

Welcome all to our third DDF Newsletter.

Welcome to Andrew Weckert our new Massage Therapist. Andrew is a ballroom dancer; amateur & professional sprinter and has won the Centenary Bay Sheffield and former fitness coach for the state woman's cricket team.

Andrew is offering \$40 for 45 minute massages if your interested please contact him on 0407 719 869 or ask Dan. Massages will be done in the massage room.

## UP AND COMING

Air conditioning in the cardio room will be here very soon.

Movies in the cardio room will be played more often for your convenience and to break up the boredom when you're on the machines, so if anyone has any good DVDs they'd like to bring along please let Dan know.

The ultimate body competition will be starting soon so if your interested, for a \$10 entry fee you could win memberships, supplements and Max's gear if you reach your goals over a twelve week period. hSo sign up with Dan today!

## DDF STAFF

### Dan Lester – Owner / Operator



- Certificate III and IV in Fitness
- Qualified Master Trainer.
- Accredited in Bodybuilding and Contest Preparation
- Weight-training full time for 8 years.
- First aid and CPR training

### Nadene Megson – Mobile Personal Trainer

Nadene is our mobile trainer who can train you at home, office or gym. She is a fully accredited Master Trainer who is also trained in AquaRobics and has her certificate in Punch fit and Kick fit Training. So watch out she could kick your butt!!!

So if you have any friends that don't want to come to the gym Nadene can be contacted on 0421 925 972 or [locron@bigpond.com](mailto:locron@bigpond.com) to book a time.

## **HEALTHY EATING TIPS WANT ABS?**

Cut out: doughnuts, cream, processed meats, cakes, butter, alcohol, hotdogs, fried foods, cookies, bacon, dressings, soft drinks, hamburgers, sugar, gravies and sauces, cheese, sweets, chips, white breads, French fries, icing.

***Cut these out and bring your abs out!!!***

**Contacts:**

Dan Lester 0400 089 228

- Nadene Megson 0421925972

**YOUR STORIES....**

<b>Client:</b>	<b>Dan Lester</b>	Start Weight:	50kg
<b>Training since:</b>	<b>October 1998</b>	Goal Weight:	110Kg
		Current Weight:	100kg

I've always liked Arnie my whole life for various reasons and I guess that's the reason I started lifting weights. I was a 50kg weakling at age 15 working in McDonalds when I met my first training partner and from there I was hooked. Primarily it was to make me feel more confident because I was always picked on for being so tall and thin in school. We pushed hard in the gym doing some workouts at 11pm, we had a gym where you had to be part of a small group who all had a key so you could come and go as you please. It was just a big shed with all the equipment you could imagine and we were often the only ones there which was lucky due to it getting up to 50 degrees in the shed during summer and the fact we used to train so hard. We often filmed our sessions and its funny to look back at them now. I had my best growth in the first 6 months trying to keep up with my, at the time much larger training partner. I took photos of my progress over the years and as I got into it more, the more supplements I would buy looking for the next way to put on even 1/2 kilo more. I have used about everything on the market and in one month I spent approx \$1500 just on powder and pills. Was it worth it? Looking back now with what I know, NO. What I didn't realize was that all the magazines own these companies so they all plug there own product as the best new thing when in fact your body doesn't need a lot of the rubbish out there. So I got smarter and stuck to the basics, Protein, Carbs and the occasional fat burner. I constantly had goals I would achieve but it wasn't until I was diagnosed with Crohnes Disease that I started going backwards. I lost 7 kilos in a week just through passing so much food and blood, I ended up in hospital for a while trying to get a handle of it. This really messed up my mind because for so long I was trying to get as big as possible. I just wanted to get bigger. After I was in remission with the crohnes I started to really try and get big and replace what I had lost doing 2 hour workouts on one body part, eating, eating and eating. I would go out with family, order the biggest thing on the menu and then finish there's off as well. I got up to 108.9 kg at my heaviest which was hard to maintain but I've leveled out back to about 100kg with about 15% Body fat. Ideally I'd like to be about 105kg with 12% body fat. Well that's my story.

**TRY THESE FAT**

**FIGHTING HELPERS**

1. Eat smaller lower calorie meals.
2. Cut back on dietary fats and carbohydrates.
3. Make your meals clean – No sauces, dressings etc.
4. Quench your thirst with water or low calorie drinks.
5. Increase the intensity of your workouts by reducing rest intervals.
6. Perform 30 minutes of cardio three times a week.

**Products to check out**

Protein Powder From	\$75 per tub
Choc Fudge Bars	\$5.00 per bar
Ready to drink Protein	\$5 each
V Energy drinks cans	2 for \$4.00
Wheat Bags –Large	\$12.00
Shake N Take Protein (Night time & HP+)	\$5.00 Each