

Robbie Bugo's Xfitness.com.au



## Newsletter

Issue #2

### Cheers to you all..

Well, we are off and running and I'd like to thank everyone for there best wishes and encouragement. Another year is almost over and when I think back and reflect at all the ups and downs and challenges and triumphs I can't help but think just how lucky we are to live in a society where exercise and fitness are encouraged and where we are free to join a gym and train and eat what we like.



I had a thought a few weeks ago and it went something like this. What if we were told that we were not allowed to exercise. What if for some bizarre reason the government banned all exercise and closed down all the gyms and fined people for exercising in parks. I know I would go crazy and that people would pay anything just for a gym visit.

Unfortunately we take it for granted that we can go for a walk around the block, or a swim at the local pool or do an aerobics class at the gym. Don't let 2008 be a year of missed opportunities or of goals not reached. Fully appreciate that we have the tools and the drive to make it happen and that we can make it happen and that we will make it happen. Go for it!!

### Quote of the Day

*"Health is the thing that makes you feel that now is the best time of the year."*

## 10 Steps to Surviving the Festive Season

It's that time of the year where we find ourselves invited to Christmas lunches, parties and even birthday parties seem to be that much more celebratory. This is the festive season and I'd like to offer my key steps to trying to survive. We all need a break and some well earned relaxation and a little partying. I'm all for work hard, play hard. But we need to understand that we don't have to trash our bodies in the process to enjoy the holidays. In all honesty this is the time to enjoy yourself and just "hang on" and do your best to maintain what you've worked so hard for. It's really not the right time to diet strictly for most..we all know it. But if you can the power to you..

Here are my suggestions:

1. If your goal is to try and maintain or lose weight then try and stick to one or two course meals. Try to avoid the full three courses. Eat a little slower and digest your food fully. This will have a tendency to make you eat smaller portions.
2. Share the dessert with a friend.
3. Make it a point to drink a large glass of water before your meal so you don't eat as much and try and drink water between alcoholic beverages. If your goal is to over indulge try and dilute the drinks as much as possible and don't back it up with two nights in a row.
4. Drink low alcohol beer in between full strength.
5. Always eat before drinking. Don't drink alcohol on an empty stomach.
6. Don't eat fast food two meals in a row. If your going to cheat try and limit the take-aways to only one per day and try and make the other meals extra good. Cheat earlier in the day so you've got more chance to burn it off later on. Instead of sleeping on it.
7. Do some cardio any time of the day..just get it in. Something is better than nothing. I've had times when I've come home from a big night and did a couple of laps around the block just to tell my brain that there is always a price to be paid.
8. If you really have to have that kebab after a hell drinking session, go easy and only eat what you need. Rehydrate with water in between bites and your brain will thank you in the morning.
9. Play is safe on the roads. Organise a designated driver or taxi and all chime in with the cost. Play is safe also if you plan on doing more than kissing under the mistletoe.
10. It's the season to be jolly...it's Christmas time so most of all enjoy yourself and the company of good friends and family.

## Exercise Library

### Swiss Ball Lunge with Dumbbell Kick-Back



This exercise works the core muscles as well as the quadriceps, hamstrings, glutes and triceps. A very good overall conditioning exercise which integrates many muscle groups.

## News

One of my goals this year is to provide people with cooking tips and tricks. If diet is 60-70% of the game then it is only wise to ensure that we get our food sought out. I'm no chef, but I have got some good ideas on how to cook when time is of the essence. Most of the stuff I cook is completed within ten or so minutes. I will start posting these on my new site shortly and will keep you all updated. I've got a nice and super easy soup recipe that will help you get your veggies down.

## Chill Out with a Video Break

So you think you can dance....

<http://www.youtube.com/watch?v=dMH0bHeiRNq>

## Take my Poll

As some of you are aware I'm in the process of porting my website over to another hosting company and with that comes a new design and colour scheme. I've created a new site with basically the same content but with different colours and layout. I would really appreciate your opinion on this. I've created a little poll at the bottom of the home page of my new website design. It basically asks which website design you prefer.

My original website is at: [www.xfitness.com.au](http://www.xfitness.com.au)

My newly created website is at: [www.realityfitness.com.au](http://www.realityfitness.com.au)

If you have a minute or so I'd really like your feedback. The poll is at the bottom of the homepage of the realityfitness URL. The new site is not 100% completed yet. So there may be some broken links. Or just email me with any feedback.

When I've completed the new website I will still be using the "xfitness.com.au" URL. I'm just using reality fitness URL for testing purposes.

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## We would love your feedback

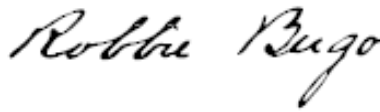
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Until next time,



Robbie Bugo