



# Fitness @ Figures

Issue 1  
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## KICK START YOUR DAY

*A double espresso isn't the only way to kick start your day. Aromatherapy can help you spring into action first thing in the morning: try invigorating citrus oils in the shower or a couple of drops on your gym gear for a sensory lift.*

## Social Side

*Instead of meeting friends at a restaurant or café, suggest catching up for a walk, a cruise on a bike track or a friendly game of sport.*

## Counteract Cravings

*Eating for emotional reasons is incredibly common, but there are plenty of ways to counter your cravings: try hitting the gym, pounding the pavement or calling a friend to break up your pattern.*

## Welcome Back To a New Year

Welcome back to a New Year at Figures Health & Fitness. Many things changed last year, from the building in of the veranda, more free weights equipment, more RPM classes, additional treadmills and cross-trainers. Look out for so more changes in the year to come. If we can

find more walls to knock down we will ☺  
As it is the start of a new year do not forget every 6 weeks or so to update your program and reassess every 12 weeks to keep track of your training. If you would like an assessment and/or change of program

please book in at the front counter with your trainer.

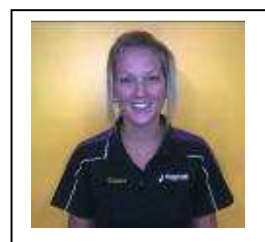


## New Staff Joining the Figures Team



**Cameron Arthur** -  
Personal Trainer/  
Gym Instructor

Cameron has just moved back from Rockhampton after completing his Bachelor Human Movement Science at CQU.



**Emma Pomare**-  
Membership  
Consultant

Emma has just move to Gladstone from the Gold Coast and before that New Zealand.... Opening her eyes to the wonderful world of Australia.

**Tamara Elliott**-  
Gym Instructor

Congratulations Tamara on completing your Certificate III Fitness. Tamara is now a fully qualified gym instructor.

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## Make the Switch

Taking control of your diet doesn't have to mean giving up all of your favorite foods. Here are some ideas of how to make the switch to lower fat options.

### High fat

- Ice-cream
- Cream
- Sour Cream
- Potato Chips
- Sweet Rolls
- Salad Dressing

### Low Fat alternatives

- Frozen Yoghurt
- Evaporated Milk
- Plain Low-fat yoghurt
- Cottage Cheese
- Water Crackers
- Lemon Juice

80% of the salt we eat comes from everyday foods, not what we choose to add to a meal.

## Fit Foods

### 1. Eat regularly throughout the day.

When it comes to successful weight loss, eating less doesn't always equal losing more kilos.

### 2. Control portion sizes.

Between the misguided urgings of our parents to "clean our plates" and out-of-control restaurant meal portions, it's easy to see why many of us overeat. Normally, larger portions equal more kilojoules.

### 3. Manage cravings.

Cravings can easily sabotage your efforts to stay in shape, but how can they be successfully managed? "If your diet is

healthy and nutritious overall, and you are eating regular meals, you will reduce the likelihood of cravings,"

### 4. Fill up on healthy foods.

When serving a meal, a common mistake many people make is loading their plate with too much protein or too many carbohydrates. Instead, fill up on healthy, low-fat foods, such as vegetables or salad.

### 5. Drink plenty of water.

We can't live without it, yet water is often dubbed the 'forgotten factor' in our diets. Water is lost from our bodies throughout the day, via the kidneys as well as through



perspiration and expired air. Adults should aim to drink eight glasses of water a day – even more if they exercise, or live in a hot, humid climate.

### 6. Eat healthy fats.

Fat is the most concentrated supplier of kilojoules, but it is also an essential nutrient for good health. It is a carrier of fat-soluble vitamins, including A, D, E and K, and antioxidants, and it supplies essential fatty acids that our bodies cannot manufacture. "The key is to pick healthy fats over unhealthy fats,"

## Chicken and mango salad

### Ingredients (serves 4)

- 2 tablespoons olive oil
- 1 lemon, juiced
- 1/4 cup flat-leaf parsley leaves, chopped
- 1 long red chilli, deseeded, chopped
- 2 1/2 cups chopped roasted chicken, skin removed
- 2 mangoes, peeled, cut into 1cm cubes
- 100g mixed salad greens

### Method

1. Combine oil, 2 tablespoons lemon juice, parsley and chilli in a small bowl.
2. Combine chicken, mango and salad greens in a large bowl. Drizzle over chilli dressing. Toss lightly to combine. Serve.



Source- Super Food Ideas - December 2006, Page 28