

# Whitehorse Health & Fitness Messenger



## ***WHATS ON***

### **Obstacle Course FUN Day**

*Saturday the 27<sup>th</sup> August  
8.30am – 11:30am*

*Call Ph: 9873 2568*

### **The Biggest Winner**

*Starts this September- all clients are welcome to join our 12 week challenge. All you need to do is ensure you book in for your body composition scan in July or August. Register at reception or email: [info@lifestyleessentials.com.au](mailto:info@lifestyleessentials.com.au)*

### **Eliminate Back Pain**

*Do you suffer from back pain, go to our web site [www.stopbackpain.com.au](http://www.stopbackpain.com.au) grab our free article "The five steps to eliminate back pain"*

## **Weight loss, lets make it easy!**

Are you looking to lose weight, but constantly finding it hard to get the results you want? So many people try and try and try to lose weight yet constantly fail. Often this is contributed to poor nutrition or lack of exercise. But there is a percentage of people who do eat extremely healthy, exercise yet still fail to lose weight. *This sucks!* WHY? Toxins – yes that is right toxins, the body produces toxins through everyday live, from the food we eat, the air we breath and even the antibiotics we consume. These toxins should be removed from our body by a pathway called our Methylase pathway. The problems come when this pathway stops working, and the body can not remove the toxins. When this happens the body will protect itself from these toxins by storing them in your fat. Usually in the visceral fat, which is the fat around your stomach and hip region.

So How can we make weight loss easy? Well the first thing we need to do is get you regularly exercising- 30- 45 min a day 3-4 days per week (that is only 2hrs per week). The second step is to drink plenty of water (1lt per 25kg you weight). Eating regular small meals has been shown to be the most effective ways to lose weight. Taking this one step further we would suggest mainly eating lean meat, salad and vegies with good healthy fats. By doing this you will re program your body to start to use fat as it primary energy source rather than carbohydrates and you will lose weight! If you follow this plan of eating regular small healthy whole foods (not processed), exercising regularly, including a healthy strength training program, plus getting a healthy amount of sleep (6-7 hr) per night you will loss weight.

If after 6 weeks of following this regime you do not lose any weight or size from around the waist, then their may be an issue with your metabolism or your detox pathways.

For more information about how we can make your weight loss easy, and get you kick started into a healthy weight loss program contact Lifestyle Essentials

Email: [info@lifestyleessentials.com.au](mailto:info@lifestyleessentials.com.au)

Ph: 9873 2568

# Make Fitness FUN!



Would you like to participate in an obstacle course challenge that is suitable for all fitness levels and ages? Get some fresh air in your lungs and some mud in your face. While working your way through our 21-piece obstacle course. Working in teams you will get to climb, swing, balance and crawl your way through various activity stations. Come with friends, family or on your own and work your way through our 21-piece obstacle course.

**When: Saturday 27<sup>th</sup> August**

**Time: 8:30am – 11:30am**



For more information and to book your tickets now go to <https://goo.gl/d0N4Gh> or scan the QR code for details



## Body Composition Scan

Our next body composition scan is the 31<sup>st</sup> of August go to our online booking sheet at <http://goo.gl/2FCSK8>



**1 Week  
Complimentary  
Gift Voucher**

Includes a  
**Personal Training Session  
and Unlimited Group Classes**

Offer only valid for new clients.  
Not redeemable for cash.  
Valid for seven consecutive days.



**lifestyle**  
ESSENTIALS

Phone 03 9873 2568

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