



The Health & Fitness Witness

Issue 1
December 2010

How not to be the 'Stuffed Turkey' this Christmas....

1) Make a goal to compete in an event scheduled for January or February. For example a 10km walk, a triathlon, or an ocean swim. This way you will have to keep training over the festive season, combating those extra calories.

2) Make a date with a friend to meet 3 x each week for a good one hour walk or jog.

3) When there is a big feast put in front of you, fill up on the salads and tasty proteins supplied by Christmas ham, turkey or pork. Protein and fibre will fill you up and satiate you, and you will be less likely to eat the calorie-condense puddings.

4) Your metabolism is at it's fat burning peak first thing in the morning. If you do 20 minutes of resistance or high intensity exercise before 11am, your inner fire will be roaring, and will continue to burn at a quicker rate for the remainder of the day.

5) Create a daily exercise clock. For example, at 8am do 20 Burpees, at 1030am do 20 press ups and 20 lunges and so on.

Introducing...The 'Buddy-Up' Programme

Following Fitness NZ's key objective to get more kiwi's physically active at exercise facilities in NZ, we decided we'd start 2011 with the mission of getting more Whangarei-ians on the same bandwagon you are.

The year 2011 will see One2One introducing a more 'community' feel to our training facility. To kick this off, the Buddy-up challenge is a programme designed by One2One whereby you, the clients, invite a friend, family member, or work colleague along to your own training sessions to take part alongside you.

It's more fun than training on your own, it's competitive, and for those already doing it, it is very addictive. What have you got to lose....other than a few extra calories?? Try it, we can personally guarantee it. Please read the 'Buddy-up' document attached to this email to find out more.

New Zealand Fitness Industry Awards

We felt like we were at the Oscars—the dress standard was immaculate and we were up against hot competition—but we were not the award winners on the night. Both the Exercise Studio of the Year and PT of the Year winners were people who we aspire to be like, and certainly deserved the accolade on the night. It was a total honour to be up against them all, and we have plans afoot to put us in contention for the awards next year. Watch this space!



Coming Soon....

Some of you have already experienced our very spunky range of training t-shirts containing the catch phrase "I do it One2One—I like it One2One". During 2011 we will make a slightly wider range of branded apparel available to you including caps, sweat bands, training singlets, and your very own Boxing glove inserts.

Look out for samples hanging in the studio or listed on the website.

Laughter is the best medicine!

T'was the month after Christmas, and all through the house,
nothing would fit me, not even a blouse;
The cookies I'd nibbled, the eggnog I did taste,
at the holiday parties had gone to my waist;

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber),
I'd remember the marvelous meals I'd prepared,
The gravies and sauces and beef nicely rared;

The wine and the rum balls; the bread and the cheese,
and the way I'd never said, "No thank you, please."
As I dressed myself in my husband's old shirt,
and prepared once again to do battle with dirt,
I said to myself, as only I can,
"You can't spend a summer disguised as a man!"

So, away with the last of the sour cream dip.
Get rid of the fruit cake, every cracker and chip.
Every last bit of food that I like must be banished,
'til all the additional ounces have vanished.

I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore,
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!



Reminder! End of Year Party!!

When:
Next Friday Night
(10th December)

Time:
630pm

Where:
Glenbervie Hall

What to Wear:
Dress up like your favourite sportsperson.

What to Bring:
A 'get stuck in' attitude, general knowledge skills, alcohol (if desired), and any exercise stories or war wounds from your year with us.

There are spot prizes to be won, so we need your competition face on!

Did you know....?

....That if exercise was a drug it would be the most widely prescribed drug in the world! It can prevent and reduce just about every disease and illness known to man.