



LTYB

Listen To Your Body
results focused personal training

Newsletter

In this issue:

- Portion Control & Portion Distortion
- Meal Of The Month
- Rainbow Goodness
- Group Fitness
- Supplement Corner
- The Sunshine Vitamin
- \$5 Off Voucher

“Are you eating the right amount of food? Are your portions too small, too big or just right? Portion control is one of the most important things when trying to achieve your goals”

Page 1

Portion Control & Portion Distortion

How our portions in today's day and age are very different to what our body actually needs

Portion control. It doesn't sound like much fun, does it? But as the size of our dinner plates has gradually increased over the last 20 years, the size of our waistlines has also grown. Coincidence?



The size of a regular dinner plate these days is 5cm larger than what it was 20 years ago. When you couple this with constantly being incentivised to upsize it's no wonder we have lost sight of what an appropriate portion of food is. For instance, how much should a healthy serving of steak weigh? It's not uncommon to see steaks ranging from 350 grams to a kilo on some restaurant menus. However, 65-100 grams of cooked meat is all you really need each day. Given that the quantity you require is relatively small, buying higher quality cuts of meat becomes more justifiable – and you don't need to do much to it for it to taste great. Quality, not quantity!

You probably know the drill for the amount of fruit and vegetables that you need to eat every day. Five serves of vegetables and two serves of fruit are the standard recommendations, and making sure you eat a wide variety of different coloured fruits and vegetables is a great way to provide your body as many vitamins and nutrients as possible. When you serve up your dinner, fruits and vegetables should take up half of your plate – but generally they will only contribute a relatively small amount of kilojoules, particularly when you compare them with the protein and carbohydrates in your meal. Carbohydrates should take up a quarter of your plate – with protein occupying the remaining quarter. When you're choosing carbohydrates, opt for wholegrain choices rather than highly processed white bread and pasta.

Dairy is an important part of the diet, and definitely shouldn't be overlooked. Eating a matchbox-size cube of cheese each day will provide you with 7 grams of protein and 230 grams of calcium. The calcium RDI for most men and women is 1000mg – and one small cube of cheese can provide you with nearly a quarter of your daily requirements. Opting for low-

fat dairy is the best way to go, ensuring that you get enough calcium without unnecessary additional fat.

When it comes to drinks, water is clearly the healthiest choice. Generally, most people should aim to drink between 8-12 glasses of water (or water based fluids) each day to ensure they remain hydrated. Feeling thirsty is not a sign that you are becoming dehydrated, it is a sign that your body is already dehydrated! Keep a bottle of water in your bag or a glass of water on your desk so it's easy for you to make sure you are drinking enough of the right stuff. Cordials, juice and cola are all high in sugar and should only be consumed every now and then.



So there you have it! Eating healthy these days has become somewhat of a tricky game – but now you have the tools to ensure you consistently make the right food choices.





“Not many people know that the colour of the food can effect how good or bad it is for your health and fitness”

Group fitness classes are a great way to change up your regular training routine. LTYB offers, indoor, outdoor and kids group fitness classes on top of our regular personal training service”

Meal of the Month

Thai Beef Salad

Ingredients:

- 1/2 cup fresh lime juice
- 1/4 cup chopped fresh cilantro
- 2 tablespoons brown sugar
- 2 tablespoons Thai fish sauce
- 2 tablespoons chilli paste with garlic
- 2 garlic cloves, minced
- 600g flank steak, trimmed
- Cooking spray
- 1 1/2 cups vertically sliced red onion
- 4 plum tomatoes, each cut into 6 wedges
- 6 cups torn romaine lettuce
- 1 1/4 cups thinly sliced English cucumber
- 2 tablespoons chopped fresh mint

Method:

Prepare grill or pan.

Combine first 6 ingredients, stirring until sugar dissolves; set half of lime mixture aside. Combine other half of the lime mixture and steak in a large zip-top plastic bag; seal. Marinate in refrigerator 10 minutes, turning once. Remove steak from bag; discard marinade.

Place steak on grill rack or pan coated with cooking spray; cook 6 minutes on each side or until desired degree of cooking has been reached. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.



Heat large non-stick pan coated with cooking spray over medium-high heat. Add onion; sauté 3 minutes. Add tomatoes; sauté 2 minutes.

Place onion mixture, lettuce, cucumber, and mint in a large bowl; toss gently to combine. Divide salad evenly among 6 plates. Top each serving with 3 ounces steak; drizzle each serving with 1 tablespoon reserved lime mixture.

(Serves 4) 300 calories per serve.

Rainbow Goodness

Foods are as colourful as a rainbow, here are some.

Isn't it an interesting coincidence that fruit and vegetables (the foods we're supposed to eat) are so vibrant - could it be that this is nature's cunning tactic to draw our attention to the foods that are best for us? Of course fruit and vegetables are important for our nutrition. But the variety of benefits that different fruit and vegetables can offer is incredibly impressive...

Eating your way through a rainbow of fruit and vegetables is a great way to ensure you're getting the vital nutrients your body needs to function at it's best. Fruit and vegetables not only contain vitamins and minerals, but also antioxidants and phytochemicals. If this wasn't impressive enough, fruit and vegetables also contain fibre and bulk, with minimal kilojoules. Hooray!

Let's start at the top of the rainbow and work our way through...

RED:

Delicious strawberries are a great source of vitamin C – which is essential for gorgeous, glowing skin.

Strawberries are also high in antioxidants and low in calories. What more could you ask for?



ORANGE:

Of course, oranges are the first fruit that springs to mind – and they are a fantastic source of the cold fighter, vitamin C. Sweet potato and carrots are also a great source of beta-carotene, which is important for eye and skin health.

YELLOW:

Bananas are back – yippee! Ever popular, bananas are a great source of vitamin C and B6, as well as potassium. Delicious sweet corn is a fantastic source of vitamin C, B6 and potassium.

GREEN:

Eating greens can reduce your risk of developing type 2 diabetes – as

well as being a great source of folate.

BLUE:

Blueberries! Recently heralded as a super food, blueberries can reduce your risk of stroke and heart attacks and are a great source of vitamin C, as well as the trace mineral manganese.

INDIGO:

Eggplant and purple-skinned sweet potato are rich in phytonutrients. Phytonutrients are important in the diet as they are particularly good at protecting us from some chronic illnesses and cancers.

VIOLET:

A new favourite for it's impressive repertoire of benefits, acai berries certainly do pack a punch in the nutrition stakes. They're a fantastic source of antioxidants, essential fatty acids, fibre, and iron. For something so small they are definitely mighty!



Group Fitness Classes

Listen to Your Body has specialized in personal training for the last 10 years; we have seen thousands of clients and have had over 100,000 sessions. Our personal training service has been industry leading for many years now and we are pleased to announce we will be launching a new type of service to offer to everyone.

LTYB has launched "LTYB Group Fitness" we have been trailing our group fitness classes for the last year in 6 week bursts to gauge

the response and popularity from our clients. The response was amazing. Because of that, LTYB has decided to Launch Group Fitness as a part of our regular training option.

Unlike our Personal Training sessions, group fitness classes will be focused on specific types of training. Our first batch of group fitness classes will be Boxing, Kettlebell, Outdoor and Kids fitness. Over time LTYB will be introducing new types of Group fitness sessions.

Our current timetable is:

Monday:

- 5:45pm Boxing
- 6:45pm Boxing

Tuesday:

- 6:00am Outdoor

Wednesday:

- 5:45pm Kettlebell
- 6:45pm Kettlebell
- 7:30pm Boxing

Friday:

- 6:00am Outdoor

Cost for group fitness is \$90 for 6 sessions or \$20 per casual session.

Call LTYB to enrol today.



“Sunshine can be one of the most important thing for your bone strength. Vitamin D assists the absorption of calcium !”

“Spending too much time in the sun without a good UV protective sunscreen can not only burn you, but hinder your fitness as well!”



Supplement Corner

TITAN[®] High Protein Bar

High quality protein is the key to building muscles. And where better to get that protein source than Premier Nutrition's TITAN High Protein Bar. Each bar packs a whopping 26g of high quality protein, 0g trans fat, only 4-5g of sugar, and is sure to satisfy even the hungriest of appetites.

Available in 4 decadent flavors: Chocolate Peanut Butter Crunch, Cookies and Cream, Brownie Nut and Vanilla Caramel Nut

- 26g Protein
- 0g Trans Fat
- 4-5g Sugar



Titan Bars are perfect for an in between meal snack. Their high amount of protein and low fats and sugar ensure for low GI digestion.

LTYB NOW STOCKING

The Sunshine Vitamin

Get more than a tan from the sun.

The sunshine vitamin. Do you know which one it is? If you guessed vitamin D, you're right. Vitamin D is highly important for maintaining a healthy body – and the best place to get it is from the sun.

Vitamin D is essential for a range of metabolic processes, as well as preventing osteoporosis, heart disease and osteomalacia (softening of the bones, making them misshapen – known as rickets in children). Vitamin D may also be useful in helping to prevent the development of some cancers, in particular, breast, testicular and colon cancer.



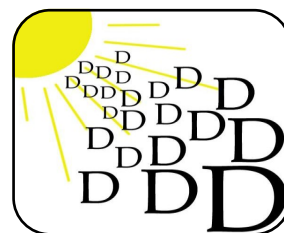
Furthermore, it is known to assist the body in absorbing phosphorus and calcium. If this wasn't impressive enough, vitamin D is also im-

portant in warding off depression, and a recent study has found that it may also positively affect personality disorders and post-traumatic stress disorder.

This essential vitamin is produced when a compound in the skin (7-dehydrocholesterol, to be precise) is exposed to UV at the high end of the spectrum. Whilst we have all heard the slip-slop-slap message, a few minutes of sunlight a day, outside of the danger zone of 10am and 2pm is all you need to maintain your quota of vitamin D. Vitamin D can also be found in some foods, such as egg yolks, liver, some fish (think salmon, mackerel and sardines) as well as some butter and margarines – but the sun is by far the most effective source.

Most people would expect that given the outdoorsy nature of the Australian lifestyle, a vitamin D deficiency wouldn't really be an issue. However, it is estimated that even after summer, 30% of Australians will have a vitamin D deficiency, and after winter that figure would have increased to 40%. It's important to note that

some people are more susceptible to a vitamin D deficiency than others though, such as those who work long hours (ie at work before the sun comes up and not leaving until after sunset), as well as those who live in the colder states, and those who have darker skin. People



with darker skin may experience a vitamin D deficiency because their bodies have increased levels of melanin (which protect it from UV rays) – so they cannot make enough vitamin D.

Getting the right amount of vitamin D is important to maintaining a healthy, happy body and mind – and who doesn't love a few minutes enjoying the warmth of the sun? Next time you're feeling like you need a break, leave the office for a few minutes to get your vitamin D quota for the day – your body (and

\$5 Off Voucher*

LTYB's Protein and Performance Supplement Products.

Valid for: CytoGainer, Muscle Milk, Proto Whey, Xtend 420g, Ripcuts Box, Polar HRMs.

*Offer ends December 24th 2011

*1 Voucher per person limit

Present to redeem

Phone: (03) 9374 3355

E-mail:

enquiries@listentoyourbody.com.au

www.ltyb.com.au

4/5 Lloyd Street
Strathmore

Victoria 3041
AUSTRALIA