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*In the photo above I am admiring a beautiful, fit body in Santa Barbara in the US which was one of the highlights of my year. The 2<sup>nd</sup> highlight was moving to Cashmere to grow my business and to be more available for the Church. Last but not least starting new exciting weight loss programs and meeting all my new people.*

*I have big plans and dreams for next year. I want to promote life balance, good nutrition, healthy cells, happy and healthy minds and strong bodies. I am committed to be a source of inspiration for positive change in fitness, wellness, mind and spirit for as many people as I am able to reach while I live.*

*You've worked hard - enjoy your holiday. Don't stop moving, and laugh a lot. If you get a setback remember that it's never permanent and you can improve the outcome. Always give 100% as you can't lose if you give your best.*

*Have great positive thoughts and your life will be great.*

*See you next year for more exhilarating training and remarkable results. Merry Christmas Love, xxAlice*

## 1. Beta Balance Christmas Party 2012



*Merry Christmas and a  
Happy New Year*



My masperpieces  
Thanks for your hard work



Thanks Sharryn for the great healthy fruit  
cake!



## 2. Body Sculpting Elandi 4 months – how we did it



Elandi Nel August 2012 – 68.6kg

20 December 2012 – 59.9kg

Questions	Answers
When did you start training with Alice and how many session did you do a week?	16 Aug 2012, one hour group session a week but sometimes two
Did you know about the amount of calories in food?	Yes but I didn't pay attention to how much I would eat. Just taking the time to write down everything you eat makes you realize how many calories there are in certain foods. Alice suggested using "My fitness pal" and it really helped me.
How much weight did you (approximately) lose each week?	0.5 – 1.3kg a week
What did you change when you stopped losing weight?	We started me on 1500 calories a day but when I stopped losing weight Alice advised to cut down to 1200 a day. I never gave up. Some weeks were really slow but I kept on going.
Do you enjoy the type of training Alice do?	Yes, she challenges us every week with different sessions and makes it fun.
Do you think the training sessions helped you lose weight?	Yes, I believe it helped, it makes you fitter, you build more muscles and it increases your metabolism
Do you have any health issues that get in the way of your training, if so how did you improvise to keep training?	I had foot issues (ball of foot pain as I have a very low arch), and I get shin splints when walking too fast. I'm seeing a podiatrist and she made me orthotic inserts, and I have no more foot pain. The inserts also helped with my shin splints, I still get it occasionally but it helps if I start walking slowly and increase the pace as I go.
Do you feel happier and more attractive after losing the weight?	I feel good about myself, it feels great going shopping and being able to buy clothes and not feel depressed when nothing fits.
Do you have more confidence?	Definitely
Do you think that you would have achieved the weight loss on your own without training and support from Alice?	It is possible, but without the motivation and support from Alice it would have been a lot harder and I would have taken longer to achieve my goal.
Are you going to continue exercise with Alice to keep up your fitness and stay on your goal weight?	Yes, I can feel if I skip a week of training with Alice that the next session feels harder.

### 3. Body Sculpting Michanne for 6 weeks, Uganda Trip and after



Above: Michanne's Before and After photos, Below: in Uganda playing with the children



It was a privilege to train Michanne for 6 weeks before her Uganda trip. We focussed on sculpting her body and improving her fitness. She did a combination of light weights, body weight and cardio exercises. Michanne did additional running a few times a week. I suggested small changes to her diet and she was healthy and fit after six weeks of eating well and training hard.

Being inspired to do missionary work, Michanne spend three weeks in Uganda while feeding small babies and washing their clothes; singing and teaching the gospel to Primary School Children as well as helping to feed them. She also visited a Disability Centre where they couldn't do much else then help with crafts and do praise and worship as some kids had severe disabilities.

She was involved with the Neighbouring Kids Program where they played games and football that formed part of daily exercise and on Sundays they prepared a themed lesson for Sunday school.

She was on an interesting diet which consisted of X2 slices of brown or white bread with butter for breakfast. Lunch was a banana with rice and kidney beans and dinner a pancake with egg.

Cold showers were the norm and on occasion there were no showers available for three days.

Michanne lost 1.6kg in 6 weeks and another 1.2kg in Uganda.



## 4. Alcohol and cooking



Alcohol's boiling point is lower than that of water, and many people assume that little or none of its potency remains after cooking. Research tells a different story.

Cooked food can retain from 5 to 85 percent of the original alcohol. The amount of alcohol left depends on how the dish is prepared, when the alcohol is added, and how thoroughly it's incorporated with other ingredients.

In general, the longer the cooking time, the less the amount of alcohol that remains. Fast methods of cooking, such as flambéing, leave about 75 percent of the alcohol in the food. In contrast, a dish that has been baked or simmered for fifteen minutes contains about 40 percent of the original alcohol. After two hours of cooking, roughly 10 percent of the alcohol remains.

If you wish to avoid alcohol in cooking, there are substitutes, but substitutes don't contribute the same depth of flavors as liqueurs and wines. Use 7/8 cup of meat or vegetable broth (or apple, tomato, or white grape juice) for each cup of wine in a savory dish. To mimic wine's acidity, add 2 tablespoons fresh lemon juice or vinegar. In desserts, replace the wine with fruit juice plus a dash of balsamic vinegar. If a recipe calls for orange liqueur, try frozen orange juice concentrate and the grated zest of fresh orange instead.

<http://www.exploratorium.edu/cooking/icooks/01-05-04.html>

## Beautiful salad



All you need is mint leaves, small berries or grapes, water melon, feta cheese and kiwi fruit cubed and beautifully arranged.

## Fruit Popsicle

Enjoy real fruit on a hot summer's Day.



## 5. 360 degree – 8 Week New Life Program

I was very excited to launch my first "360 Degree New Life Program" on 31 October 2012. The program ran over 8 weeks and I designed it specifically for people who had to remove a lot of weight, tried every diet, done a lot of yo-yo dieting and have never gotten their weight under control. My aim was to bring balance into lives and to teach each one about healthy eating, to fall in love with exercise, form new habits while breaking unhealthy ones and change their way of thinking. I also believe in paying it forward and know that they have impacted all their family and work colleagues in a positive way.

We had great times and talks together, we bonded, they sweated during training sessions and sometimes I had to take out my whip and ask for five more reps. It was a fantastic learning experience for me as a personal trainer and I have grown as much as the wonderful woman in my group.

Here are the participants in the program and their results:



Sharryn lost 4.8kg



Debra lost 7.5kg



Joyce lost 4.9kg



Nicole lost 2.7kg in 5 weeks



Bev lost 0.8kg



Above our 1<sup>st</sup> pool session, we also did exercises in the studio as well as 2 hour lifestyle coaching session every week.



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### 6. Food colour therapy – so good for you



**Vitamin A** – healthy immune system, good vision, healthy skin, teeth and soft tissue:

- Avocados; carrots, celery
- pumpkin, banana
- mango, figs; butternut squash
- apricots, peaches; kale
- spinach, pineapple
- broccoli; sweet potato

**Vitamin B1** (Thiamin) – supply energy to tissues, assists nerve function:

- legumes; apples, figs, pineapple; grapes, avocados; dates; oranges



**Vitamin B2**

- Bananas; grapes; prickly pear; dates

**Vitamin B3** - release calcium from cellular stores, maintain healthy skin and nerves:

- Beans; figs; pineapple

**Vitamin B6** (Pyridoxine) - breaking down, using and reforming the building blocks of proteins.

- Avocado, brussel sprouts,
- green peas, banana
- beans, figs
- split peas; pineapple
- fruit



**Vitamin C** (Ascorbic acid) - formation of collagen, healthy bones, helps fight infection, regenerate vitamin E, aiding absorption of iron and copper, protects against oxidative damage.

- Avocados; Blackcurrants, orange, banana; celery
- grapefruit, cherries
- guava, papaya
- kiwi fruit, pineapple
- raspberries, strawberries
- Capsicum, tomatoes
- Broccoli
- sprouts.



**Vitamin E** (Tocopherol)- keeping heart, circulation, skin and nervous system in good condition.

- Green vegetables
- Legumes; kiwifruit
- Peas
- Beans
- lentils,

**Magnesium** - energy production, regulating potassium levels, healthy bones, functioning of more than 300 enzyme systems.

- Leafy green vegetables, apples, eggplant, grapefruit
- Tomatoes; banana, pumpkin, avocados
- Cucumbers; citrus fruits, beans
- Zucchini; figs; peas



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## 7. Mystery Make over for 1 year Clients



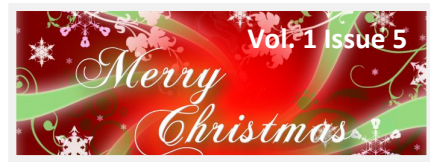
*Thanks to Nadine for make-up,  
and Suzette for hair*



8. 20 Questions by Sharyn Campbell:



1. Where were you born? *Australia, Brisbane*
2. What was your first job? *Receptionist in Real Estate*
3. Who or what inspires you and why? *My dad, great businessman & person*
4. If you could travel anywhere in the world where would you go? *Greek Islands*
5. If there's one thing you can change about yourself (cosmetic or other) what would it be? *Teeth or body ha ha that's why I come to you!*
6. If you were stranded on a deserted island, what three things would you want with you? *Friends/Family, Water, Food*
7. What is your dream job? *One that makes heaps of money without having to work much!*
8. Do you speak any other language? *No*
9. What did you want to be when you were little? *Interior Designer*
10. What hobbies do you have or had that people don't know about? *Artistic Roller Skater won Qld titles! Playing Tennis*
11. Do you have a phobia? *Claustrophobic*
12. Do you have any pets? *Yes German Shepherd & Turtle*
13. Have you ever met a famous person? *Russell Crow & Wally Lewis*
14. Describe where you work and what you do in your job? *Real Estate (Admin & Sales)*
15. Would you do Hiking or Skydiving? *Yes*
16. Who of your siblings are you closest too and why? *Janelle my sister - similar likes*
17. What do you do for pleasure or fun? *Camping, Fishing, Get together with friends, Beach, Kyak, Jetski*
18. What is the weirdest thing you have ever eaten? *Don't put unknowns into my mouth lol!*
19. If you could invite 3 people to dinner alive or deceased who would they be? *Dad, Brad Pitt, Elvis*
20. If you win the lottery what would you change? *Where I live*



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## 9. Important information for 2013

*Note that I will be resuming training on 21 January 2013.*

From next year always come prepared with swimmers, towel, water bottle and training shoes as training will be mixed up between studio and the pool.

