



Newsletter

Issue #23

Hi

A huge Happy New Year to you...hope you're well.

Happy New Year...

After a well earned break I'm back and eager to make 2009 the biggest and best ever. It was great getting away and doing some fishing. We were on the rocks at Gerringong and caught a bunch of fish and saw some huge kingfish swim nearby. We tried every bait and technique, but couldn't snag one.



I also got a chance to watch 'Priscilla Queen of the Desert – The Musical' at the Lyric Theatre. I've never seen a musical or been to the theatre before for anything and I remember thinking...'hope this doesn't' go for too long....' But you know what, it was awesome. I loved every minute of it. And it was their last show before they moved to London, so I guess it was pretty special show. I wished I'd taped some of it to show you. But they were pretty strict about having no cameras. The music was done live by a band sitting sort of underneath the stage, the acting, costumes, colour, dancing and choreograph was unbelievable. There was a life-sized bus on stage and it would rotate and there were people suspended from the ceilings. I now know why people cry at some of these things. Like the 'Pretty Woman' movie.... It's just the whole atmosphere.

Now that the festive season is over it's time to get back into training. It's good to give your body a break once in a while to relax and re-energise.



Quote of the Day

"When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us."

Helen Keller

Getting Back into it...

Did it kinda go like this: The chocolate cake and ice cream tasted so good not to mention the bubbly. The roast dinners and seafood platters...oh how sweet the year ended. With Christmas and New Years now over and all the partying that came with it, It's time to shed those unwanted festive pounds wouldn't you agree.

Here's my top five list to getting back on track:

1. **Stop making excuses or putting it off and *Just Do It*.** Take action **RIGHT NOW**, do it **IMMEDIATELY, EXECUTE** an exercise program as soon as you possibly can. Don't procrastinate or beat yourself up about over-indulging during your break. "The Past Does Not Equal The Future". The hardest part about getting back into shape is **STARTING**. Once you get back into your routine it gets much easier to become consistent.
2. **Start out Slow.** It's important that you don't start off where you left off. Your body needs a week or two to adjust to any exercise routine. So warm up thoroughly, stretch and don't push yourself too hard the first couple of weeks.
3. **Sharing is Caring.** Find someone to exercise with. Grab an exercise buddy, join up to a gym, hire a personal trainer, get together with some of your work colleagues and do lunch time walks in the park. Working out with friends or a Personal Trainer or somebody wanting similar goals provides great motivation, pushes you harder and keeps you accountable.
4. **Eliminate all the Junk Food.** You've had your fair share of treats over the past few weeks so there's never been a better time to implement your 2009 eating plan. As always keep drinking your water, lower your saturated fats, not too much starchy carbs at night especially on non-training days, try to cut out all processed sugar, fruit late at night is not a good idea – during the day is fine (it's still sugar) and obviously more salads and vegetables.
5. Make 2009 the Year to **LOOK AFTER YOURSELF**. Make time to get sufficient sleep, stop working ridiculous hours if it's causing you stress, put health and wellness as one of your priorities this year, laugh more, create time just to do nothing for an hour each day. Be Good to Yourself, your Body and your Mind and take time out to relax.



What are the best diets to follow or the best foods to eat?

The best diets to follow are the sensible ones you can stick to. There's no use getting super strict when in reality there's no way you can stick to it for over 2 weeks. You can't ask someone to eat Tuna every day for the rest of their lives if they hate the stuff.

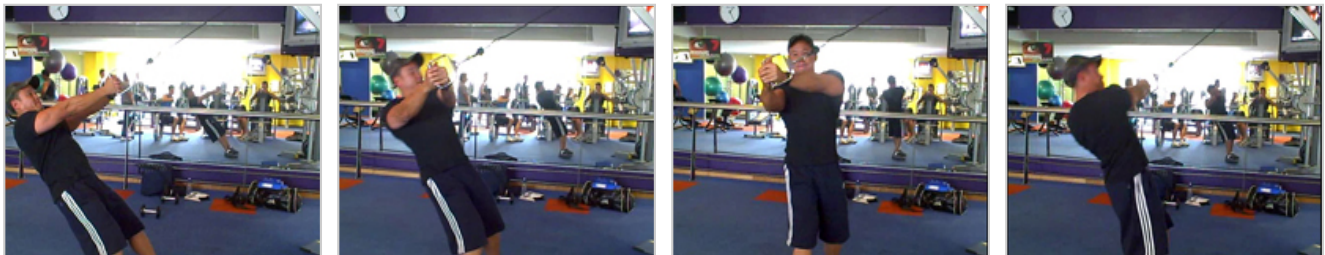
People know basically what to eat and what not to eat. The secret is getting their tastebuds to co operate. When the veggies that you hated a few years ago now taste delicious is when you've made serious progress. It's not about eating foods you hate. It's about loving the foods you use to hate. And it happens..I see it every day. It's amazing what a little sauce or spice can do. Or the way you prepare your meals.

I teach my clients to eat non processed, natural foods as much as possible. Plenty of fiberous carbs like veggies and salads. Especially in their raw state. There are studies carried out that can measure the energy being emitted from foods using a special microscope. They measure it in mega hertz. A hamburger might have a rating of 5, where as a raw avocado might be 150Mhz. Live foods supply vitality to the body at a cellular level and provide instant energy. In a different way that complex carbohydrates give the body fuel.

I teach my clients to listen to their bodies and learn from their bodies. Get feedback from what your body is telling you. Every one is different in terms of their blood type, hormones, DNA, organs etc. Foods react differently to different people depending on many factors.

Exercise Library

Cable Body Weight 45 Degree Wood Chops



This exercise is great for your obliques and core stabilisation. You must maintain a tight, straight body position.



Personal Training Charity Day

X Fitness Solutions in conjunction with Fitness First is offering a Personal Training Charity to help raise funds for breast cancer research through the McGrath Foundation. Please see details below.

My family has been personally touched by cancer and we need to band together to try to find a cure.



Here's your chance to help out a great charity and the opportunity to give your friends and family a taste of what your trainer puts you through!

For every \$10 donated, our trainers will donate a half hour personal training session for any of your family members or friends. This includes casual membership for the day with full use of all facilities.

Start booking your friends with your trainer today and lets all get fitter while we do our bit to help breast cancer research.



Even though the flyer mentions 31st of January we here at X Fitness Solutions are extending the opportunity to the 7th of February.

My trainers and I are looking forward to training you. Please register your interest by emailing me [here](#) with the subject line of "Charity Training Day"

Chill Out with a Video Break



Something to think about...

<http://www.youtube.com/watch?v=piuoGb-Nhfw>

P.S.

To preview, download or save all past issues of this newsletter please go to this link:

<http://www.xfitness.com.au/newsletter%20archive.htm>

If you have any suggestions on content for this newsletter or if you are having any problems viewing it please email us at: rbugo@xfitness.com.au

We would love to hear from you...

Until next time,

Robbie Bugo Dip. Ex. Sc.

Certified Fitness Professional &
Body Transformation Specialist

"Dare to Dream...."

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