



THE FORTH ISSUE OF LEVEL 2 HAS ARRIVED, and so has summer – hip hip hooray!!!

Christmas and New Year have been and gone and we are now left with the damage of the silly season, speaking purely physically that is!!! There is however nothing like New Years resolutions to redefine some of the goals that we didn't get around to last year. Starting a new year is a really good opportunity to start working on the new you. Be better to yourself this year, do what is good for you, your mind and your body. Make this the year where your goals for yourself become the most important GOALS of all...

Whatever your reason, approach fitness from a lifestyle perspective and be sure to make it part of your general day to day routine. That's right!!! Routine!!! Exercise generally won't happen if you leave it up to chance, so do your best to allocate time to train. Discover what works best for you, are you a morning person? Do you function better in the evening? Can you squeeze a workout in during lunch time? Whatever your answer to this question, make a date with yourself at least 3 times a week and commit to you, a fitter you, a stronger you, a healthier you. You won't regret it. With commitment and consistency you can achieve anything you want and of-course we are here to help you every step of the way, so if you need further direction or just a change, book in for a program review and we will work with you to stay on track.

This issue is packed with goodies for all to enjoy. Eleni (our yoga instructor) has written an article on Yoga, so inspiring that even I want to make time to give it a go. Sonja, as usual has put together another very informative article on weight loss & energy and in typical style we have some great recipes for you try out. There are some great photos from our 05 Christmas Party at the Syrup Lounge which I'm sure your have fun looking at – maybe even recognise a face you know.

What else is there... oh yeah! This month you will meet Irene (one of our longest term members) and Elizabeth (our favourite girl on front desk) next to me of-course ha ha ha!!! It's our meet the staff and members section. Look out as I'm now on the hunt for our autumn edition. You could be next!

Anyway, enjoy this issue, I know I have enjoyed putting it together with the help of our dedicated staff members. Remember what I said earlier – make a date with yourself to exercise regularly.

Bye for now.

Lilly



IRENE HAVRYLUK DAVIES

How long have you been a member @ 6 degrees south health club?

A: For about 10 years (being a previous body-tite member).

What do you like most about the 6 degrees south?

A: Fresh look, bright and nice to have windows to enjoy the views across the park and even a glimpse of the sea.

Which staff member can you most relate to and why?

A: Nigel – because he is down to earth & Glenn McLaren because he is an interesting character.

Whats your favourite thing about spring

A: The smell of blossom in the air.

Which 2 famous people would you invite to dinner and why?

A: Andrew Denton because he would draw out all sorts of interesting info from others. Cate Blanchett – just because I like her.

What book are you reading at the moment & what is the most enjoyable book you have ever read?

A: Reading Ladies Detective Agency at the moment and my favourite book is the women's weekly cookbook.

Your favourite CD at the moment & your favourite artist?

A: Dido – life for rent, I like all sorts of music though so favourite artist is hard to answer.

The one food you just cant live without?

A: Garlic!!! No, not really – I'm just a girl so chocolate has to be the answer.

Whats your favourite exercise? (If there is such a thing!)

A: Stretching when it's all over.

You have just won \$5,000 dollars. What are you going to do with it.?

A: Fix up my treasured vb beetle.

You are granted one material wish – what would it be?

A: Win an around the world cruise for my family, extended family that is, we would have a ball.



ELIZABETH WYNNELL MAYOW

What is your position at the club?

A: Assistant manager

What inspires you the most?

A: Buddhism and my dreams to be able to make a difference in peoples lives.

What book are you reading at the moment?

A: Awakening the buddha within – 8 steps to enlightenment.

Who is your favourite musical artist?

A: Jay Z and Biggie Smalls.

Finish this sentence:

When I make my first million I will;

A: Have a baby, buy a house and take care of mum.

Whats the one thing you couldn't live without?

A: My puppy dog ace.

Who do you most admire?

A: My mum – the strongest women I know!

You're spending a saturday night in – what do you cook or order for takeaway and what DVD do you hire?

A: Tomato and basil risotto and Crash.

What is the one adventurous thing you would most like to do?

A: Finish my next four years of study with a PhD and open my own business.

Whats your favourite food?

A: pizza pizza and pizza!!! (I think Toblerone chocolate may fit in here somewhere as there always seems to be an empty box of it in the bin constantly – sorry for telling liz!. Lilly)

My favourite superhero is?

A: Wonder Woman.

AVOCADO DIP

2 avocados

150 silken tofu

½ cup light sour cream

1 lemon, juice only

1 tspn sweet chilli sauce

2 tomatoes, diced

1 red onion

1 clove garlic, crushed

1. Place avocado, tofu, sour cream, lemon juice and chilli sauce in a blender. Blend until smooth.
2. Add tomatoes, onion and garlic, pulse until combined but not pureed.
3. Serve with Fresh Vegies – YUM!

INDIVIDUAL ROAST CAPSICUM FRITTATA

2 large red capsicums,
seeded, cut in half

2 cloves garlic, crushed

2 tbsps basil leaves, shredded

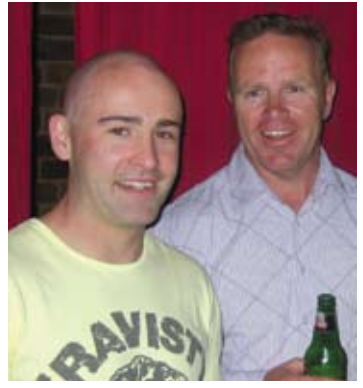
2 tbsps chives, chopped

4 eggs, lightly beaten

¼ tspn salt (optional)

1. Grill capsicums skin side up in a hot oven, 200 Degrees C for 10 mins until skin blisters and blackens. Place in a bowl and cover. Allow to cool. Peel away skin and cut into thin strips.
2. Place capsicum, garlic chives and eggs in a bowl and combine.
3. Divide mixture into 6 Texas muffin tins (1 cup capacity) and bake for 20-25 minutes or until golden brown.
4. Serve as a snack, lunch box treat or with salads as a light meal.

RECIPES



CHRISTMAS PARTY



You've seen them. They come into 6 Degrees South looking calm, some wearing thongs, most look happy to be here. They bypass the gym, though many return for weight and cardio sessions on other days. They disappear into the group-fitness room and they lie down. Other members, sweating on a treadmill or heaving beneath weights, could be forgiven for thinking these yoga students were here to relax...Not so.

Yoga is a work-out. You sweat. You face physical challenges. You might be sore the next day (in muscles you didn't know existed!). It's a different kind of workout and that's why it compliments all other sport and fitness programs. And anyone can benefit. From footy clubs to films-stars; from working Australians to retirees, Yoga is now everywhere.

So, why has it become so popular?

Yoga empowers and creates a unique understanding of the body. The word Yoga means union between body and mind. By working with the body in a dynamic and postural-correct way tension is also relieved from the mind. This decreases stress and increases clear thinking.



On a physical level, adding a yoga class to your fitness routine increases your range of motion by lengthening muscles. As you probably know, muscles get short and tight when left un-stretched. The further a muscle can extend and contract the more you'll get out of your workout. Pure mathematics!

But Iyengar style Yoga does more than stretch. It aligns the body. If you get back, neck or knee troubles, there's a good chance you're out of alignment. This means that one muscle is stronger than the opposing muscle and this pulls the skeleton out of alignment. Through the use of isometric contraction (holding the muscle in action for an extended amount of time) yoga builds balance and stability. Students who come regularly feel free and relaxed inside their bodies. The class usually finishes with three minutes of pranayam (breathing exercises).

Some people are surprised by the results of this introspective and often energetic form of exercise. For example, a woman who comes to one of my classes found some of the yoga postures difficult—namely forward bends and balances. She came once and then didn't return for a month. The day she came back we had a greater focus on backbends and twists. Although she found the twists cumbersome, her body bent backwards very gracefully. This encouraged her. She has since become determined to overcome her other difficulties. And she has made fantastic progress. As a teacher, I've had the privilege of witnessing many remarkable improvements—students who have taken the challenge and increased strength, flexibility and balance.

My advice to anyone who's thinking of trying Yoga is to commit to two months of at least one Yoga class per week. See what happens.

Beginners are very welcome—you have to start somewhere. There is no age limit. Everyone has the same potential to improve flexibility. Be patient. That's all part of it.

Not recommended for pregnant women.

YOGA

WHAT TO CONSIDER WHEN THINKING ABOUT LOSING WEIGHT

WHAT IS FOOD ENERGY AND HOW DOES IT RELATE TO LOSING WEIGHT?

Everything our bodies do requires energy. The food we eat provides the energy (as kilojoules) we need to exercise, to work and to do everyday activities. Our bodies are able to break down all the food we eat to get the energy from it, and then re-pack any unused energy for storage.

Energy is available from foods in the form of dietary fats, carbohydrates (including soft drinks, sports drinks and juices), proteins and alcohol. The human body is expert at harnessing the energy provided by food and drink and will store unused energy, mostly as body fat but also as body carbohydrate and protein. If too little energy is eaten, the body can use stored body fat, stored carbohydrate and stored protein as energy and weight loss can occur.

WHAT DO YOU NEED TO THINK ABOUT IN ORDER TO LOSE BODY FAT?

When too much energy is eaten, the fat in food is most easily stored as body fat (good fats, like those in nuts & seeds, tuna and salmon, avocado and olive oil, act differently in the body and have important functions in the body. We should aim to eat these frequently but in moderation). When food is eaten, carbohydrates and proteins will be used first for energy and biological purposes (as they are so important to the body's function) and the food fat will be stored. The fat is placed into temporary storage, to provide energy for between meals. This stored fat is an important source of energy during the hours between meals. If too much energy is eaten and cannot be used between meals, the body saves it up for another day. The body simply saves it up as body fat until the next time it needs it. So if you do not want to gain body fat, do not eat too much food energy; i.e.: do not eat too much food.

Losing body fat is essentially achieved by eating less food and drink energy than your body needs to do work and exercise. This is most easily and effectively done by eating less total food energy (i.e.: eating smaller meals). Eating moderate amounts of fat is important while losing weight, but these should be good fats. Losing weight is too difficult without exercise, so try to do a little exercise everyday.

SOME TIPS ON LOSING WEIGHT

1. Do not be too strict too soon. Losing weight rarely works when people try to lose it too quickly;
2. Eat a low glycaemic index diet (eat grains, pasta, basmati rice, lentils & legumes, fruit and avoid highly processed packaged foods & snacks);
3. Eat breakfast, lunch and dinner and two snacks everyday, including the weekend;
4. Try to eat fruit for snacks (tinned are fine, so long as they are in natural juices), as these are convenient and quick and give just enough energy and carbohydrate for a healthy snack;
5. Eat a small handful of nuts (all kinds) 3-4 times per week;
6. Use olive oil and canola oil for dressing salads and cooking;
7. Add linseeds to cereal and choose linseed bread;
8. Eat grain breads most of the time;
9. Eat moderate serves of pasta for dinner 2-3 times per week;
10. Eat legumes (e.g.: baked beans, kidney beans and lentils) 2-3 times per week;
11. Eat tuna, salmon, mackerel or sardines 2-3 times per week;
12. Include low fat milk in your eating regimen everyday, and low fat yoghurt most days.
Eat ricotta and cottage cheese rather than full fat white cheese, (e.g.: camembert) and enjoy low fat yellow cheese other times;
13. Only drink 1-2 alcoholic drinks per day and try to have 3-4 alcohol free days per week;
14. Avoid too much animal fat, including butter, cakes and pastries and creamy sauces.

RECOMMENDED ENERGY INTAKES FOR AUSTRALIANS¹ (KJ/DAY)

Age group (years)	Height (cm)	Weight (kg)	Males (kJ/day)	Females (kJ/day)
18-30	150	50.6	-	7,200-8,300
	160	57.6	9,100-10,400	7,900-9,000
	170	65.0	9,800-11,200	8,500-9,700
	180	72.9	10,500-12,000	9,200-10,500
	190	81.2	11,200-12,800	9,900-11,300
30-60	200	90.0	12,000-13,700	-
	150	50.6	-	7,200-8,300
	160	57.6	9,000-10,300	7,700-8,800
	170	65.0	9,500-10,800	8,000-9,200
	180	72.9	10,000-11,400	8,400-9,600
	190	81.2	10,600-12,100	8,800-10,100
	200	90.0	11,200-12,800	-

Using the table

1. Choose your height and draw a line to your current weight.
2. Follow the line from your weight directly across to the energy column for your sex. This is the amount of energy you need to stay at your current weight (note: energy needs vary between people, especially between those who exercise a lot compared with those who exercise a little).
3. To find out how much energy you need to eat to lose weight, choose your height and draw a line to the weight you would like to achieve. Follow this directly across to the energy column for your gender. This is the amount of energy you need to eat each day (including the weekends!) to reach the desired weight.
4. Start reading food labels to learn how much food energy you are eating in a serving of food.

¹ Based on current National Health & Medical Research Council Recommendations for Australians.

*4.2 kilojoules is equal to 1.0 kilocalorie (kcal or cal).



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