

Welcome all to our fifth DDF Newsletter.

This last month DDF have brought in some new equipment to add a little more variety to your workouts. Please don't hesitate to ask for help if you are unsure how to use any of the equipment, as incorrect use can lead to accidents or injuries.

Please remember to care of the studio as it was like your own because if equipment keeps getting damaged, prices will have to go up.

PROMOTIONS

We're in the home stretch of the Ultimate Body Challenge this month. Keep your focus and stick to your program, because there's only 3 weeks left!

MEMBERSHIPS

Our member recruitment offer is still running.

So if any current members have friends who want a gym membership, please bring them in.

For every person a member helps sign up, we will add an extra week to their current membership.

DDF STAFF

Dan Lester – Owner / Operator

Dan is the owner of the studio and is a qualified personal trainer.

Bridget Porter – Newest Staff member

Bridget is almost fully qualified in personal training. She is starting to train people now to help with her experience. So welcome Bridget to the team.

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 to book a time.

HEALTHY EATING TIPS

Next time you think you're hungry have a glass of water and wait roughly 15 mins. If you are still hungry then have something to eat but eat it slowly and remember that it takes your brain 20 mins to tell your stomach that it's full.

Contacts:

Dan Lester 0400 089 228

- Nadene Megson 0421925972

Muscle Growth

A pre-work out meal should be low in fat and high in fibre and consumed roughly an hour and a half before your workout. This keeps the body's protein supply more balanced throughout the workout, making the post-workout meal more effective in regards to muscle repair and growth. The pre-workout meal is your fuel and you refuel your body after a workout with a post-workout meal.

A post-work out meal needs to be consumed within 45mins after training. Ideally it's best to consume liquid protein that contains whey protein as it's more quickly digested. Dan's Direct Fitness, choose to stock Max's and Protein Revival as they both contain preferred amounts of carbohydrates and protein as well as both quick and slow digestion proteins.

Dieting Tip

If you're finding it hard to resist sugary tempting foods you could try talking to your local health food store representative about chromium supplements.

Between 50 and 200 micrograms is considered an adequate intake to help stabilize your blood sugar levels therefore lessening your cravings for sugar.

See Craig at St Agnus health foods for advice, tell him Dan sent you!

Those of you in a slump

It's now April 5 months into the year and a lot of you are having the same problem, and that's getting back on track after Christmas. While there is no pill that you can take to get you more motivated, remember coming into winter time is your ideal time to start hitting gym hard. The reason for this is summer will be upon us again and you want to be ready. So what can you do to get motivation back? Get a training partner – bring a friend to help you in the gym, exercise is great with a friend. Get some one on one personal training – If you cant afford a lot of sessions every week, have a PT session once a fortnight that way you can be monitored better and keep on track. Don't train to late at night – try and train straight after work because if you wait to long, it gets cold and thinking about coming to gym seems like a bad idea when you're in front of your fire place.

The Biggest loser

Don't be fooled by there results, remember the average hard working person will not lose 70 kg in a 6 month period. They were training 6 to 8 hours a day with cash incentives, calorie controlled diets, continued help after leaving the house and often endorsements with weight lose places, and worse of all most end up putting half the weight back on. So keep losing that .5 kg a week your body will thank you for it.

WEIGHT TRAINING

Weight training is the key to a strong aesthetic physique. Weight training is different to cardio training in that your body grows and repairs when you're not lifting weights, so you should have a minimum of 4 days rest before training the same body part again.

That's why our programs are designed so you train certain body parts on certain days of the 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 \$5.00 Each
(Night time & HP+)**