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NEWS

**The Olympics are here,
Lets go Aussies !!!**

**What type of music do
you like to listen to while
exercising?**

Let your trainer know.

**Check Out our "NEW"
Website at
www.next-phase.com.au**

Well August is here already and everyone is getting excited about the Olympics. I'm sure we will all be supporting and cheering on the Aussies and hopefully the Olympic spirit will rub off on us. It's a great way for you align your health & fitness goals with the Olympics and use them as a motivational tool to help you stick at it.

The last month of winter, woo hoo. Before we know it the days will be longer and warmer, making it easier to get out there and exercise. Hang in there for the remaining colder/darker weeks and you will be rewarded in the following months.

****We have a brand new website, check it out at****

www.next-phase.com.au

COMMITMENT & DETERMINATION

Working towards a results based goal is "25% perspiration & 75% determination". What we are saying is that it's 25% physical commitment & 75% self discipline. Consistency is one of the most important elements to a healthier and fitter life. Every time you slack off, miss a session or don't give 100% you are taking a step backwards and putting your goals further out of reach. Although we do understand that you may have an off day and can't give 100% all the time, this should only happen occasionally. But if it happens regularly then you can't expect to achieve your goals as quickly as you would like.

This also applies to your diet, if you aren't consistent with your nutrition, your goals will be that much harder to reach. So if you simply stay consistent and committed with your training and your diet you will reach your goals much sooner. If results aren't happening as quickly as you may like, don't lose heart, if you are honest with your self, your training and your diet the results will come.

So persist with it, stay focused and you will be *...fit for life*.

NUTRITION – THE 90/10 RULE

Eating healthy foods is your best option for a healthy life. Try remembering how much better you feel after eating healthy foods as opposed to the awful feeling of overeating unhealthy foods. The 90/10 rule is worth keeping in mind (eat healthy 90% of the time and leave the other 10% for those times where you just have to have it!). Have a positive attitude towards food. Rather than thinking of foods as "good or bad" think in terms of "everyday or occasional foods", or "90/10 foods". This will erase those guilty feelings you have about eating certain things. For more info on excellent vs. occasional foods contact us.

Sticking to this rule will make it so much easier to achieve your goals, regardless if it is to improve muscle tone, increase fitness or to lose weight. If you have an important short term goal then being slightly stricter and changing the rule to eating only one meal a week where you eat what you want can really increase your chances of achieving that goal. Remember its ok to ease up on the diet "sometimes" just not all the time.

CHICKEN & BROCCOLI STIR FRY

Ingredients

- 300g dried egg noodles
- 2 tbsp vegetable oil
- 2 cloves garlic (finely chopped)
- 2 tsp fresh ginger (grated)
- 3 chicken breast fillets (cut into strips)
- Add 1 large head broccoli (cut into florets)
- Add 1 small red chilli (finely sliced)
- 3 tbsp soy sauce
- 1 tbsp oyster sauce
- 1/2 cup (120g) whole toasted cashews
- 4 green onions (finely sliced)

Method

Cook 300g dried egg noodles in plenty of boiling water for 4-5 minutes. Drain, rinse under cold water, drain again and set aside.

Heat 2 tbsp vegetable oil in a wok over medium heat. Stir-fry 2 cloves garlic (finely chopped) and 2 tsp fresh ginger (grated) for 1-2 minutes until aromatic. Add 3 chicken breast fillets (cut into strips) and stir-fry until chicken changes colour.

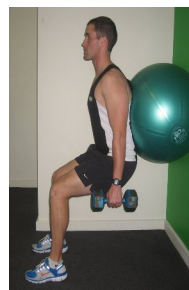
Add 1 large head broccoli (cut into florets) and stir-fry until broccoli is cooked but crisp. Add 1 small red chilli (finely sliced), 3 tbsp soy sauce and 1 tbsp oyster sauce and stir to coat chicken.

To serve

Divide noodles between 4 serving bowls, top with chicken and sprinkle over 1/2 cup (120g) whole toasted cashews and 4 green onions (finely sliced).

EXERCISE OF THE MONTH – SB SQUATS

Swiss Ball Squats are excellent for strengthening and toning the upper leg and bum muscles, especially the quadriceps (front of the thigh) and glute's. It will help improve knee joint stability and can be performed by a complete beginner or an advanced weight trainer.



1. Place a swiss ball against a wall & lean your lower back against the ball (the ball should sit in the natural curve of your lower back just above your hips)
2. Place your feet out in front of you, shoulder width apart.
3. Keeping your heels on the ground, lower your body until your thighs are parallel to the ground. If your knees travel forward past your toes, reset and move your feet forward.
4. During the movement keep your back in contact with the ball, allowing it to roll up your back.
5. From the lowered position squeeze your glutes (butt muscles) and push back up to the starting position keeping your heels firmly on the ground.

Perform 2 – 3 sets of 12 –15 repetitions.

Progressions

- Hold a pair of Dumbbells by your side, Overhead or straight out in front of you
- Single Leg - one leg at a time.