



## Newsletter

Issue #9

Hi

What's going down, hope you're well...

### Gone in 15 mins...

As easter is just around the corner I have made a pact with myself. I will not be leaving any chocolate in my house for more than 15 mins. I've been on a bit of a role and eating very cleanly for a while now and I will not succumb to the temptation of having any easter eggs or chocolate anywhere near me during this easter break.

I'm all for cheat meals and giving yourself a reward every now and then. But I also know that there is a point of really hard return. When the easter egg "mania" arrives you just can't stop at one egg, you eat one in the morning a few pieces and in arvo and then a smarty filled one at night because...well just because. It's a never ending fortnight of indulgence. I just haven't got the time to do extra cardio in the next few weeks to compensate..period.

I know my weaknesses, I know that there are times when I'm tired, I know there are times when my expectations of people sometimes don't line up with their expectations, I know there are times when I feel like I deserve a break, I know there are times when I have a stressful day at work, I know there may be times when there is tension within relationships. I KNOW!!!

I'm not going to kid myself, I'm not going to test my will power. I'm not going to give myself a reason to fail. So me knowing these things and KNOWING that at these times of weakness I will revert to eating that chocolate. I've decided give all the chocolates away within the first 15mins of receiving. Whether it be throwing them out or giving them to my neighbours. I'm committed to act and follow through on this.



I'm going to put a big sign on my dining room table with the above heading.

This is not a discipline thing it is knowing and admitting your tendencies and putting a process into place that makes success a whole lot easier.

Is this extreme? Maybe..is it worth it...Definitely.

I don't suggest anybody take such a hard line. Is it really going to be that hard for me though...isn't it always what your brain associates to things that matter. I won't be giving the chocolates away grudgingly, I'll be absolutely happy and content and satisfied that I've become a little bit more committed towards my long term goals. I'll give them away knowing that someone else will appreciate receiving them. I'll give them away with a light heart knowing that I'm not a bound by social events.

Easter is a time to reflect on what God has done for us. To kick back and relax and spend some time with family and friends.

Enjoy your break...be good to yourself and try not to over indulge.

## Quote of the Day

*"Trust the dreams for hidden in them is the gate to eternity."*

*Kahlil Gibran*

## Questions & Answers

Here's a question I answered earlier this week that you may be interested in..

Subject: **weight**

**Question:** Hi there! I want to get toned and keep my body size just tone up, but i try skipping ropes to tone up my body and the next day i cant move because im so sore, is there anything i could take so i wont feel this sore feeling the next day, it lasts for about a week! :( I could do more exersize if it wasnt for the pain? i dont want to build muscle what so ever i am a woman hehe , would there be any sort of pill i could buy or anything?

Thanks

**Answer:** Hi Nikki,

It's normal to feel sore the next day. But if it lasts a week that is unusual. You either are going too hard or you might have done some damage in terms muscle injuries etc.

I wouldn't buy anything to ease the pain. As it is a normal reaction to the training stimulus. What your body is essentially doing is going through a process of tearing the muscle down (micro tears) and when you eat properly and recover the muscles are stronger the next time around.

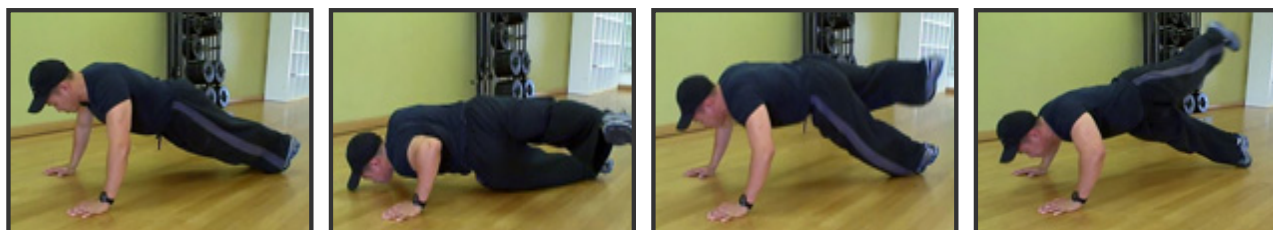
I don't know your age or your fitness levels or anything more, so I can't really advise exactly what you should be doing. Skipping is a very high impact exercise and if your not fit it will definitely make you hurt. I would resort to power walking or speed walking 3-4 times per week for 30-40mins. This will keep your bodyfat down.

In order to tone I would suggest swimming or doing some very light weights with reps within the 12-15 range. This will not build muscle but will tighten you up.

Kind Regards  
Robbie

## Exercise Library

### Push Up - Scorpion



**This is an advanced exercise and is a progression of the regular push up. It works the shoulders, chest, triceps the core muscles as well as the obliques and stabilisers.**

## News

Body mass index (BMI) is used to estimate your total amount of body fat. It is calculated by dividing your weight in kilograms by your height in metres squared (m<sup>2</sup>).

Differences in BMI between people of the same age and sex are usually due to body fat. However there are exceptions to this rule, which means a BMI figure may not be accurate.

**Go to the link below to test yourself**

<http://www.xfitness.com.au/calculators.htm>

## Chill Out with a Video Break

Here's one closer to home

[http://www.youtube.com/watch?v=vr3x\\_RRjdd4](http://www.youtube.com/watch?v=vr3x_RRjdd4)

## How do I measure my bodyfat?



**"Don't go by the scales, go by the mirror or by the way your clothes fit"** I'm sure you've heard of that message before. If you haven't, then what it essentially means is that your the scales don't determine how much body fat you are actually carrying. The reason for this is that the scales don't differentiate between body fat, water and muscle. For example, if you were gaining muscle, which by the way weighs more than fat, and losing fat then your weight would roughly stay the same. But when you looked in the mirror you could see a definite change in the way your body looks.

I'm not in any way saying that the scales aren't an important tool to utilise when looking to lose weight. What I am saying is that there is an alternative way to measure body composition and more specifically body fat. That way is by using skin folds in order to determine bodyfat percentage.

As a Personal Trainer I've been measuring people's body fat percentages for ages and I truly believe that it's the most accurate way of calculating how much body fat a person has.

I've seen so many people quit and give up after the first six or so weeks of starting an exercise program because they were addicted to the scales and when they weighed themselves the scales told them that they had not lost any weight. But in actual fact they had lost body fat. **Please don't be fooled into this way of thinking!**

So I made it my quest last year to find the most accurate piece of equipment for measuring body fat at an affordable price. The answer: **The Skin Fold Caliper**. There's nothing on the market that measures body fat at a reasonable price like this piece of equipment. The up market Harpenden skin fold calipers cost about \$550.00. I needed to find a cheaper alternative which produced the same super accurate results.

I've searched far and wide for the company which produced the calipers that I'm currently using, but without any luck. This week I finally hit the jackpot and found the US company which supplied my exact caliper. I've had so many people ask me how to get that exact pair of calipers, I thought I'd buy a batch of them.

I've got a limited number of calipers coming in the next few days and I'm offering them to you now. I'll be selling them for \$40.00 each which includes a users manual. I'm also going to be doing a short video and posting it on my website on exactly how to use them.

**Click on the button below to order. Just put your name and phone number in the subject line of the email and I'll get back to you with all the details.**

**Robbie..I want my calipers now!**

I know these calipers are the best and most accurate in their class and I've used the exact one

for over 10 years now. I've also tried the "Accumeasure" ones and other imitations which I really didn't like. The above photo is the one I use.

It's time to take control and know exactly what your body is made up of. Get yourself a pair of these calipers or get a professional to take your body fat using these methods and the results may surprise you...

---

**P.S.**

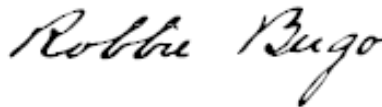
To preview, download or save all past issues of this newsletter please go to this link:

<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](mailto: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...."*

[www.xfitness.com.au](http://www.xfitness.com.au)