



December 2016

Another year is drawing to a close, and I hope you will all take some time to think about the past year, including your exercise, nutrition, and overall well-being. When doing this, we often think about what we could improve (which is beneficial for our learning and growth) but it is equally important to celebrate the great things which have happened to you, your family and friends. Progress and achievements need to be recognised and rewarded. In looking forward, do some planning of your fitness and well-being, and put some challenging but realistic goals in place to ensure your body and mind are in a better place this time next year.

If you have family members or friends who are struggling with their exercising, or their health and wellbeing may not be what it should be and they don't know where to start, consider a Pulse Personal Training voucher. This may be the first step they need to get themselves on the track of regaining their fitness and confidence. Contact me now to organise your gift of fitness and well-being.

In this newsletter there are some 2017 walk/run/cycle events listed - I would encourage you to consider one of these or another event that appeals, so that you have a reason to exercise and a goal to accomplish. Events are always fun and motivating, and there are now so many options available.

To finish, I wish you all the very best for the Christmas/New Year period. Enjoy the festive season (read below to ensure it is as stress-free as possible), make the most of any time you have off from work, and cherish the time you have with family and friends.



Jenny and Hayley

If you haven't found me on Facebook yet, here is the link <http://www.facebook.com/pages/Pulse-Personal->

New Research - Diabetes

Walking briskly or cycling for 150 minutes a week can reduce a person's risk of developing Type 2 Diabetes by up to 26%, according to a new research review from University College London and the University of Cambridge, England. That's positive, but people who do an hour of moderate to vigorous exercise every day can lower their risk by 40%! This is the most comprehensive study to look at the impact of exercise on a person's risk of developing Type 2 Diabetes. The difference with this study is that it excluded the impact of nutrition, and focused on the exercise component only.

Type 2 Diabetes accounts for 90% of all diabetes cases, and the prevalence is growing rapidly due to increasing obesity levels.

Stress-Busters

Christmas can be a busy and stressful time for many, so here are some ideas for helping you manage the festive season:

- Make sure you keep exercising - it helps with energy levels
- Do one thing every day that is physical
- Change the name of your 'To Do' list to 'Let's Do' - it's simple, but has a more positive connotation.
- Make a list of things you have to get done before Christmas, and those that can actually wait.
- Don't take on all the workload for preparing Christmas lunch/dinner -

Hayfever No More

The pollen months are now upon us, so here are some handy hints:

- Magnesium and Vitamin E have a positive impact on lung function, so include some nuts in your diet.
- Boost immunity with fruits (particularly grapes for hayfever) and oily fish.
- A teaspoon of honey each day is said to help your body develop immunity to pollen, and therefore reduce hayfever symptoms.

Beetroot juice is good for lowering blood pressure



Here are some lovely words about Pulse Personal Training from a client who is leaving town for a new job:

"You were the first ever personal trainer I have engaged in and you have set the benchmark high. Your personalised programme with detailed paperwork, exceptional listening skills and knowledge of your profession was exceptional. Your premises are well kept, clean and all the equipment was in excellent condition. Your business skills in running your business is of a professional standard. I would like to say that I benefited 100% from your programme".

**This is do-able by
EVERYBODY**

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great way for them to learn as well as sharing the load

- Just for December, get a cleaner/lawn-mowing person/gardener etc so you can actually enjoy your Christmas
- Say no, and ask for help, if you are really struggling with time
- Being stressed because you are busy, is often about perceived busyness - it can sometimes just be habit to say we are really busy, which we then believe.
- Enjoy each day



Upcoming Events

- **Every Wednesday** - Smith and McKenzie 5km Fun Run and Walk, Chartwell
- **Saturday 21 January**, Waiheke Wharf 2 Wharf Fun Run and Walk, 5km, 12km and 25km
- **10 - 19 February**, Rotorua Bike Festival, multiple events
- **Saturday 11 February**, Mauao Half Marathon Run/Walk, Mt Maunganui
- **Sunday 12 February**, Blueberry Run/Walk, Ohaupo, 5km, 10km, 15km
- **Saturday 25 February**, The Hillary, Waitakere Ranges, 16km run/walk, 34km and 80km run



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