

exercise  
smarter



not  
longer



*Smart Knowledge for Smart People*

For Clients and Friends of

**The Studio**

September 2010

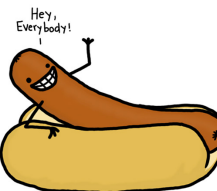
**MR. AWESOME**

*By Roger Hargreaves*



**AWESOME??**

**DO YOU SEE YOURSELF AS AWESOME ???**



**I AM AWESOME**

I am Awesome.  
You are Awesome too.  
This is important since the first part of becoming Awesome is realizing that you are already awesome....  
And that **being Awesome is a choice.**

So what is Being Awesome?

It's something then when you are 'in-line' with it, it makes a difference in your life without taking a lot of effort.

If the traditional use of awesome is "That which inspires awe" think of the new Awesome as "That which inspires Awe in one's self"

So vaguely Being Awesome is:

The ability to inspire yourself and to be inspired by Yourself

(OK so the exact definition is still a work in progress)

The most important part of being Awesome is remembering that being Awesome is a choice, and the more time you spend being awesome, the more being awesome becomes second nature.

**Inside This Issue of The Studio...**

- *Being Awesome!!!*
- *Mad About Mushrooms*
- *Highlight - Hayfever*
- *Recipe of the Month plus Bonus Recepte*

**BUMPER SPRING ISSUE**

With two amazing spring salad recipes and a fascinating two page spread on good and bad fats Spring is all about new life and growing things from seeds. Sooooo... I would like to plant a new seed in each of your lives.

Life is to be enjoyed and lived to the fullest.  
With that in mind cultivate a new

**Positive Thought**

Learn to accept that your body will never be perfect and embrace your shape as it changes throughout the various stages of life. If you eat well, exercise regularly and keep happy, you're doing the best you can and your body will reflect that. Laughter lines and curves appear as we age but the quicker we understand that they're an inevitable part of life, the quicker we can get on living it!

**YOU ARE AWESOME ☺**

So remember, you are already awesome, and you can become more awesome with a little practice. For instance: If you are complaining or whining, just remember, you could be being awesome instead. I'm not sure why but it seems as a whole we are becoming a very negative group of people. We whine on TV, we whine on Talk Radio, we whine on blogs and in forums... This isn't constructive or positive. Therefore it's not awesome. If you catch yourself in one of those downward spirals of complaining or whining, stop and think about the fact that thinking in this way is a choice, so you can change it.

### **Being awesome is that easy.**

A large part of being Awesome is learning not to compare yourself to others. Instead you should compare yourself to the way you want to be... when you stop and think about it, there is a difference between the two. Another way of improving your awesomeness is by learning from other people (since we are all awesome in some way)

Every one of the people in your life has qualities that are awesome. Spend time thinking about this and A) appreciate those traits even more (and maybe even let them know you appreciate it) and B) incorporate them into your own awesomeness.

My friend Mary is really good at returning phone calls and emails. I think this is awesome, so it's something I'm going to try to incorporate into my own awesomeness. It's as simple as that.

Warning: Awesome can be stolen from you...

Now here's what you have to watch for... some people will want to crush your awesomeness. For some reason there are people out there who are really uncomfortable with the idea of someone thinking that they are awesome. As if we should all be grumpy or unsatisfied with life.

So remember awesomeness is an INTERNAL thing, it's your ability to inspire awe in yourself, not what others think of you.

The point is this... **to be Awesome, you have to OWN YOUR GOALS.**

It doesn't matter if people think your goals are dumb, useless or crazy... if something is YOUR goal then you owe it to yourself to be Awesome at it. If you listen to everyone else's opinions on your goals you are externalizing your awesomeness, and this just doesn't work. This is how being Awesome can greatly improve your fitness and weight loss goals... because you learn to stick with your goals and not worry about everyone

everyone else's goals. So awesomeness is also a focused happiness. You have to own your awesomeness.

So a main part of being awesome is being happy enough with yourself that you don't really care what other people think about you, and you don't feel threatened when people have goals that differ from yours.

### **Being awesome also involves OWNING your LIKES.**

To me Jesus is AWESOME. When people ask me why I even believe in God, I could hit them with all the scriptures, or I could simply answer "Because He loves me and is awesome"

Granted, this answer probably seems silly to most people, but after reading this post I hope you would understand that what I am actually saying is "When I spend time with Jesus I inspire myself" ... awesome takes on a whole new meaning when you think of it that way.

If you really like something let it be yours, it shouldn't matter if other people like it or not. And on the flip side, if your friends really like something that you're just not into, don't sweat it.

### **Another part of being Awesome is OWNING your ACTIONS.**

Be awesome by doing awesome things.

On the drive home from work ask yourself "Would it be awesome if I took 2 minutes out of my day and picked up some flowers or card for my wife/husband/mother?" If the answer is YES, then do it.. because it would be awesome.

OK... so now the million dollar question:

What the heck is being Awesome got to do with health and fitness?

Well, I've been doing a lot of reading on inflammation, stress, mind set and long term health. The science is impressive and in many ways they are all connected. 8% body fat, shredded abs, muscle like liquid marble... these things may not matter as much as having the right attitude when it comes to the quality or length of your life. On the other hand being the best version of you is ... everything!!!

Dr. Aubrey DeGray... a person many people consider to be a visionary in the area of life extension and longevity, once said when you look at the world's centenarians (people who live to 100 or older) it's very hard to find any connection between them all. There were no real diet or exercise correlations. But, the one thing he did say was that if they had anything in common at all, it's that they all seemed to smile a lot. It's easy to smile when you're awesome.



## MAD ABOUT MUSHROOMS

Don't let the humble button mushroom fool you! Hidden beneath its creamy white dome is a powerhouse of natural flavour and goodness. Neither a vegetable nor a fruit, mushrooms are a fungus, unique in flavour yet they make a surprisingly versatile addition to your menu.

### Seven powerful reasons to eat mushrooms!

1. · Mushrooms are low in kilojoules and have virtually no fat, so they are perfect for weight control. They are also filling which means that they will curb your appetite-great news if you are trying to cut back on your food intake to lose weight
2. · Mushrooms are packed full of antioxidants. As you know, antioxidants help to keep the body healthy.
3. · One serve of mushrooms provides over 20% of your daily intake of B vitamins: riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5) and biotin as well as the minerals selenium and copper.
4. · Mushrooms have vitamin B12 both on the surface and on the flesh, this is the same B12 found in animal foods. This vitamin is both important for your brain and nervous system functions. What's more, the B12 found in mushrooms, is easy for your body to absorb.
5. · Mushrooms are the only non-animal food to contain vitamin D. Adequate levels of vitamin D in the body lower the risk of heart disease, osteoporosis, bowel cancer and diabetes.
6. · Mushrooms contain unique compounds that appear to have a protective action against breast and prostate cancer. Australian research is showing that by eating just 10g of mushrooms a day, a woman can decrease her risk of breast cancer by 66%.
7. · Mushrooms are bursting with flavour-and as they mature from a button to a flat mushroom this flavour increases.

Enough of their goodness.....Mushrooms are also great to eat!

The distinctive flavour and texture of mushrooms makes them a fantastic choice to add to any of your favourite savoury dishes. Toss some button mushrooms in a salad, slice a few and saute them for brekkie, or add to your favourite spaghetti bolognese sauce. They're also great on kebabs, added to pie fillings, served as a sauce with your favourite steak, on a pizza...frankly, mushrooms are so versatile they can be enjoyed at any meal.

A serve of mushrooms is 100g (that's just three button mushrooms or 1 one flat mushroom) so why not make the most of mushrooms and make them one of your 2 & 5 fruit and vegetable serves every day?

**Disclaimer: Whilst all the information shared cannot be claimed as my own it is a clear reflection of the beliefs of this Studio**

## CLIENT OF THE MONTH COMPETITION



This month's client of the month is

**Scott Wratten**  
***Congratulations!***

Scott has one of the best attitudes to his sessions that I have seen in a client. I could give the hardest exercise and he will always attempt it (without complaint or doubt). He also has the unique ability to laugh at himself

Well done Scott

Client of the month will receive a **MOVIE VOUCHER** at Forum 6 Cinemas. Watch for YOUR name here in a coming month!



***DO YOU KNOW THESE PEOPLE?***

### **Welcome New Clients!**

**Here are the new clients that became members of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!**

***Matt Eames (referred through Donna)***

***Amy Gray (referred through Powerprams)***

***Fiona Pilze (referred through Powerprams)***

***Remember FREE sessions available for all personal referrals from existing clients when new client sign for a package!!!***

## FACTS ON FAT



With Australia overtaking the US as the fattest nation in the world, we need to pay special attention to our diets now more than ever. The Western diet is too high in harmful fats such as saturated and trans fatty acids, and the ratio between these fats and the healthier unsaturated fats is becoming increasingly imbalanced. The Heart Foundation recently released a report detailing key findings into fat research and the effects fat has on our health.

There are many types of fats found in food, ranging from healthy Omega 3s to harmful trans fatty acids. Fat plays a major role in the body, and we need it to survive - fats are our energy reserves, they also insulate the body and protect and cushion vital organs, as well as help transport important fat-soluble vitamins.

### **Harmful fats:**

Saturated fatty acids (SFAs) raise the blood level of harmful cholesterol in the body. High cholesterol is linked to atherosclerosis (hardening of blood vessels) which increases the risk of heart disease and stroke. Saturated fats are typically solid at room temperature, and can be found in:

- fatty cuts of meat
- whole dairy products including cheese, cream, milk and butter
- commercially baked products such as biscuits, cakes and pastries
- deep fried fast foods
- coconut and palm oil

Trans fatty acids (TFAs) are a type of artificially modified fat, created during the process of turning liquid vegetable oils into solid fats. TFAs act like saturated fat in the body and have also been linked to adverse impacts on cardiovascular health. A report by the Heart Foundation examined numerous studies into fats and their behaviour in the body, reinforcing the facts that trans fats are associated with a higher risk of myocardial infarction (heart attack) and an increased risk and incidence of cardiovascular heart disease. Trans fats also raise harmful LDL cholesterol while decreasing the beneficial HDL cholesterol, which further leads to poor heart health and thickened arteries.

### **Good fats**

Monounsaturated fats (MUFAs) and polyunsaturated fats (PUFAs) do not impact cholesterol the same way dietary saturated fat does. The Heart Foundation report emphasised the fact that MUFAs and PUFAs do not result in an increased level of total cholesterol in the body, as opposed to the negative effect of SFAs.

These fats are usually liquid at room temperature, and include:

#### Monounsaturated fats:

- oils such as olive, canola and peanut
- margarine spreads derived from these oils
- avocados
- nuts such as peanuts, hazelnuts, cashews and almonds.

#### Polyunsaturated fats

- fish
- vegetable oils including sunflower, safflower, corn or soy oil
- nuts such as walnuts and Brazil nuts
- polyunsaturated margarines.

### **So what about dietary cholesterol?**

"My doctor told me I have high cholesterol, so I avoid eggs," a client informed me recently. While it is true that eggs contain cholesterol, and dietary cholesterol *can* lead to an increase in total cholesterol levels, it is completely safe to consume eggs and other foods such as prawns that contain cholesterol. The Heart Foundation study found that SFAs and TFAs increase the body's level of harmful cholesterol significantly more than foods containing cholesterol. With a well-balanced diet low in saturated fats, it is safe to eat around six eggs per week without adversely affecting your risk of heart disease.

**Case study:**

Johnathan, a male aged 49 has extremely high blood pressure (hypertension) and is on medication. He is slightly overweight, has moderately high cholesterol, rarely exercises and his job places him under considerable stress. He has a varied diet that includes some healthy foods, but also certain foods that are doing his body more damage than good. He consumes three cups of coffee daily, sometimes decaf, but always with full cream milk. He also eats a lot of red meat, usually fatty cuts, and finishes the evening meal off with a couple of biscuits, and never says no to creamy mashed potato or a slice of cake.

According to the Heart Foundation, there are several accepted modifiable risk factors for Cardiovascular Heart Disease (CVD), including

- hypertension
- elevated serum cholesterol
- obesity
- poor nutrition
- physical inactivity
- tobacco smoking
- alcohol consumption
- excessive stress

The key word here is *modifiable*. If Johnathan made a couple of simple changes to his daily diet and lifestyle, he would almost certainly reduce his risk of developing CVD. Below are some examples:

SWAP THIS	FOR THIS	FREQUENCY	SAVE	LOSE
2 cups coffee with full cream milk	2 cups coffee with skim milk	daily	12.5g saturated fat	7 kg per year
Beef rump steak with visible fat	Beef fillet steak, fat trimmed	twice weekly	5.2g saturated fat	1.23 kg per year
Full fat cheese	Extra light cheese	30 grams daily	3.5g saturated fat	1.7 kg per year
2 tsp butter	2 tsp olive oil and avocado spread	daily	3.6g saturated fat	0.9 kg per year
1 Tim Tam	1 low fat fruit slice	daily	2.4g saturated fat	2.7 kg per year
Total:			27.2g saturated fat each day	13.5 kg per year

So if Johnathan made a few simple changes he could drastically alter his own fate. Add to this increased movement through exercise and incidental activity and perhaps a healthier diet in general with more fibre from wholegrains, fruits and vegetables, he could easily lose more weight and improve his condition.

### How can you benefit your heart health with fats?

The good news is that some fats can actually improve the health of the cardiovascular system, with the Heart Foundation report concluding that fish and fish oil consumption is associated with a reduced risk of heart disease, death from heart disease and stroke. Consuming 1000-4000mg per day of polyunsaturated fats in the form of fish oil decreases triglycerides by 25-30 per cent and increases beneficial HDL cholesterol by 1-3 per cent. Try to include foods such as fresh fish, avocado, flaxseed oil and nuts and seeds in your daily diet, all the time avoiding fatty cuts of meat, butter, commercially prepared and fried foods and full cream dairy.

*If you do think you are at risk of cardiovascular heart disease, always see your health practitioner before making drastic changes to your diet and/or lifestyle.*

**REMBER THE STUDIO IS CLOSED OCTOBER 16 TO OCTOBER 30**



## Recipe of the Month – Chickpea Salad



Spring is definitely the time for lunch or dinner salads. I fell in love with this the first time I made it. I hope that you enjoy it as much as me.

### Ingredients

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 Lebanese cucumber diced         | 1/2 Spanish onion diced  |
| 1 can chickpeas, rinsed & drained | 2 tomatoes diced         |
| 1/2 lemon juiced                  | 1 teasp Olive Oil        |
| 2 tblsp Coriander                 | Avocado diced (optional) |

### Method

1. Toss all ingredients in a bowl
2. Season with juice and oil and serve.

## Avocado Mango & Walnut Salad

Preparation Time: 15 minutes      A colourful and delicious salad—a real crowd pleaser.

### Ingredients

- |  |                                 |
|--|---------------------------------|
| 2 Avocados, peeled and sliced                    | 2 mangos, peeled and sliced     |
| 1/2 cup walnut halves                            | 3 bacon rashers, finely chopped |
| 1 mignonette or butter lettuce, washed and dried |                                 |

### Dressing

- |                               |                         |
|-------------------------------|-------------------------|
| 1/2 cup olive oil             | 2 tblsp lemon juice     |
| 1 tsp Dijon or French mustard | 1 tsp reduced-fat cream |

### Method

1. Cook bacon in a pan until crisp, then drain
2. Arrange lettuce leaves on a platter, then evenly top with avocado, mango, walnuts & bacon.
3. **Dressing:** Combine all ingredients in a screw top jar and shake well.
4. Drizzle over salad and serve.

## HAY FEVER

Hay fever is a seasonal allergic reaction to airborne irritants such as pollen and fungal spores. These allergens trigger a reaction that causes the release of histamine, a chemical that inflames the mucous membranes lining the nose, sinuses and throat, increasing mucus production and causing congestion. Symptoms include blocked or runny nose; itchy, red, watery eyes; sneezing; drowsiness; and sore throat.

### Vitamins

**Vitamin A** supports the immune system, reducing allergic potential.

**Vitamin B3 (Niacin)** seems to inhibit the release of histamine and damps down inflammation.

**Vitamin B6** helps to control allergic reactions.

**Vitamin B5 (Pantothenic acid)** acts as an antihistamine

**Vitamin C** is a natural antihistamine.

**Vitamin E** boosts the immune system.

### Minerals

**Calcium** reduces the severity of an allergic reaction. **Zinc** detoxifies the body.

**Magnesium** improves immunity

**Selenium** is a key antioxidant and increases the effects of vitamin E.

### Other Nutrients

**Omega-6** oils are rich sources of essential fatty acids, which can prevent allergies in susceptible people.

**Amino acids** methionine is an antihistamine.

**Bioflavonoids** relieve symptoms when taken with vitamin C.

### Foods to Choose

Fresh fruit and vegetables, wheatgerm, sardines & mackerel, garlic & onions, sunflower seeds.

### Foods to Avoid

Avoid milk & other dairy products during attacks, as they encourage mucus formation in the airways.