



## *This Issue*

1. A Thank you from your PT
2. Christmas bbq 2014
3. Alcohol under the Microscope
4. Programming for Success
5. Weight loss Warriors 2014
6. PT and Zumba "selfies"
7. My New Venture
8. PT Next Year



## *THANK YOU:*

- For every training session.
- For rather driving to me and not sitting on the couch.
- For picking up your bag after a hard day at the office and coming to PT even though you don't feel like it.
- For refusing that piece of cake.
- For saying no to the glass of wine or beer.
- For removing chocolates from your house.
- For getting up at 5 am for a walk.
- For drinking loads of water and visiting the bathroom a hundred times.
- For driving to PT directly from the airport.
- For spending time on weekends with me training when you could have been elsewhere.
- For counting calories and reading food labels.
- For training with your heart and giving 110%.

Well done and congratulations to all your hard work and continuous effort. Your body inside and out known's how much you've given and will reward you in return.

*XX Alice Bosch*





## Beta Balance Christmas Barbeque 2014



*Merry Christmas and a Happy New Year*







## Alcohol under the Microscope

Firstly we have to find out why we drink

- Sociability
- To be accepted
- Association with good times
- It is part of important celebrations (21st , weddings)
- Like the taste
- To feel at ease amongst people
- Get intoxicated or get drunk
- Because everybody does it
- To forget problems
- Boredom
- Loneliness
- Release Stress, take the edge off
- Media promotes it and we believe we have to have it
- Out of habit
- Addicted and can't stop

What is considered a lot

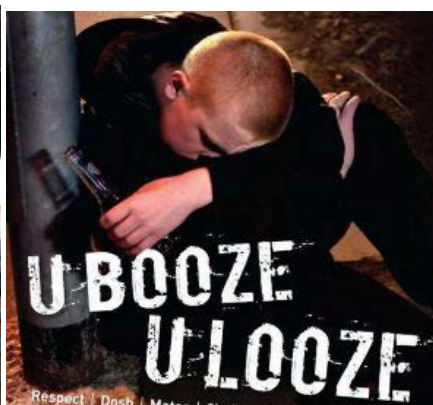
- ✓ A standard drink is defined as 10 grams of pure alcohol.
- ✓ Recommended intake is no more than 2 standard drinks per occasion.
- ✓ Anything above this is considered heavy drinking
- ✓ Binge drinking is when someone who doesn't drink during the week drinks 5 drinks or more per occasion.

One standard drink equals:

- ✓ 285 ml (one pot/middy/half-pint) of regular beer (4.8 per cent alcohol content)
- ✓ 375 ml (one stubby) of mid-strength beer (3.5 per cent alcohol content)
- ✓ 100 ml (or one small glass) of table wine (approx. 13.5 per cent alcohol content)
- ✓ 30 ml of spirits (approx. 40 per cent alcohol content) plus mixer.

**Alcohol and Weight** *loss from Ultra Fitness Magazine*

- Alcohol reduces the number of calories you burn (even if you exercise regularly)
- Alcohol increases appetite
- Alcohol raises levels the muscle-wasting hormone cortisol
- Alcohol lowers testosterone (*promotes muscle growth and strength*) levels for up to 24 hours after your last sip
- Alcohol can ruin sleep, interfering with the time your body repairs itself.
- Also robs you of REM sleep, you then also miss out on "growth hormone" *somatropin* release whereby your body's ability to build muscle and burn extra fat is further compromised.
- Alcohol promotes excess fat storage



## Effects of moderate to heavy drinking

- Decreased immune function, which leads to higher risk of infection and cancer.
- Stomach problems such as reflux, inflammation (gastritis), ulcers and bleeding.
- Liver damage, starting with fatty liver and progressing to alcoholic hepatitis and then cirrhosis and finally cancer.



- Heart issues – irregular heartbeats, high blood pressure and elevated serum triglycerides. Damage to the heart muscle.
- Alcohol is a depressant drug and affects your coordination, self-control, judgement and reaction times.
- Endocrine system – problems controlling blood sugar, loss of libido and reduced fertility.
- Social problems and addiction.

## What does binge drinking do for you:

- Car crashes, falls, burns, drowning
- Firearm injuries, sexual assault, domestic violence
- Alcohol poisoning
- Sexual transmitted diseases
- Unintended pregnancy
- Liver disease
- Sexual dysfunction
- Poor control of diabetes



## Australia's daily alcohol toll: 15 deaths and 430 hospitalisations

- Chronic disease and injury caused by alcohol has significantly increased over a decade, causing 15 deaths and 430 hospitalisations each day in Australia, according to a new report in July 2014.
- The VicHealth and Foundation for Alcohol Research and Education's [Alcohol's burden of disease in Australia](#) report, released 31 July 2014, shows the number of alcohol-attributed hospitalisations and deaths has increased by 62% since the study was last undertaken a decade ago.
- This showed some Australians were continuing to drink to excess and has led to an increase in hospitalisations for chronic conditions such as cancers, heart disease, digestive diseases as well as mental disorders.
- The report found alcohol caused 5,554 deaths and 157,132 hospitalisations in 2010.





## fitness innovation

### What can we do

- Realise there is a problem and become part of the solution.
- Be aware of how much we drink and take measures to control it.
- 1<sup>st</sup> drink - drink something else other than alcohol on arrival
- Every 3<sup>rd</sup> drink, drink water, juice, soda water or coffee.
- Add soda water to wine
- Avoid salty snacks that make you thirsty and make you drink more.
- Try low-alcohol drinks.
- Set the example amongst friends and family, be a super hero and don't drink

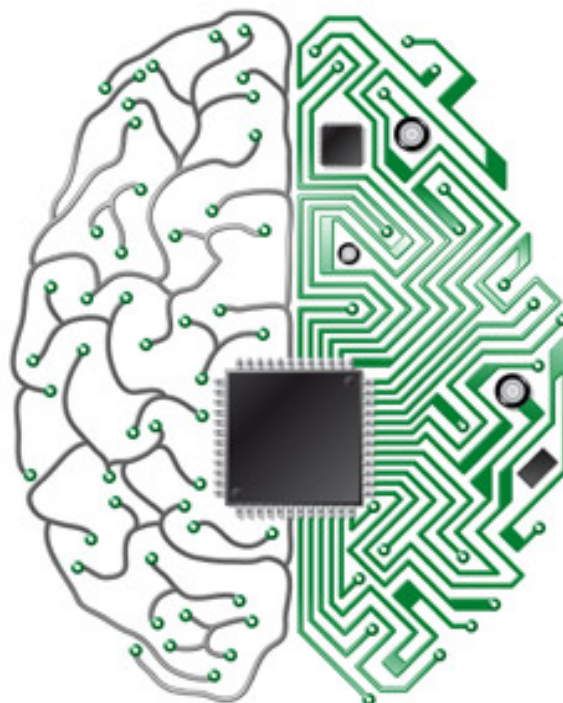
### Benefits of NOT drinking

- Save lots of money.
- You keep your job.
- People still respects you after a work function.
- You don't do embarrassing things.
- You don't drink and drive and become a danger to others.
- You can remember how you got home.
- Your organs stays healthy
- Your weight loss benefits and you can train harder and become fitter.
- Your body stays lean.
- Your build more muscle.
- You don't kiss your co-workers or boss and start a sex scandal.
- You don't get fired for sexual harassment
- You don't take on a dare and do stupid things that put your life in danger.

## Power Tips and programming for Success in Weight loss -

From a presentation by Reinhardt Bosch

- *Have positive thinking and positive Self talk*
- *Know what you want, then create your goals*
- *Know why do you want it?*
- *Decide what type of person do you need to become?*
- *Visualise where you want to be and act like you want it.*
- *Learn it, live it, love it*
- *A clear focus will avoid negative thinking.*
  - *It will help you persevere and stay happy about everything!*
  - *It will help you reach goals and see results*







**BETA WARRIORS**  
**COMPLETING THE 15 KM  
KOKODA CHALLENGE**  
**1<sup>ST</sup> JUNE 2014**





*Weight loss Champions- 1) Debra - 27.8 kg total loss*



## Debra's Slogan:

Success is:

Liking yourself,

Liking what you do

Liking how you do it

*Start of 6 week challenge  
20 Oct 2014*



*End of 6 week challenge*



2) Brandie 9.8 kg weight loss since August



3) Vanessa 5.8 kg loss since October



Ness's Slogan:

Beta Balance  
Turning pain into  
power,  
Every day,  
Every hour



4) Lyn - 3.7 kg loss



Izelna -1.8 kg loss



5) Ilse - 5.3 kg loss



Juanita - beginner 1 kg loss



Juanita's Slogan:

Strong goals

Strong people

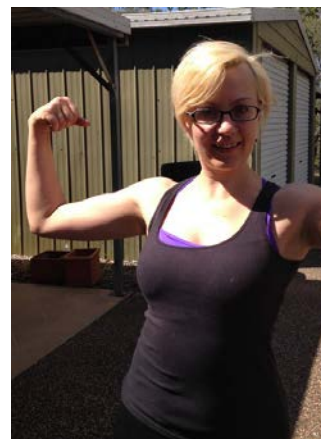
*Meet more Clients*



*Isaac new beginner*



*Heidi on fitness & maintenance program*



*Sarah on fitness & maintenance program*



*Elzanie new beginner*



*Adrian - 6.6kg removed*



*Brandie*



*Altah on fitness & maintenance program*

*Elijah new beginner*



*Personal Training 2014*





*Zumba and Pool workouts 2014*





## *My New Venture in Massage*



*Thank you to everyone who has supported my new venture as Massage Therapist. I have a passion for helping people and love being able to make a difference not only in weight loss and fitness but also applying my magic touch to boost the health and wellbeing of your entire body.*



*Merry Xmas to you all, travel safely, enjoy your families, recharge, relax and refocus for Merry/Many training sessions in 2015.*

*Note: Last day of Personal Training - 18 December 2014*

*I will be resuming Personal Training on 26 January 2015. • xxAlice*