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Welcome to the first Issue of “*fit guide*”, the official newsletter of Next Phase Health and Fitness. As you have probably noticed, it’s getting colder, and this is the best time of year to keep up the exercise. In this issue you will get tips on giving yourself the best opportunity of getting through the colder months, which in turn will mean you are that much closer to your goals when summer returns.

fit guide will be a monthly publication, designed to give you information and motivation, and try to keep you in touch with what’s happening at Next Phase. If there is anything you want to see in the newsletter, simply drop us an email.

Well, keep up the good work and remember at Next Phase Health and Fitness, it’s about being *...fit for life*.

WINTER TRAINING – CONSISTENCY IS THE KEY

During the colder months of the year it is all too easy to “hibernate”, staying inside where it’s warm and comfortable. Now is the time for you to get the best out of your exercise routine. As its cooler outside the body takes longer to heat up, this burns more calories. So you will be in great shape when summer comes around.

Tips

- When exercising outside layer your clothing, start prepared for the colder weather then take layers off as you heat up.
- Take extra time and care warming up your muscles, as they will be tighter and more prone to injury in the cold.
- Keep up the hydration; it can be easy to forget the water intake when it’s not hot.
- It’s a shocking time of year for cold’s and flu’s, however if you keep active, your immune system will be stronger to fend off these nasty illnesses.

PUMPKIN SOUP

Ingredients

- 750g pumpkin, peeled and chopped into approximately 3cm pieces
- 2 leeks or large onions, sliced
- 250g potato, peeled and chopped
- 1cup low-fat milk
- 4cups chicken stock

Method

1. Place pumpkin, onion and potato into a large saucepan with the stock.
2. Bring to boil then simmer for 30 – 40 minutes until vegetables are well cooked.(or microwave vegetables first for 15 minutes then add stock)
3. Puree soup in a food processor until smooth.
4. Return vegetable puree to saucepan, add the milk and return to the boil.
5. Simmer for 5minutes.
6. Add a sprinkling of curry powder for extra flavour.

TIPS FOR DINING OUT

1. Never arrive at a restaurant absolutely starving. You will invariably order some instant nibbles that are usually not the low fat variety (eg garlic bread, chips). Eat one or two pieces of fruit before you go out.
2. Ask for a jug of water. Quench a thirst with water before ordering other drinks. Alternate a glass of water in between alcoholic drinks.
3. Avoid the smorgasbord! This type of dining tends to give us some over whelming authority to pile the plate full of every selection possible and go back for seconds! Why?...because we can!
4. Entrée size portions can easily be requested for main course.
5. Order salads without the dressing. Some dressings can change a healthy salad to a fat bowl.
6. Read the menu carefully. Descriptions such as battered, fried, butter sauce, creamed sauce, pan-fried, sautéed make it easy to avoid these dishes. You can always ask for the sauces to be left off or if grilling is an option to fried. Simple changes are often accommodated.
7. Eat slowly. Enjoy the meal knowing you don't have to do the washing up!
8. Water based sorbets and fruits for sweets. If this part of the dining experience is a must then avoid the obvious- creams, chocolates, butter puddings, shortbreads.
9. GET MOVING!: If at the end of the evening you know you have indulged more than you had planned it is important to remember that one night is not going to ruin your efforts of healthy eating. The best thing you can do for yourself the next day is get moving! Go for a walk or do your favourite activity and get back into sensible eating.

EXERCISE OF THE MONTH – PRONE HOLD

The Prone Hold is one of the most effective core exercises. You can do it anywhere, anytime without any equipment (you don't even need clothes). It will help to improve the postural muscles, as well as the abdominals and lower back.



1. Lay face down on the floor (prone), place your forearms flat, with your elbows directly under your shoulders, and toes on the floor.
2. Now lift your hips and knees off the ground, keeping a straight line from your shoulders to your heels and brace your abdominal muscles. (imagine someone is about to poke you in the stomach).
3. Keep the glutes (butt) muscles tight throughout the exercise. Hold this position for as long as you can.

Progressions

- Record your time and try to beat it.
- Lift one foot off the floor for approx 5secs, then alternate with the other foot.
- Opposite arm and foot off the floor.

If it is really difficult to get started you can perform the move with your knees on the ground.

Good Luck and have FUN with the Prone Hold