

BODYWISE
PILATES



BODYWISE UPDATE

January 2012

Hi , and Happy New Year, I hope that you have had a great holiday and found time to relax and recuperate despite our less than ideal holiday weather, (unless, of course, you were lucky enough to be in the Queenstown area).

I had a lovely Christmas with my family, just enjoying good company and good food, I read 3 books and watched at least 8 DVDs, not to mention getting out for a few bush runs in the Ruahines. This weather may not be great for the beach but it is rather good for running in, a nice light drizzle keeps you cool!



Our studios are open for business from Monday and we are looking forward to seeing you there, we are on our [holiday timetable](#) but there are lots of classes to choose from. Our **Super Summer Special** starts from Monday, this is just \$99 and includes all Mat and Reformer classes (subject to availability) until 6th February. For just another \$45 you can add on all the Total Pilates classes as well. There is still time to sign up, anytime this week, call, [email](#), or just come to class and we can sort it out for you then.

In the week before Christmas Katie and I, (with some help from Wendy and Josephine) ran a number of **Teen Pilates** workshops and classes. We had 16 girls participate, which was great. We are following these up with another set of classes next week, starting Tuesday 17th January and running to Friday 20th, one 90 minute class a day for 4 days. The full course is \$95, or \$30 per class. There is a maximum of 6 girls per class and we will be covering the full range of pilates exercises and equipment in these classes. So if you have any bored teenagers at home (12-17), we would love to have them along. [Book](#) with me now.

If you feel that may be you have put on a kilo or two over the holiday period, you are not alone! Or maybe you made weight loss one of your new year's resolutions. I have been working in the fitness industry for over 20 years and know very well that weight loss is nearly always top of peoples goals. So I have put together my [Top Ten Tips for Weight Loss](#), I hope you find it useful. If you would like more specific help with your goals I do divide my time between the Pilates Studio and the gym where I take group and personal training sessions and would be very happy to book a private session with you to work out a personal plan for you.

As a regular pilates person you already know how great Pilates is but do your friends and family know? Here is a chance for you to share, we would like you to invite your best friend, mother, husband, daughter, who ever you like, along to class with you. Just bring a copy of this newsletter with you or pick up a voucher in class. You can use this for any class, just make sure if it is a Total Pilates or Reformer class you have booked you and your friend in first.

[Book now](#) for your favourite class in January, we would love to see you.

Regards,
Jenny

My Ten Top Tips for Weight Loss:

Eat Breakfast: it is the most important meal of the day, set your body up with the right fuel for the day. Include a good complex carbohydrate source, for energy, such as cereal, muesli or wholegrain toast, some protein (see below), such as eggs, yoghurt, milk etc. and some fruit, to get your fibre and vitamins.

Little and Often: Eat regularly and frequently, don't go longer than 3 or 4 hours without a meal or snack. This will keep your blood sugar levels more stable and avoid you bingeing later, it will also help you to concentrate and think clearer.

Portion Size: This is a biggy! Everything now seems supersized, you don't need a muffin the size of a football for morning tea, take your own snacks if you are going to a cafe, that will avoid being tempted by the cold cabinet, or eat before you go. Use a smaller plate, or bowl, at meal times, your eyes will still see a full plate. Looking at your dinner plate at least half of it should be made up of vegetables, no more than a quarter with meat (protein source) and no more than a quarter with your complex carbohydrate such as rice, pasta, potato etc.

Stay Hydrated: Have a glass of water 20-30 minutes before meal times to give you a feeling of fullness before you start. And stay hydrated during the day, we get confused and sometimes our brain mixes the thirsty signal with the hungry signal, we are eating when we should be drinking water. NB: to hydrate drink water, any fluid containing calories is food!

Keep a Journal/Food Diary: Write down everything you eat, how much and when, for 3 or 4 days (try and include at least one weekend day). Can you see a pattern? Keep it honest, there is nothing to be gained from

cheating and write it down as soon as you can, it is amazing what your brain will overlook by the end of the day. Just by keep track of your eating habits has been shown to moderate intake by making you more aware.

Protein: Most of us will get enough protein in our daily diets without having to add any more in, however it can be helpful in weight loss as of the 3 main sources of calories, (carbohydrates, fats & proteins), protein gives us a greater feeling of satiety or fullness, helping to prevent food cravings between meals. Our daily intake of calories should be made up of about 15% from protein (some recommendations do go as high as 20-25%), around 50-55% from carbohydrates and 25-30% from fats. Most foods contain protein, but try and include a small amount of low fat, protein rich, food in every meal and snack, this could be fish, cottage cheese, nuts or lean meat just for example.

Fibre is your friend: Fibre fills you up, gives you a feeling of fullness and keeps your bowels healthy, plus research shows there is a strong association between a fibre rich diet and a lower BMI (body mass index). Not to mention all the best foods are high in fibre; fresh fruit and vegetables, whole grains, pulses, nuts and seeds. All these should be included in your diet for health and because they taste great! (absolutely no need to chew through sawdust like wheat bran.

Alcohol is not your friend: The debate is still raging as to whether alcohol in moderation is good for your health or not. But there is absolutely no doubt that Alcohol is high in calories. It affects your food choice, after a couple of drinks you more likely to dip into those fat heavy, nutrient light snacks such as chips and dip. Alcohol also affects the way our bodies metabolises energy, making our bodies more prone to storing fat rather than burning it up. If you cannot face life without that glass of wine try and build some AFDs (alcohol free days) into your week, avoid drinking out of a goldfish bowl, get a 'standard' wine glass (you will be surprised how small they are) and don't fill it all the way up. If you usually have a couple of glasses, try just one, make it a really nice one, and enjoy it with a glass of water. Remember to burn off the calories in a standard bottle of wine you would probably need to run for at least 2 hours, something I enjoy, but you may not.

Cut out the Sugar: You don't need it! Avoid over processed foods, foods with added sugar and salt. If you just removed all foods with added sugar in them from your diet you would probably find that is enough to help you drop a few kilos. Read the labels on things, know what you are eating, try to keep things as simple as possible.

Be Mindful when you eat: Take your time with your food, think about what you are eating, chew it carefully. Your mother was right when she told you to chew 30 times before you swallow, not only will it help you digest your food better it will slow down your consumption and your body will get a chance to send its 'full' signals to your brain before you have wolfed down your whole plateful and gone back for more. Always try and sit down for meal times and enjoy your food.

One step at a time: Change one thing in your diet at a time, don't try and do everything at once, this is usually a recipe for disaster, or at least failure. Remember if you put 2kg on over 2 weeks it is reasonable to expect that you should be able to lose, with a little bit of work, that 2kg over the same period. But if you are trying to drop 20kg that you have gradually acquired over the last 20 years it is not reasonable to expect to drop this in a few weeks. Be kind to yourself, do not set yourself up for failure before you start.

Move More: Very simple but effective, if you have time in your day, add 20-30 minutes of aerobic exercise to your daily programme, walk, jog, cycle, play cricket with your kids, it all adds up. If you are not already on a regular exercise programme, start one now! You will be fitter, healthier and leaner.

Finally, whoever said "a little of what you fancy does you good" was probably right – exercise moderation in all things and you can't go too far wrong. It is not what you eat between Christmas and New Year that makes the difference but rather what you eat between New Year and Christmas.

Sorry I realise that is more than 10 , but I could not stop once I started. I hope that you find them useful.

January 9th to February 6th

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6.15 am		Mat Pilates			Starts 27th	
7.00 am	Reformer		Total Pilates	Reformer		
8.00 am				Total Pilates		
8.20 am	Total Pilates					
9.00 am						Mat Pilates
9.30 am	Mat Pilates		Mat Pilates		Mat Pilates	
11.00 am			Total Pilates			
12.15 pm	Reformer	Abs & Stretch	Reformer	Abs & Stretch		
5.00 pm		Total Pilates		Total Pilates		
5.30 pm	Reformer			Total Pilates		
6.00 pm		Total Pilates	Mat Pilates			
6.30 pm	Mat Pilates					
7.00 pm			Reformer			

Bodywise Pilates Members may attend any of the Mat Pilates classes (including Abs & Stretch) free of charge. Concession Cards should be used as normal and casual Mat classes are \$22 each. All Total Pilates and Reformer classes must be booked in advance and are subject to a minimum booking of 2 and a maximum of 5 or 6.

[Book classes here](#)

