

Robbie Bugo's Xfitness.com.au



Newsletter

Issue #1

Hello Everyone..



Hello to all my loyal followers from near and far. As my newsletter gains momentum, it's great to have you on board and hope you enjoy and benefit from these fortnightly newsletters. I'll keep you all informed with tips, articles, exercise techniques and much more. It's been overwhelming the response I've had to this newsletter launch. I've had so many people wanting me to sign up their relatives, friends, work colleagues etc. It's been great. I sincerely hope you all find this newsletter informative, educational, fun and of benefit to you. Please shoot me an email to tell me what you think. And if you would like any specific topics researched. And I'll do my best to include these for you.

I'm very sorry I lied in my welcome letter and said that these would be coming out weekly. You will actually be getting these every fortnight.

Quote of the Day

"Dieting is not a piece of cake"

Let's get Fat!!

Here's a little twist on the whole fat loss principle. Have you ever heard of anybody becoming overweight from consuming too much fresh produce. Food such as skinless chicken breast, egg whites, tonnes of leafy greens, salads and fish. Not going overboard with the protein. But eating moderate whole grains (not processed). It's very rare if not impossible to gain significant amounts of bodyfat from consistently adopting this eating regime.

In this fast paced society in which we now live, people opt for quick meals which often mean 'ready made' such as takeaway meals, be that from fast food chains or even bought in a supermarket. The variety is endless. It seems that home prepared food is quickly becoming a thing of the past.

People are so used to eating takeaways and junk. That there is no "normal eating" anymore. Normal for people these days is takeaway at least once or even twice per day.

So how can you try and stick to a healthy eating strategy, when your "normal" eating is so far from the recommended baseline of how you should eat. Some people are nowhere close to eating health balanced meals. This becomes evident when diet is discussed and an eating plan suggested. Just by the person's responses it becomes obvious that in a matter of weeks that person will return to their previous eating habits and undo the good that was commenced.

So what is the solution? I believe we need to make small but permanent changes to the way we eat. We need to slowly introduce some good habits so that our body (and mind) doesn't go into shock. This could mean a small change such as limiting the amount of soft drinks we consume for example. What I tell my clients to do is that I'll give them a year or even two years to try and stop drinking all soft drinks. This may seem lenient, the very positive outcome would be when they finally give it up, they are highly unlikely to crave the desire to consume it again. It's a matter of giving it up now or giving it up later. Take your pick...but sooner or later it will need to go.

The old saying: "all things in moderation" doesn't quite cut it any longer. The diet of older generations were more nutritious. This may have been due to the fact that society had less disposable cash or that there were less fast food outlets and the variety was limited. Meals were regarded more as "home cooked" and wholesome (with less chemicals and processing) But these days people's baseline eating is just way off the mark.

A vital piece of advice is to keep a training and diet diary. This assists you to track your workouts and more importantly track your eating regime. There's nothing as effective as knowing how certain foods or food combinations affect your body. Keeping a journal is crucial to your overall long term success. I have created my own training and diet diary which can be purchased here by following the prompts. I have received some very positive feedback from those who are using it.

Make it happen!!

Exercise Library

Dumbbell Chest Press on Swiss Ball



This exercise when done correctly works the core muscles, stabilising muscles, chest and front delts. You must maintain correct posture on the ball. With the hips held high, shoulders supported and feet planted firmly on the ground with a medium stance.

News

Well it's coming...it's getting very exciting. I'm in the process of setting up my first membership website for health and fitness. Predominantly it will focus on health and fitness, weight loss and fat loss. I'll be listening intently to my subscribers on what they want to learn or know about. It will contain articles, interviews with experts, programs, specific health and fitness related topics etc. I want connect people together so they can share their experiences and build relationships and ultimately build a community of like-minded people who can empower and encourage one another. A specil society, in which people can grow and learn together with each others help and support. I want to educate and motivate people into becoming fit and healthy and looking great. It will be a nominal monthly subscription fee. I am committed to providing 100 times the value of what people sign up for. Hopefully I'll have subscribers from all over the world. I want to reach and help as many people as I can. I'm getting my list together so I can send emails out to everyone to update them on the launch within the next few months. Spread the word adn let me know the details of nyone who is interested. Stay tuned...

Chill Out with a Video Break

Here's something to inspire you....

<http://www.youtube.com/watch?v=1k08yxu57NA>

Apprentice

I'm on the lookout for my next apprentice. As some of you are aware my first apprentice George came on board with me about 6 weeks ago now. And I'm now recruiting for my second. So if you know anybody who is willing to work really hard. Has what it takes and has their Certificate 3 and Certificate 4 in Fitness and Personal Training please drop me a line.

We would love your feedback

If you have any suggestions on content for this newsletter or if you are having any problems viewing it please email us at:

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We would love to hear from you...

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P.S. Please feel free to pass this newsletter on to anyone who might enjoy it. They can subscribe themselves by signing up on my website or if you pass on their name and email address to me I can sign them up.

Until next time,

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