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**NEWS**

Have your say. Fill in the Next Phase Survey to help us provide an even better service.

Have you checked out our "BRAND NEW" website yet?

[www.next-phase.com.au](http://www.next-phase.com.au)

Winter is over, YAY!!! Bring on spring, a new season and a great time to revisit some goals. As the days get longer and warmer many of you will want to hit the exercise hard as you try to get into the best shape possible for summer. Well *Next Phase* can help you, we can set up exercise programs for you to do in addition to Personal Training. This could be in the form of outdoor exercise, workouts you can do at home or a program to follow at the gym. If you really want to make some progress with your training, an extra session a week, over the next few weeks, will really help boost your motivation and kick start your summer fitness. Don't forget about your nutrition too. Your body needs the right fuel to perform at its best and achieve those goals. If you don't it would be like owning a Ferrari and putting mud in the petrol tank, it wouldn't respond very well. So if you need help with your nutrition or with additional exercise ask your trainer.

**VARIETY IS THE KEY**

Variety is one the most beneficial tools that can help you achieve your goals. Many people do the same thing over and over and expect a different result. The simple fact is if you want something to change then you can't keep doing the same thing, "If you always do what you've always done, then you'll always have what you've always had".

**Variety in your exercise routine, variety in your diet and variety in your everyday life** all need to be considered. That's why we vary your sessions every time you train with us. If you need help with the exercise you do outside of *Next Phase* we can offer advice to help vary your routine. This could be changing your running/walking sessions, cycling, group exercise class, yoga/flexibility session or we could re-write an existing gym program for you. This goes for nutrition too; eating a variety of foods is the best option for optimal health as you will be consuming more of the nutrients that your body requires. So get out there and mix it up!!!

**BEEF CURRY IN A HURRY**

**Ingredients**

- 500g lean Steak, sliced
- 2 teaspoons curry powder
- 1 cup Beef Liquid Stock
- 300g Potatos, cubed (Sweet Potato for low Carbs)
- 375ml Carnation Light & Creamy Evaporated Milk
- 1 onion, sliced
- 1 teaspoon coconut essence
- 150g Green beans, halved
- 1 Red Capsicum, sliced
- 1 Tablespoon cornflower

**Method**

Spray a non stick pan or wok with oil and heat. Cook beef over high heat until browned. Remove from pan/wok. Cook onion and curry powder over medium heat for 2 minutes or until onion is soft. Stir in milk, coconut essence and stock. Bring to simmer. Add potato and mushrooms and cook, uncovered, for 10 minutes, until potato is soft. Add beans and capsicum, and, cook for 5 minutes, until tender but crisp. Blend cornflour with 2 tablespoons of water. Add to curry, stirring until sauce boils and thickens slightly. Add beef and heat through. Eat on it's own for a low carb meal or serve with Basmati or Brown rice.

Serves 4 – 6.

## HYDRATION GUIDELINES

Our bodies are made up of 60 – 70% water, so you can understand why staying hydrated is so important. Even if we are only slightly dehydrated we can't perform at our peak. Our concentration, judgment and reaction time all suffer.

The latest guidelines for hydration are detailed below.

During exercise drink fluid whenever you feel thirsty. Taking a few sips about every 10 to 12 minutes, or when you feel thirsty, will help you stay hydrated and avoid stomach upset.

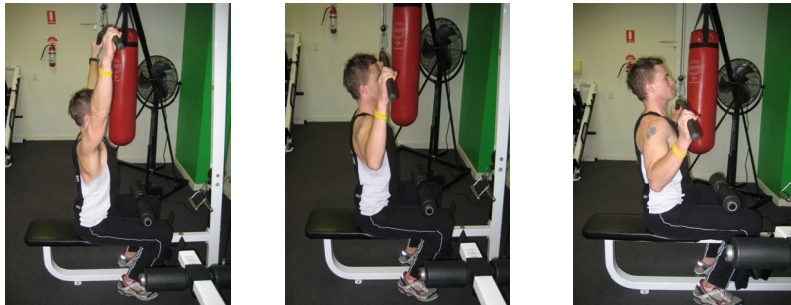
Water is ideal for short (up to an hour) workouts of moderate to intense exercise. However, during intense longer endurance type exercise where significant amounts of fluid are lost due to excess sweat and especially in warm weather, sports drinks hydrate better than water. This is due to sports drinks containing dissolved minerals and carbohydrates which help them absorb into the body quicker than water.

Also during periods of heavy training, you can help protect your hydration status by asking yourself three questions each morning: **1) Am I thirsty? 2) Is my urine dark yellow? 3) Is my body weight down more than 2% from the day before?** If the answer to at least two of those questions is "yes", you are probably dehydrated and need to increase your fluid intake during the day. No need to overdo it though, an extra litre or so spread out over the day may be all you'll need to restore hydration.

**Try to get into the habit of carrying a water bottle with you at all times and dehydration should never be a problem.**

## EXERCISE OF THE MONTH – LAT PULLDOWN

Lat Pulldown is a great exercise for conditioning the upper back muscles (latissimus dorsi). It helps to balance out your upper body when performed in conjunction with chest exercises. It will also improve your posture by helping to draw the shoulders back toward the midline of the body.



1. Sit on the seat facing the machine, adjust the pads so they rest on your thighs allowing your feet to be flat on the floor.
2. Hold the bar with a grip wider than shoulder width (palms forward).
3. Start with the arms straight (starting position).
4. Bring the bar straight down to the front of your head to just below your chin, squeezing your shoulder blades together. Then reverse the movement back to the starting position.
5. Make sure your elbows travel straight down and stay inline with the body, not behind you.

Perform 2 – 3 sets of 12 –15 repetitions.

### Variations

- Reverse Grip - palms facing toward you and slightly closer than shoulder width.
- Neutral Grip - use a bar that allows your hands to be close and palms to face each other.
- Single Arm - using a single handle perform exercise one arm at a time.