



PERSONAL TRAINING

June 2016

Junk Free June is nearing the end, and so far so good for me with no chocolate consumed to date during June. A lot of people think that personal trainers/nutritionists etc eat perfectly all the time. Not so - we are all human, we all have our fixes, and chocolate is mine. Have I missed having chocolate? On occasion, when I felt like something sweet and it was convenient and quick to grab a chocolate bar at the dairy rather than being a little more organised or finding some fruit or other healthy snack. While I am not going to avoid chocolate for ever, this month has made me realise that there were too many 'treats' being included in my diet, and it was a good wake-up call. This is not just about weight but more about nourishing my body and feeling energised (which junk/processed food certainly does not).

Christine Rodgers, Jan Canton and I are hosting a "Discover Your Wellbeing" seminar on Wednesday 29 June, where you can learn how to increase your potential in 3 key areas (personal development, personal colours and styling, fitness and wellbeing). The feedback from previous seminars has been very positive, and participants have enjoyed the 'realism' that the speakers have portrayed. The seminar starts at 5.30pm with champagne and finger food, and finishes at 7.30pm with the opportunity to win over \$300 in gift vouchers. Have a look at my Facebook page for more details, and contact me asap if you wish to attend, tickets \$35.

Here's some lovely words from a great client:

I have never been a big fan of the gym and was a little reluctant to take my wife's advice to join her at sessions with Jenny. However, I have never worked with anyone as good as Jenny before and her sessions are now a must for me. She pushes you while making the sessions relaxed and fun. She is a fantastic person and I would recommend her to anyone. Bob

Word of mouth is a great source of business for me, and it is always appreciated when someone is referred to me. If you know of someone that would like to improve their fitness and wellbeing, please share this newsletter or my contact details with them. Thanks.

Jenny and Hayley

If you haven't found me on Facebook yet, here is the link <http://www.facebook.com/pages/Pulse-Personal-Training/107082481262?ref=hl> 'Like' my page to keep up to date with what is happening and get some great tips



How To Speed Up Your Metabolism?

Do You Need A Challenge?

Many walking and running events take place in spring / early summer, so if we want to challenge ourselves with participating in one of these, we need to start planning now. It gives us an excuse to abandon the hibernating, and enjoy being active in winter. Many people struggle to

5 simple tips:

1. Move more
2. Build muscle
3. Eat enough protein
4. Eat enough calories
5. Drink green tea

I know - they sound simple but it's often the doing that is the hardest. So if you think your metabolism could do with a bit of a lift, pick just one of the above steps, and focus on this. Break it down into actual practices and make them baby steps. For example, if I wanted to include more protein in my breakfasts:

- have chia seeds on porridge
- include greek or probiotic yoghurt on cereal, porridge or in a smoothie
- have an egg or two for breakfast
- do this for 3 breakfasts per week

for a couple of weeks, then increase to 4/5 times per week, then every day

- once this is happening regularly, select another step from the above to work on

Remember to reward yourself, and perhaps journal it so in 6 months/12 months you can look back and go

run in the heat, so winter is actually a good time for newbies to start due to lower temperatures. There are plenty of really good online programmes or apps to get you running a 5km or 10km event, and the same for people who want to do a half marathon walk. Alternatively I am happy to develop a programme and goals for you. We all need challenges and goals, so get the thinking caps on.

Eat a homemade lunch and dinner most days of the week, and you will be less likely to develop Type 2 diabetes than someone who prepares meals themselves only 3x a week!!



"wow, I have made improvements"

Regular Exercise

We all know we should exercise regularly, but do we really know why? Here is what two weeks without exercise could do to your body:

- The more unfit you are, the quicker your fitness levels will decrease. For people who haven't been doing very much exercise, if they stop for two weeks then they will go backwards quite quickly.

This is a great reason to increase your fitness as much as you can, and to not stop exercising completely for any length of time.

- When people have an active lifestyle, they don't crave fatty foods as much, so two weeks of no exercising could mean a couple of kilos of weight go on because the fatty/unhealthy foods start getting eaten.

Upcoming Events

- **Sunday 3 July**, 1st run in the Trail Trilogy series (Tirohia to Te Aroha, 13.3km run/walk - individual or relay). Series continues in August and September.
- **Sunday 31 July**, Okoroire Mid Winter Fun Ride, 40km or 70km cycle
- **Sunday 31 July**, Karioi Classic Cycle Ride, Raglan, 43km, 57km or 85km distances
- **Saturday 6 August**, Taupo Marathon, Half Marathon, 10km and 5km runs and walks
- **Sunday 28 August**, Cambridge Half Marathon, 10km and 5km runs and walks



- Exercising helps you sleep, so the deep, beneficial sleep may be disrupted when you stop exercising.

- Mental states, anxiety and depression are all affected by exercise, so if you cut out the exercising you may notice your mood and attitude takes a dip.



"For a long time it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

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