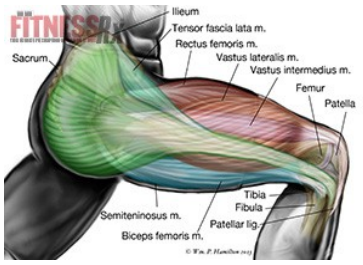
Many gyms have aerobic steppers or crossfit stools you can use for your step ups. On the outside, there are heaps of opportunities just waiting for you. Step ups can be done on your stairs at home, a low wall in the garden, a bench at the park or even the steps leading into the pool. As long as your 'step' is stable, wide enough to support your foot and securely anchored you're good to go. But always be aware that your not stepping onto someone else's fingers or toes.

The Basics.

The aim is to work one leg at a time without employing assistance to perform the movement from the other leg. So the idea is to **'step up'** not 'push off ' with the other foot.

Stand up straight with feet roughly hip width apart and place one foot on the elevated platform. Step on the platform by extending the hip and the knee. Use the heel mainly to lift your body up then place the other foot on the platform as well, breathing out as you come up. Step down with the same leg by flexing the hip and knee of the opposite leg inhaling as you return to the start position placing both feet on the floor.

Option - you can repeat the move with the same leg or alternate each side for the desired reps. As your strength and balance improves you can add height to the step and hand weights or a barbell across your shoulders either in front of or behind your neck. A barbell raises your centre of mass requiring greater stability so practice this on a low step first. Note: This is a great exercise for people with lower back problems who can't do stiff legged deadlifts. Beginners and older people should start with only your bodyweight, especially if you have balance issues. Add variety to your step ups by adding a knee lift at the top of your step but make sure you are balanced.



Major muscles used in step ups

Off to the Australian Martial Arts Championships

Good luck to our instructor, my son Anthony and the rest of Team Freestyle who are heading off this weekend to Queensland to compete at the Australian Martial Arts National Championships on the Gold Coast.

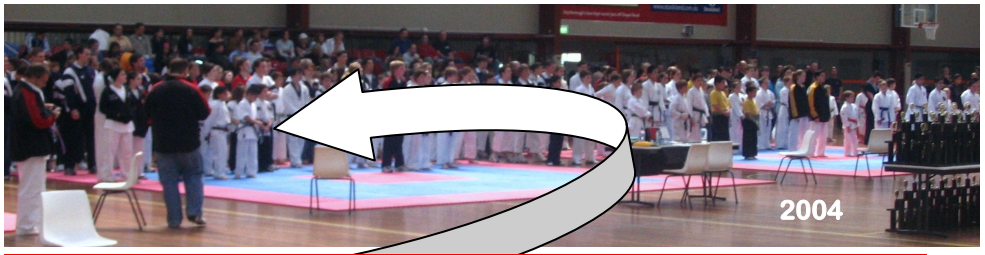
Anthony will be competing in Sparring and Extreme Weapons and representing Victoria in the Team Sparring at this year's event.

Anthony has been competing for 13 years and has amassed an impressive collection of state and national titles and some nice hardware along the way.

Good Luck mate.

We are all behind you.

We wish the whole team the best of luck for the upcoming tournament which marks 10 years of Nationals competition as TEAM FREESTYLE . We are looking forward to seeing some exciting performances from the team. Have a great time and good luck from TEAM BODY CREATION.



Anthony at competitor marshalling at his first Nationals 2004`

Good Luck to Anthony and Team Freestyle competing at the Nationals this weekend

BODYCreation metafit.

"a workout that gets big results fast. .

Starting at Stryve Gym on Tuesday December 15th at 6:30pm with our fully qualified metafit instructor Anthony.

It's a 30 minute workout with pumping music that will really blast away the calories.

I've tried this class twice myself now and I can tell you it was exhilarating.

Introductory price is only $5 per session, paid at reception.

For only $5, come along for a great class and support Anthony in his new endeavors.

30 MINUTE HIGH INTENSITY BODYWEIGHT CLASS

BLAST YOUR FAT
TONE YOUR MUSCLES
GET IN YOUR BEST SHAPE EVER

metafit. is an effective and simple program if you're looking for a workout that gets big results fast.

To burn fat you need to change the resting metabolism and working big muscle groups with simple, un choreographed, high intensity intervals is a great way to do this. And help with strong and toned muscles. The key to fat loss is maintaining lean muscle and boosting the resting metabolic rate.

Metafit combines traditional bodyweight exercises with the latest High Intensity Interval Training (HIIT) techniques to set the metabolism on fire!

These principles will get you great results, will boost your metabolism and improve your ability to burn fat for longer.

Metafit classes are 30 minutes and use bodyweight exercises which target the largest muscle groups in the body for greater effect. There is no need for any equipment.

This is not an endurance class so there's no need for you to pace yourself.
Go for maximum effort every time.

There is no choreography so don't worry if you don't know your left from your right.

It might be tough, but everyone can do it.

The aim is to improve your fitness so do your best and build your way up as your fitness, strength, tone and stamina improve.

After a MetaFit workout, your resting metabolic rate (RMR) will remain elevated so you continue to burn fat even after you've finished exercising.

Metafit classes are a great complimentary program for private sessions and bootcamp, boosting the results of both.

MetaFit

- Body weight only, no equipment required.
- Time efficient 30 minute High Intensity
- Challenging for all fitness levels
- Simple & effective
- Whole body workout
- RMR remains elevated to burn fat for longer
- Preserves and increases muscle mass

Find us on: facebook

Steve BodyCreation PT

Like

Like our Page:

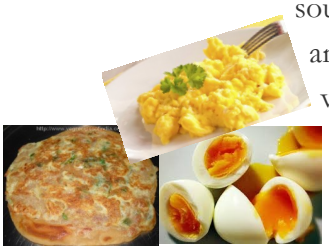
Body Creation Personal Training Fitness Body Shaping & Self Defence

Super food - Egg

Egg - nature's power pack

Compact convenient full of goodness. Eggs have it all.

Containing 11 vitamins and minerals, packed with the highest nutritional quality protein of all food sources, Omega-3 healthy fat, antioxidants and can assist with the treatment and prevention of acne, (bet you didn't know that) tasty convenient and good value for money. Eggs are part of the foundation diet representing 'the basis of optimum diets to achieve and maintain a healthy weight providing nutrient requirements with the minimum energy intake.' (More bang less bulk.)



Tasty, easy to prepare and plenty of variety:

Scrambled hard or soft boiled, omelettes

The protein found in eggs is considered to be of the highest quality, providing the right amount and balance of the essential amino acids (the ones we cant synthesize in our body and have to get from our diet) to match human requirements. Eggs score high on the Satiety Index, meaning eggs are particularly capable of making you feel full and you will likely eat less overall calories, resulting in lower levels of hunger during the day.

"The protein found in eggs is considered to be of the highest quality...."

Eggs contain Vitamins A E D K & B 1, 2, 3, 6, 12, as well as folate calcium iron selenium zinc iodine and short and long chain fatty acids and other beneficial nutrients few people know the names of, . They're natures own little power pack.. The quantity of fats and cholesterol in eggs is relatively small and don't have an overwhelming influence on our health. The cholesterol level is a lot lower than it was due to better chicken feed, and it is actually saturated fat in the diet, not dietary cholesterol, that influences blood cholesterol levels the most. Cholesterol in eggs has been shown to lower bad LDL and raise good HDL levels. Also with all the fat & cholesterol in the yolk it's easy to limit your intake by reducing the number of yolks you eat. The yolk contributes around 75 percent of the egg's calories and 40 percent of its protein. Additionally, vitamins A and D, many B vitamins and phosphorus are found in the yolk. Egg whites only contribute around 17 calories per large egg, and about 3.6 grams of protein. They are cholesterol- and fat-free, but lack many of the vitamins and minerals of whole eggs.

An average egg (70g L) contains:

72 calories, 5 g fat, 185mg cholesterol.

There are endless ways to prepare eggs - boil, dry fry, scramble or omelette with veges and herbs. And they taste good. Whilst I don't recommend drinking then, some people do so if you must ensure you have a good clean source for your eggs.

1-2 whole eggs a day can only be good. And if you're a little hungrier than usual, add extra egg whites - pure perfect protein.

So cheap, healthy, high in protein, low GI, taste good, versatile, help regulate cholesterol & blood pressure, assist brain health & function, support

My Pet Hates

I have many, but my #1 hate is people using age as an excuse.

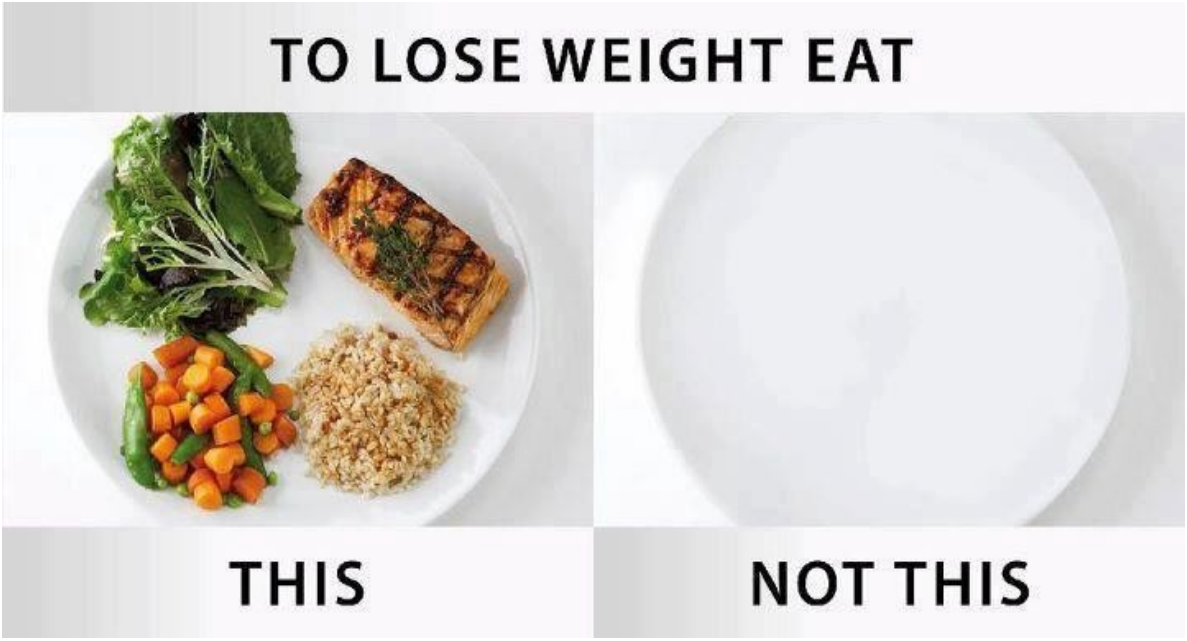
"I'm too old for this shit"

Translation: "I'm a lazy slob and can't be stuffed. "

Just get off your arse and make an effort. You could just be saving your life.

You don't lose weight by not eating...

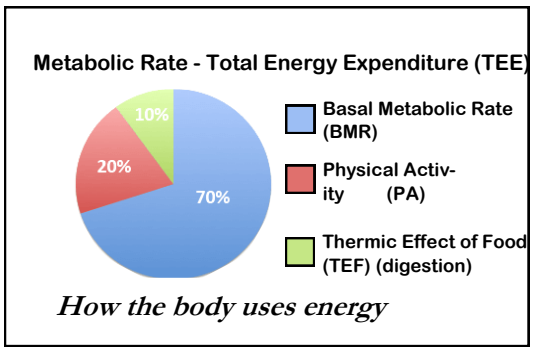
How many times have I preached to how many clients over the years that not eating will not help you lose weight?



The worst thing you can do if you want to lose weight is to skip meals.

Your brain works to regulate and monitor energy usage and requirements while millions of chemical sensors monitor the body's environment. When you don't supply energy, the body figures something must be wrong so will switch to doomsday preparation mode. It will hoard its energy supplies and shut down the factory to preserve its environment. What does this mean?

That's right, **fat.**



How the body uses energy

Your body begins to store up all the excess energy it can get and hang on to it as fat. Squishy ugly dangerous fat. This excess is stored all over the body but is most obvious in men in the gut and face and for women the bum and thighs. Just what we all want , right?

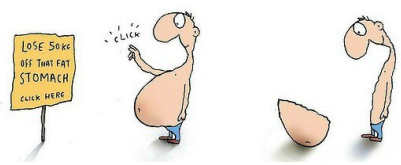
You will have more effective and sustainable weight loss eating good clean healthy regular meals at regular intervals and not overloading your plate each time. This provides a happy environment for the brain and body to function at its most optimum level. And dangerous fat doesn't build up around vital organs and clogging up arteries. Occasionally an underlying medical condition or hormonal issue may contribute to being overweight, but the majority of the time it is simply an excess of consumed energy (Too much food) and not enough activity (lazy lazy lazy.)

Metabolism refers to all the chemical processes that go on continuously inside your body to allow life & normal functioning. Building and repairing the body requires energy. It is influenced by your age, gender, muscle-to-fat ratio, the food you eat and physical activity. Your hormones and nervous system control your body's metabolism

There is not much you can do to significantly change your basal metabolism - the metabolic rate at rest. Long-term strategies, such as increasing muscle mass, will eventually have an effect as larger muscle mass means a higher energy requirement. However, determining what your body's energy needs are, and then adapting your lifestyle according to that, will have a much faster effect on your bodyweight. Changing your physical activity levels and reducing food intake are changes you can implement immediately.

Follow this link to a great article on metabolism that explains it all really clearly.

Now go enjoy your meal.



Did you know? ***The average person will eat over 50 tonnes of food in their lifetime***

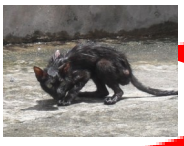
Closing dates for Christmas/New Year

Fran and I will be heading to Thailand in January for some training , fun and relaxation.

I will be working through to New Years eve, but appointments will be limited due to high demand. Please let me know ASAP when you wish to train over Christmas - New Year.

We will be re-opening January19th

We hope to catch up with our Thai cat friend, Fluffy.



Closing New Years Eve Dec 31st. Re-opening January 19th 2016

We wish everyone a wonderful happy healthy and safe Christmas and a happy and successful New Year

Have a Merry Christmas