

LTYB

Listen To Your Body  
results focused personal training

# Newsletter

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- News from around the block

“Setting aside 5 minutes per week to plan your work out schedule can help keep you in a routine and get results”

## New Style For 2011

Welcome to the new look newsletter for 2011. Since LTYB started up nearly 10 years ago we have been putting out newsletters every month to our members letting them know what's going on around the studio and writing articles to educate our members so their health and fitness journey can continue outside training.

With the new newsletter every month we plan to get some of the best training and eating tips out there. Introducing a healthy low calorie meal of the month section

for when you cant think of anything to make or just want to know “what's healthy.”

Also a new quick facts section will be put out there every month with information on anything to do with health and fitness. From how much water should we drink? To how much calories are burnt with doing the gardening.

LTYB wants to keep all of its members up to date with the current event of what's happening in the studio. Whether it be a new promotion or a fitness day. The newsletter will be the place to read

for any upcoming events or news.

We hope you enjoy 2011 and look forward to coming along with you on your health and fitness journey and hope this newsletter will help along the way!

Team LTYB.



## It's time to TIP!

### LTYB Footy Tipping Competition is Back for 2011

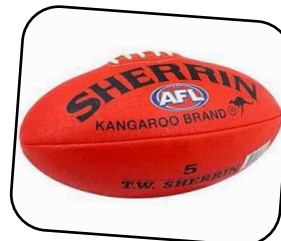
Another cricket season has come to an end and it's time to pack away the pads and the gloves. The time has come to dust off the footy boots and pull up the socks for another ripper season of AFL footy.

While 2010 was a massive year that produced 2 grand finals. With the recent controversy around St Kilda, can they keep their recent form and finally lift the premiership trophy? Can the man himself James Hird with the assistance of Bomber Thompson see Essendon get a much needed finals berth.?

Will the money power and big names coming together see the Gold Coast Suns first season in the top 8?

One things for sure it's going to be an amazing season with one extra team on the already amazing fixture for 2011. The first round will be kicking off when the ball is bounced between Carlton and Richmond on Thursday the 24 of March.

That said LTYB footy tipping is back! Entry is \$40 for the season. With a massive 60% of the prize pool going to the weekly 8 picks. 20% to first place, 15% to 2nd and 5% for 3rd.



### How to Join:

- 1) Go to <http://www.oztips.com/>
- 2) Click 'REGISTER' button on the homepage and set-up a Login (if you don't already have one)
- 3) Once you have successfully registered a Username and Password, click 'JOIN A COMP' button.
- 4) Enter in the Comp # and Comp Password details as below.
- 5) That's it! Tip away, tips have to be in before the first game of the round. If you forget to tip, tips will default to the away team.

COMP NAME: LTYB Footy Tipping  
COMP #: 240578  
COMP PW: strathmore

A DELICIOUS AFFARE  
FINE FOOD & CATERING



“To calculate your Maximum heart rate; get 220 and subtract your age”

“The average woman should drink 2.2 litres of water per day and males should drink 3 litres per day”



# Meal of the Month

Every month we plan to get our members thinking about healthy meals and alternative meals to the higher fat or sugar ones you get from the local takeaway restaurant.

Healthy home cooked meals with fresh unprocessed produce is not only the healthiest way to eat but the best source for vitamins, minerals, natural sugars and proteins our body needs on a daily basis.

Healthy meals can not only be tasty, but they are a very good way day to day to maintain fitness levels or control weight gain.

## Healthy Fried Rice:

- 2 tsp sesame oil
- 1/2 Chinese cabbage, shredded
- 1 Carrot, cut into matchsticks
- 1 Red capsicum, sliced
- 3 Cups cooked brown rice
- 2 tbs light soy sauce
- 2 tbs Hoi Sin sauce
- 1/2 cups cashew nuts
- 6 spring onions, finely sliced

1. Heat oil in a large wok over high heat. Add cabbage, carrot and capsicum, and stir-fry for 1-2 minutes.

2. Add rice and cook for a further 2 minutes. Add soy, hoi sin, cashews and half the spring



onion and toss to combine.

3. To serve, garnish with remaining onions and drizzle with extra soy and hoi sin sauce.

**(Serves 4)**  
\*250-300 Calories per serving depending on ingredients.

# Heart Rate Monitors

Heart rate monitors for a long time have been looked upon as something needed for those with a heart condition or need to keep track to prevent their heart rate going above a certain point. These days it's nearly the exact opposite. HRMs are being used as a training tool to get the maximum out of your work out.

While it is crucial for those with any preexisting medical conditions who exercise to have HRMs it's suggested for all of

those that want to get the true results from their training to wear them.

To calculate your max heart rate it's 220 minus your age. Some people can train over this number but it's not suggested unless approved by a medical professional.

If you're looking at a fat burning training in the 60-70% range is the best. To get the most out of your training we should train at around 70-80% to increase fitness

and decrease risk of cardiovascular disease. Elite performance range is 80-100% of your heart rate maximum, 5 minutes per day if you want to take your performance to the next level

If you need advice on any heart rate monitors or are looking at getting one to train with have a chat to us here at LTYB



# Quick Facts

## Calories

A calorie is a unit of energy. We tend to associate calories with food, but they apply to anything containing energy. For example 4 liters of petrol has approx 31,000,000 calories!! Females should eat 1500-2000 calories per day. Males should eat 2000-2500 per day.

Calorie intake also depends on activity levels and exercise.

## Dehydration

The human body is made up of up to 75% water. When we get dehydrated that level can go down to as far as 25% water. Causes of dehydration can be from excess sweating, diarrhea, vomiting, diabetes and burns. Symptoms include, dry mouth, cramps, headaches, nausea and loss of sleep. Try and drink 2-3 liters of water per day.

## Healthy Fats

When we often diet or “eat healthy” generally a lot of fats are cut out to spare the calories. While it's good to cut out saturated processed fats it is unhealthy to cut out all fats. Most cases cravings are caused from a healthy fat deficiency in the diet. Some health fats to incorporate into food are; olive oil, unsalted nuts, avocado, fish fats.



Listen to Your Body is a premium health and fitness service aimed at improving your overall health, fitness and well being.

The focus of our Strathmore studio is simply about getting you results in the most efficient way.

The studio provides a comfortable, non intimidating environment that allows you to enjoy exercise regardless of your current fitness level or age.

With a mission to provide the highest level of quality service, you can be assured you will receive all the support and guidance needed to reach you health and fitness goals.

**STRATHMORE FITNESS STUDIO**

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**Results Focused Personal Training**



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# LTYB Recruitment

*“Always make sure you’ve had something to eat before you train to get the best results”*

Listen To Your Body is currently looking for a Personal Trainer to join our Personal Training team.

We look for people who share our values – Passion-Commitment- Professionalism

If you are or know someone who is enthusiastic about fitness and would like to apply, please contact the studio

9374 3355

[enquiries@listentoyourbody.com.au](mailto:enquiries@listentoyourbody.com.au)

