

## How to get Healthy in 2009!

Well, this is a momentous occasion, the first ever newsletter by Coastal Bodies. It is the first of many that I hope will educate you in the benefits of a healthier lifestyle centred on regular exercise and sound nutritional advice. Coastal Bodies was officially launched in November 2008. The process of educating and training 1000's of people has just begun! The first 4 months have been enlightening, exhilarating and a real joy. I can't wait to see what 2009 will bring!

2009 has arrived as fast as lightening and the beginning of the year is an important time to set those all important health goals.

So what goals do you have for 2009? What steps are you taking to achieve them this year? Will they be forgotten about like every other year in a few weeks time and then re-set in 2010? Well I hope that is not the case and to ensure those goals are met, I have a few steps that you need to follow.

Firstly, write down your goals. They are no good just floating around your head with the millions of other bits of information. Secondly, stick them up in a place that you look at everyday. This will serve as a constant reminder and keep you accountable. Thirdly, give the goals to someone you trust and ask them to check in on you and your goals every couple of weeks. These 3 steps will give you accountability! Now write down at least 6 steps you are going to take this year to achieve your goals. For example, your goal may be to lose 5 kilos. Now I am going to join a dance class, walk to work twice weekly, drink 6 less alcoholic drinks, take the stairs at work, replace full cream milk with low fat milk and eat takeaway only once a week.

This is a very simple example but you now understand the process. There are many helpful hints that in this inaugural issue as well as some great stories of success that I hope will motivate you to a healthier 2009!

### INSIDE THIS ISSUE

How to get Healthy in 2009	1
Why am I so Damn Sore after Exercise	1
Products that Make a Difference	2
Nutritious & Delicious	2
Client Success	3
What About the Kids?	3
Referral Machines	4

## Why am I so Damn Sore after Exercise?

It is about this time of the year when people decide that they are going to get fit, lose weight and look better than ever. To start this process, the person usually buys a new gym membership, a fancy piece of exercise equipment or a brand new pair of running shoes. With their new goal in mind the individual starts their regime to become fitter.

During the first session, the individual is starting to regret their decision. They are huffing and puffing and almost regurgitating their newly purchased Weetbix. Hell is a more appealing option at this point. However, the individual completes the session and remains committed to their regime. This commitment rapidly evaporates when they wake up the next day and feel as if they have been beaten and run over by a Mack truck.

This phenomenon is referred to as 'Delayed Onset Muscle Soreness' simply known as DOMS. The soreness can last from 24-72 hours following exercise. The soreness will impair functioning as both the muscle and connective tissue have been disrupted. Whilst the exact cause of this soreness is unknown, it is believed there are a number of contributing factors.

The soreness can be related to an increased number of white blood cells in the disrupted region. These cells release a hormone that makes the pain receptors very sensitive within the muscle. You will feel this when a so called friend or family member pokes you mockingly! Other contributing factors are minute tears in the muscle tissue, overstretching and changes in calcium levels.

The encouraging news for individuals starting an exercise program is that the first bout of DOM's is by far and away the worst! My advice is to continue exercising as the stiffness and pain will soon be replaced with feelings of joy and elation.

## Products that Make a Difference

Our first product that makes a difference is the incredible SLM Fat Metabolising Formula.

Several clients are deriving the benefits from this supplement that contains 16 vitamins and minerals, carnitine and is high in fibre. It can be mixed in either water or milk and makes an incredibly tasty morning or afternoon snack.

The product is available from Coastal Bodies for \$24.95.



## Nutritious & Delicious

This recipe will guarantee a healthy and delicious start to your day.

This home made bircher muesli is easily digestible and an excellent source of dietary fibre. Oats and almonds are well known for their beneficial effects on cholesterol levels, while the whole grains mixed with dried fruit balance and maintain blood glucose levels. Almonds are a great source of Vitamin E and the fresh fruit will provide essential vitamins and minerals.

Serves 6

- 1 cup rolled oats
- 1 cup untoasted muesli
- 1 2/3 cups hot water
- 2 tablespoons lemon juice
- 1/4 cup slithered almonds
- 150 g low-fat flavored yogurt
- 1 medium size green apple, grated
- 150 g seasonal fruit
- 2 tablespoons honey

Place the oats and muesli in a large bowl and pour the lemon juice and water over. Soak for 30 minutes and then add almonds, yoghurt and apple and stir. Cover the bowl and leave in the fridge for at least 12 hours.

Serve with fruit and honey.



## Client Success

I've heard it said that the three most important words for investing in real estate are location, location, location. I guess you are wondering what real estate has to do with fitness. Well frankly, not a lot. Notwithstanding that fact, the formula for good health is just as simple - lifestyle, lifestyle, and lifestyle.

Whilst we can't control the genes our parents blessed us with, we can control what we do with what we have been given. Lifestyle is the singularly most important controllable stepping stone to good health and exercise is the key.

The medical fraternity has long advocated a moderate level of exercise to combat two of Australia's biggest causes of premature death, heart disease and diabetes.

It really is quiet simple, exercise generates improved circulation. Our vascular systems are designed to act as a conduit to deliver nutrients and disease fighting antioxidants to every part of our bodies.

To illustrate my point, I'd like to share one of Coastal Bodies clients' journeys with you.

Mark Walsh is a very successful 43 year old international business man. Late last year, Mark came to the Coastal Bodies studio for a free assessment. He said that he travels extensively and expressed concern that he was starting to feel 'tired'.

Mark was suffering from poor circulation due to lack of exercise.

Three months on, he feels better than he did when he was 25. His circulation and flexibility have improved out of sight and Mark says his enjoyment of life is now at an all time high.

So if you aren't enjoying life quite as much as you used to and good health is on your radar, call us for a free assessment. After all, what have you got to lose? Or more to the point - what do you want to gain?

## What About the Kids??????????

It was upsetting to read on February 7 that the obesity epidemic has struck our children. The Daily Telegraph reported that the problem has become so widespread that there is a 12 month waiting period at Westmead, the state's only child weight management clinic. The causes of this epidemic were reported as overfeeding and large portion sizes. This came as no surprise to me as I see this as a daily occurrence among adults. What chances do children have when their parents have little idea on what constitutes as a normal meal size or a nutritionally balanced meal?

Parents may inflict a lifetime of ill health on their children through imparting poor eating habits. Hip and joint problems, as well as insulin resistance are just a few of the side-effects children are experiencing from being obese. Childhood obesity may also have long-term psychological effects. Children may be bullied and have low self-confidence and self-image when overweight. Children may have feelings of hopelessness and despair when faced with the enormous task of living with and trying to fight obesity. DOCS have recently gone as far as saying that allowing a child to become and remain obese is a form of child abuse. So why then do we allow children to be exposed to such health risks and difficulties?

Some parents feed their children junk because they want their children to be happy, to love them or to avoid the inevitable tantrum when the junk food is withheld. These reasons are all short-lived and pass quickly. Other parents want their children to have everything in life, including as much food as they like. Others still want to treat their children, just as they themselves enjoy some chocolate or a packet of chips when they are tired, upset or stressed. There are two massive problems with this attitude. Firstly, food does not solve the problems that life presents. Offering food as a comfort merely teaches children to reach for the Tim Tam's when life gets hard. It is far better to offer children real and lasting techniques to deal with the troubles life inevitably brings.

*Continued on page 4*

Children can learn self-soothing techniques such as finding something enjoyable to do when life is hard or finding someone to talk to. The second problem with this mentality is that treats can easily become a part of everyday life with children coming to expect them and demand them, quite forcefully, as I am sure any parent can identify with. A treat, by definition, should remain infrequent. That way, it is more valued and more enjoyable. One way to help to do this is not to have junk food in your house. If it's not there, you can't eat it.

The reasons for the childhood obesity epidemic are numerous and the way out may seem unclear. There is currently an advertisement on television which shows generations of fathers asking their sons to get them a beer from the fridge. Another ad on television has a daughter repeating a foul-mouthed phrase that her mother has used to abuse a fellow driver. These ads demonstrate how parents may unwittingly become a child's worst role-model. Adults need to model healthy eating patterns and lead active lives. The obesity epidemic is currently costing \$21 billion a year. If the government would spend a small percentage of this educating the adults, this will filter through to children. The key is, therefore, to educate all adults. In particular, parents and carers of children should be educated in nutrition for children and the effects of bad nutrition. It's a scary thought and no child should be exposed to such avoidable risks.

## Referral Machines

Starting a business in today's economic climate can be an incredibly daunting experience! For me, it was made all that much easier because of some incredible client referrals.

I would like to make a big thank you to the following:

- Cain Beckett
- Judy Maguire
- Nina Godoy
- Mark Walsh

All of these people have been incredible. I would like to say a special thank you to Cain Beckett who has been a referral powerhouse. He is reigning referral titleholder and will take some beating.

Remember our client referral scheme and the free passes available for friends and family. All of these folks have experienced either free massages, exercise sessions and supplements. If you would like more information on our referral scheme, please contact us immediately and we will happily assist!

## FREE Food and Exercise Diaries!

Here is a great opportunity! Coastal Bodies is offering a terrific food and exercise diary just for sharing this great newsletter with your family and friends!

Provide Coastal Bodies with the e-mail addresses of 5 of friends or family members and get this exercise diary that records calories, fat, exercise and carbohydrates for free! It is a must have resource for anyone watching their weight.

Just e-mail the names and addresses to [info@coastalbodies.com.au](mailto:info@coastalbodies.com.au) and the diary is yours.

