

Welcome to March!

Welcome to the March edition of our newsletter.

We are now entering autumn, saying farewell to the warmer months and hello to big jumpers and tracksuit pants.

This month our trainers are busy helping our members get the best results possible so they can show off their fantastic new bodies before it gets too cold!

Last month we held a fantastic seminar on health, nutrition and motivation. I hope everyone who attended learnt something new which will help them with their health goals.

This month we have our monthly Superstar article, weight loss challenge results, a great article on the favorite morning cuppa, delicious new recipe of the month and much more.

Have a fit and healthy March!

Superstar Nadine Reynolds

This month's superstar is Nadine Reynolds! Nadine went from feeling unhealthy and grumpy to feeling great and having more energy to spend with her kids!

Question: What motivated you to start your journey?

Looking in the mirror thinking to myself, "I want to look and feel better about myself!"

Question: What did you find most challenging when you first started?

Trying to juggle kids afternoon sports, dinner, ironing just I could go to the gym (fitting it into my lifestyle and making it work).

Question: How did you feel prior to starting your exercise/healthy eating program?

Unhealthy, always overeating and feeling tired and grumpy all the time.

BEFORE



Before	After
Weight 61 kg	Weight 55.2 kg
Size 10	Size 6-8
Body Fat % 30%	Body Fat % 22%

AFTER



Superstar Nadine Reynolds Continued

Your tips and advice.

Question: List three new things you have learnt since you started?

1. Healthy eating, makes you feel so much better.
2. Now how important exercise is to me and its not a chore, it’s something I want to do.
3. How easy it is to fit exercise into my life and the benefits of it.

Question: What advice would you give someone who is afraid to start an exercise program?

You can do it! If you really want it! Make it work for you! It’s not a chore, make it your life!

Question: What do you think is the key to your success with this program?

Support from my family. Seeing Rebecca in the before and after shot, was an inspiration to me! So I set myself the goal and have stuck to it! The program has been easy. The success is to Ben and Rebecca, what a program!

You Now!

Question: What do you notice different about your life now that you are healthier & fitter?

I’m definitely not as tired as I was. Lots more energy, more time and fun with the kids!

Question: What is the best thing about succeeding on this journey for you?

Feeling good about myself. This is the first exercise program I have ever stuck to! I’m proud of myself for that!

Question: How do friends & family feel about the new you?

Proud, they can’t believe I actually stuck to it. All I keep telling them is anyone can do it, don’t make excuses, just do it!

STUDIO WEIGHT LOSS FOR FEBRUARY WAS

69.2 kg

Our top 3 contributors were

- 1. Trish Fordham—4.5kg**
- 2. Suzanne Strike—3.9kg**
- 3. Shazzie Bakewell-Hill— 3.3kg**

The morning cuppa, good or bad?

Many of us a morning cuppa to get us started for the day. Many of us enjoy a cuppa throughout the day. I am a big fan of tea and have been drinking it since early childhood.

There are many conflicting reports on tea and its positives and negatives. All things in moderation don't harm us, it is when we consume too much that we start seeing negative effects.

All tea contains caffeine. It is a naturally occurring substance in many things we consume. Caffeine isn't all bad when consumed in moderation as I have spoken about in previous newsletters.

Tea contains caffeine to stop bugs eating the leaves. It is a natural form of pesticide. All plants produce compounds to try and keep bugs away.

There are 4 different types of tea:

- Black tea – the leaves are macerated and left for a few hours to ferment. The leaves are then heated to halt the action of enzymes.
- Green Tea—the leaves are heated before any fermentation occurs.
- White Tea (youngest bud and two top leaves) - the leaves are heated before any fermentation occurs.
- Oolong Tea—the leaves are fermented for only 30 minutes before being heated

All four teas come from the same plant and contain flavonoids which are antioxidant compounds. Antioxidants can help prevent cancer, among other things.

The type and amount of flavonoid polyphenols in tea differ depending on the type of tea and area it is grown. Right now it is impossible to suggest that one type flavonoid had an advantage over another; they probably have multiple positive actions. Thearubigins are the main pigments in black tea. They contribute most of the colour, as well as the astringency and "body", of the tea.

Caffeine

All four teas also contain caffeine. I have heard many people say they drink green tea to avoid caffeine. The caffeine levels of each tea are similar at the leaf level, with white tea being the lowest, around 15mg per brew, because it is usually steeped for a short period. Green tea has around 40mg/cup after three minutes brewing, while a strong cup of black tea may have 60mg of caffeine.

How much caffeine will be present in your cuppa will depend on how long you brew the tea, type of tea, how much tea you brew and possibly even the region the tea was grown (Assam in north east India had the highest leaf level of caffeine in one study).

What does it all mean?

For a long time both tea and coffee unfairly had a bad name, mainly due to their caffeine content. Herbal teas were seen as a "healthy" substitute because they don't contain caffeine. The consensus is that 300-500 mg of caffeine a day is no threat to healthy adults, although for some even 150 mg of caffeine can disrupt sleep.



Tea is the second most widely consumed drink in the world. No, Coke is not the first, it's water. Being so popular, tea has attracted a lot of research, some of it showing that tea drinkers have less risk of heart disease, Parkinson's Disease, type 2 diabetes and even have stronger bones. It is way too early to say that every cuppa will definitely help you to avoid disease, but the comforting thing to know is that nothing suggests that having a few cuppas a day is a problem.



Lassi Yoghurt Drink

Besides Indian tea known as "Chai", Lassi is the most popular drink of the people of India. Lassi is made in two ways either sweet or salty. On a hot sunny day it is only natural to quench one's thirst with a tall glass of Lassi.



Salty Lassi

Ingredients (Serves 2)

- 1 tsp cumin seeds
- 250g natural yogurt
- 250mL skim milk
- 2 teaspoons lemon juice
- 1/2 to 1 tsp salt
- 1/2 cup of ice cubes

Method

- Combine ingredients in blender
- Blend until smooth

Nutritional Information

Per Serve

Protein

9.8g

Fat

4.8g

Energy

132 Cals

Carbohydrate

11.4g

BOOT CAMP



Boot Camp will be run on Saturdays and is free for members and visitors.

If you haven't done a Boot Camp class before then you have to try our Boot Camp, it's a great way to start your Saturday morning.

This Boot Camp will be a community Boot Camp for everyone who wants to come and enjoy the fun!

Location: Birriwa Reserve, Waterworth Drive Mt Annan

Day: Saturday's

Time: 8am-9am

Cost: FREE for everyone

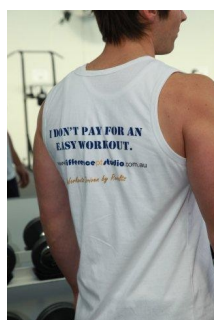
Please register your name with us by Friday afternoons to attend the class.



T-SHIRTS

We have new Difference Personal Training T-shirts that have arrived! We have new styles and colours to fit all shapes and sizes. Sizes range from 8-14 in Ladies and S-XXL in Males.

T-shirts are \$20 each



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