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I had a fantastic time at the Filex Fitness Convention in Sydney and was really inspired to inspire, motivated to motivate and empowered with new exercises and fat loss strategies.

It was awesome to see so many fit, healthy people. Also great to feel and be a part of them and everything they represent.

Easter has come and gone and winter is on its way. Stay focussed on portion control now that the nights are getting cooler. Don't sabotage all your hard work with hot pies and creamy rich soups. Winter can make or break your fat loss. Although your body will get better at burning fat because you're getting fitter and moving more, you are able to accumulate unwanted kilos if you don't watch your portions. Remember winter doesn't mean you can eat more. Stay away from saturated fatty foods and sugary treats as much as possible. If you drink alcohol, your body will burn it first and won't be burning the food you're eating.

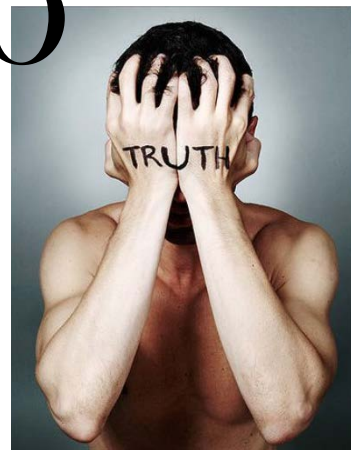
I am excited to publish the results of the two best weight loss candidates and show you their photos and progress in the next issue.

There will also be more information on fat loss and nutrition. In the meantime enjoy all the new group exercises.

*XX Alice*



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## Filex 2013 Fitness Convention

I always love to attend the Filex Fitness Convention in Sydney and earn my yearly CEC points as a Fitness Professional of Fitness Australia.

We learn the latest developments and trends in exercise and sport exercise, Personal Training, nutrition, rehabilitation of sport injuries and much more.

This year's topic "making a difference" was really inspiring and we had the fantastic Matt Church as motivational speaker.

The topic's I chose were:

- Reverse muscle loss with nutrients and exercise
- Serious bells, bands and bodyweight
- Strategies of behaviour changes
- Turbo Tabata
- Lower back pain
- Barriers and solutions to fat loss
- Battle ropes
- Fitball flex and stretch
- Wicked warm ups

I will be incorporating these exciting new concepts into my training sessions.



Catch up with Biggest Loser trainer Tiffany Hall





## *My experience of the Healthy Lifestyle Course*



I went through a very difficult and challenging time last year, partly due to bad choices, and an unhealthy lifestyle, hurting precious people, losing treasured friendships but also due to childhood pain being exposed and me having to deal with that. I picked up 10kg from all the stress and I have never battled with my weight like this before. I have suffered from depression for 10 years but during last year, it became very severe. I actually came to the end of my rope, and I didn't feel like living any more. I hated myself and what I had done with my life but I had to go on because I felt God's supernatural touch on my life. He saved me from myself.

It was then that Alice reached out to me, extended a hand of friendship to me and encouraged me to exercise. She also showed me care, love and understanding, when most other people walked out on me, rejected me and passed judgement onto me for my mistakes. She became my friend, she put effort into me, she walked the extra mile, and I was inspired and motivated by her positive outlook on life, to change my life, to strive for a healthy lifestyle, and to have a more balanced life. I started exercising with her towards the end of last year, but really got into it at the start of 2013.

I heard about the Healthy lifestyle course she was going to facilitate, and I felt that it was an answer to prayer, to get my head right and to set some new goals for my life.

The Healthy Lifestyle course is an amazing course, it really addresses my weight problem and I have learnt a lot of new things I didn't know before. I have learnt more about the benefit of exercise, especially with my depression and I feel so much better since the start of 2013. I have new HOPE, new vision, new goals, and I started losing weight and toning my body, I eat healthy, I am working on all my negative thoughts and it's wonderful to do it together in a small group to be accountable to each other and share our experiences and also encouraging each other. I am very thankful for this course and especially for my friend Alice who played a part in my healing process.







Heidi Langley

## *Taking my Tribe to Dinner - girls want to have fun*

From left: Sharryn, Shazhi, Elandi, me, Heidi, Nicole, Debra, Amelia



## *The truth about weight loss change*

<p>There has to come a time when you have to:</p> <ul style="list-style-type: none"> <li>• <b>stop complaining</b> &amp;</li> <li>• <b>stop having a victim mentality.</b></li> </ul> <p>You have to realize that <b>YOU HAVE CONTROL.</b></p>		<p><b>You have to realise:</b></p> <ul style="list-style-type: none"> <li>• It's not enough to be fed up,</li> <li>• not enough to be frustrated or read a hundred self help books and google a million websites.</li> </ul>
	<p><b>You have to:</b></p> <ul style="list-style-type: none"> <li>• <b>take responsibility</b> for your life</li> <li>• <b>stop making excuses</b></li> <li>• <b>stop blaming</b> others or your circumstances for your failures.</li> </ul> 	
<p>Your weight loss, your sleep, your stress, you're eating habits and your exercise <b><u>is in your control.</u></b></p> <p><b>It's all your choice.</b></p> 		<p>You have to reach a place in your mind where you decide that what you've been doing is not working and that you <b>need a different approach.</b> You <b>need to think like an athlete, speak like an athlete and start training and eating like an athlete.</b> You need a new lifestyle.</p>
<p>As long as you blame someone else, you are still in denial about your life.</p> <p>As long as you have any excuse, you will never change.</p>	<p><b>How do you change permanently?</b></p> <p>No diet, or personal trainer, or doctor, or dietician, or nutritionist, or councillor or psychologist can help you, if you don't really <b>want to change.</b></p>	<p>It's like giving up smoking, alcohol or drugs. That is the type of commitment it takes, no turning back. A whole new life, a whole new way.</p> <p>It's not that hard, it's just a different way of thinking.</p> <p><b>Change your mind, change your life.</b></p>



## *The Mind Body connection - Cells, Health and Aging*

According to Deepak Chopra, we can speed up, slow down, stop for a time and even reverse aging with our thoughts and perceptions. He concluded that every cell in our body is influenced by our thoughts and therefore constantly being changed by them.

Chemical reactions in every cell are created by our beliefs, thoughts and emotions. So a certain chemical accompany every thought.



Chronically depressed people are four times more likely to get sick because of negative depressive thoughts that wreak havoc in their immune system. The brain's output of neurotransmitters becomes depleted, hormone levels drop, the sleep cycle is interrupted, neuropeptide receptors on the outer surface of skin cells become distorted, platelet cells in the blood becomes stickier and more prone to clump, and even tears contain different chemical traces than tears of joy.

### **What about thoughts and the brain?**

According to Dr Caroline Leaf the type of thoughts we think (negative or positive) can be seen on a brain scan looking like a tree with branches. Negative thoughts look distinctively different than positive thoughts.

If we have negative thoughts a physical changes happens in the brain and we experience stress in our bodies.



**Above: Dr Leaf points out a toxic memory from a brain scan resulting in a toxic reaction in the body.**

Doctors will confirm that 87 – 95% of illness is a result of our thoughts.

If we conclude that we are our own worst enemy, (as thoughts are hard to control), then what's the alternative?, you guessed it, it's exercise.

It was proven that exercise is good for the brain. When you exercise, parts of the brain involved in memory produces new neurons. It even let your brain produce new stem cells.

It was also proven that if you exercise in a group there are more brain activity and cells increase more rapidly. We feel better after exercise, we think clear and we're more positive. Exercise is therefore good for mind, body, spirit and brain.

## *Easter Fun and Personal Training*





Princess Warrior event in May 2013



**When:** 18 May 2013

**Time:** 10:00am start

**Cost:** \$37 pp if more than 10 people

**RSVP:** by return of this

Email

**Location:**

**Mount Tamborine Adventure Parc**  
is located inside Thunderbird Park  
which is on the corner of  
Tamborine Mountain Rd and Cedar  
Creek Falls Rd, North Tamborine  
4272

