

**THIS
MONTH'S
SPECIAL
OFFER**

**Introduce a friend To Group Fitness
and receive a 30 minute
Complimentary
PT session!**

Hi everyone and welcome to the first issue of my newsletter! Expect to receive this monthly and I hope you enjoy reading it. You know your feedback is always welcome so if you have a topic of interest and would like to see it included please let me know!

This month I have been busy launching my new website and am very excited about my new brand and new look! Please feel free to check it out www.wrightimagestudio.com.au

A big thank you to [Julie Leconte](#) who happily volunteered to be this month's client profile! Well done and thanks again. I'll be tapping you guys on the shoulder for the coming months so look out!

A special thank you to Davyd for putting together this wonderful site but more importantly putting up with me along the way!



Spring is Here.....

Get into shape for Summer with the help of your personal trainer! Guys I am here so utilize me! October is always a busy month of the year as people get ready to get into shape for Summer! It's

a great time to kick start a new fitness regime if you aren't already in one! If you are why not try out our new Group Fitness which kicked off last month. Check out the website for dates this month! Group Fitness is a great way to get outdoors, meet new people and train hard, hard, hard!!! Check out the website for all the latest specials

Here's what I'm loving right now...

freshly squeezed lemon in my water!

Give it a go guys! Did you know that due to the digestive qualities of lemon juice, symptoms of indigestion such as heartburn and bloating can be relieved? By drinking lemon juice regularly, the bowels are aided in eliminating waste more efficiently thus controlling constipation and diarrhea.



I kick start my day with a glass of warm water and freshly squeezed lemon juice as well as a healthy breakfast. For those of you who continue to shock me by not having breakfast (you know who you are! ☺) because of little time you have in the morning below is the easiest and quickest recipe for a nutritious Berry Special Shake!

A fruit smoothie is not only refreshingly delicious; it also provides a bounty of nutrients. With every sip, you get calcium and protein from the milk or yogurt and a boost of antioxidants from the fruit. Even better, smoothies won't weigh you down, so you'll have lots of energy to have fun in the sun.



My Berry Berry Special Shake (even I can't get this wrong!)

Ingredients:

- 1 cup cranberry juice
- 3 to 4 strawberries
- Handful of blueberries
- Handful of raspberries
- 1 banana, sliced
- 1 (6-ounce) container strawberry or blueberry low-fat yogurt

Directions:

Puree ingredients in a blender until smooth.

No more excuses, too easy!

So we've covered our nutrition now lets take a look at an easy exercise that can be done anywhere!

Here's my favorite exercise... Push Ups!!!!



We should know by now that this is a great exercise for our chest and that if you are starting out a good way of building up to a full push up is by doing these on your knees to start with and then progressing to your toes! Remember to place your hands at a width that allow the forearms to be perpendicular to the floor when the elbows are flexed at 90 degrees! Did you know that if you are female and aged between 30-39 that 22 to 30 push ups a minute only makes you above average? Want to be considered excellent, then bang out 37 or more full push ups in a minute!

Ok so we covered basic nutrition and exercise so now lets put it all together... the most important thing I try to get across to my clients who train is when to eat and why and how much fluid to

have. More importantly you should know when and what to eat and drink for exercise. Below is an article that may be of interest that covers eating right before and after your workouts as well as adequate fluid intake.

Eating Right for Exercise

Using a simple, well-balanced diet formula, you can figure out what to eat and when so you have the energy you need to exercise.

By Barbara Robb, MA

You need energy to exercise and energy comes from food. Make sure you've eaten adequately before any fitness activity and eat to refuel afterwards, says Sue Travis, RD, PhD, of the division of nutritional sciences at Cornell University in Ithaca, N.Y.

Fitness Food: The Right Diet for Exercise

The amount of food a person needs will vary with age, sex, weight, and activity level. The rate at which you burn calories depends not only on the type of exercise you do, but also on how vigorously you do it.

Travis emphasizes that it's important to divide your calories between carbohydrates, protein, and fat:

Carbohydrates. Carbohydrates — sugars and starches — are broken down by the body into glucose, which muscles use for energy. Excess carbs are stored in the liver and tissues as glycogen and released as needed. It's glycogen that provides the energy for high-intensity exercise and prolonged endurance. Some good sources of carbohydrates are whole grain breads and cereals, fruit, vegetables, pasta, and rice.

Protein. Protein should be part of each of your major meals because it will help slow absorption of carbohydrates. Fish, eggs, chicken, meat, and beans are excellent sources of protein, and 3 ounces per meal is enough.

Fat. You need some fat in your diet, too, says Travis. Low-fat dairy products, like 1 percent milk, and lean cuts of meat will give you the fat your body needs.

Try to have a combination of items from all three of these food groups at each of your major meals, says Travis. For a healthy breakfast, have a high-fiber cereal (either oatmeal or another whole-grain cereal), a low-fat dairy product, and fruit or a glass of juice. The easiest lunch might be a sandwich made with lean meat, poultry, or fish on whole-grain bread, with raw veggies and fruit served on the side. Protein and energy bars can be useful, but don't use them as a meal replacement, warns Travis. Look for bars with at least 10 grams of protein and some carbohydrates, rather than products with a high protein content and hardly any carbohydrates.

Fitness Food: Timing Meals and Snacks

If you exercise in the morning and don't have something to eat first, you can use up all of your stored energy. If you'd rather not have breakfast before you exercise, try eating a small piece of fruit.

If you're planning a strenuous workout, eat a meal high in carbohydrates at least three to four hours beforehand. Choose foods that are easily digested. Travis suggests that you experiment with different foods to see what gives you the most energy.

Fitness Food: Factor in Fluids

It's particularly important to drink fluids before, during, and after exercising. If you exercise strenuously, try to drink fluids even if you're not thirsty. Water is a good choice for most activities. If you exercise continuously for 90 minutes or more, you might benefit from a sports drink that contains electrolytes and carbohydrates. But sports drinks are designed for people who are doing endurance activities for prolonged periods. They probably

aren't necessary for the average person.

Caffeine is dehydrating. Travis suggests that you drink an equal volume of water if you drink coffee or another caffeinated beverage.

The bottom line on fueling for exercise? If you drink plenty of fluids and eat regular meals that include carbohydrates, protein, and fat, you should have all the energy you need for your workout plan.

And Finally..... giving back to the community!

This section is dedicated to areas/businesses that operate in the local community. For those of you who don't know, I am a huge fan of supporting local business and community drives. I will be using this section to profile products or businesses that are of interest to me but also reporting on anything that's going on in the local community like fundraising, charities and activities like fun runs, etc.. If you have anything that you want included like a sausage sizzle that you may be having to raise money please let me know and I will include it in this section!

This month I'm pleased to focus on **Little Innoscents**.



Little Innoscents produce a range of divine, organic skincare products for baby that are all natural and eco friendly.

Our products have great success in treating and managing conditions such as eczema, dermatitis, redness and itchiness

At Little Innoscents our products are healthier for your baby – there are no synthetically active ingredients, no mineral oils, no paraben preservatives, no synthetic colours or fragrances, no harsh detergents or surfactants that can be very harmful to your hair and skin. Our skincare range is formulated using only the finest natural ingredients available

Developed by mum-of-two Antonette Golikidis and researched extensively, LITTLE INNOSCENTS will certainly not disappoint. We have designed our range with the modern and stylish mum in mind and the

kids will love it to

Products currently available are: Body Wash, Massage Oil, Massage Lotion, Nappy Rash Cream, Vapour Rub Balm and Baby Powder.

Visit our website for product range and STOCKISTS www.littleinnoscents.com.au

I hope you have enjoyed reading this issue!

If you would like me to include anything about your business or product please email me josie@thewrightimagestudio.com.au.



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