

Welcome all to our eighth DDF Newsletter.

A lot of you are now starting to see the benefits of your hard work. Remember diet is the key to a great body. You can train till your blue in the face but if your diet isn't 80% right you're probably wasting your time. Diet is key, have the mind set that what ever you put in your mouth has to be for a reason.

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

## **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.

## **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.

Dear Valued members,

Just a quick message from Dan, to say thanks for all your continued business threw out the year. We have been opened for a year now and going well and its thanks to you guys. We have a great group of people coming now and it's fantastic. I love the fact that most of you know other members names and are all friendly and talk to each other. As I've said to everyone I try and keep the idiots out, so the place stays with that friendly atmosphere. So remember if you see people doing the wrong thing, by all means correct them whether there performing an exercise wrong or mistreating equipment. Thanks for all your business and help along the way for the last year and let's have great years to come with great results for you all.

## **HEALTHY EATING TIPS**

Vitamin K can help prevent wrinkles by improving elasticity of the skin. Good sources of Vitamin K are spinach and lettuce, so add plenty to your salads!

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## **Myths and Fallacies**

### **1. Potatoes make you fat - false**

It was once thought that the key to weight loss was eliminating all high carbohydrate foods, including pasta, rice and potatoes. We now know that carbohydrates are the body's preferred energy source. Eating a potato, or any type of carbohydrate rich food, won't automatically make you fatter. You should, however, be careful of the topping you choose (for example, butter and sour cream are high in fats).

Potato=good, potato with sour cream=bad. Get the picture?

### **2. Food combining should be avoided - false**

There are plenty of crash diets based on the belief that the digestive system can't tackle a combination of foods or nutrients. Commonly, carbohydrates and proteins are said to 'clash', leading to digestive problems and weight gain. The opposite is often true. Foods eaten together can help the digestive system. For example, vitamin C in orange juice can increase iron absorption from a meal like chicken or beef.

Very few foods are purely carbohydrate or purely protein, most are a mixture of both. The digestive system contains enzymes that are perfectly capable of breaking down the foods we eat.

### **3. Breakfast should consist of fruit only - false**

There is no evidence that eating only fruit at breakfast has any health or weight loss benefits. Most fruits are not very high in complex carbohydrates, which the body needs after an all-night fast. They are a good source of fiber and vitamins. Cereal foods (especially whole grain varieties) like bread, crumpets, muffins and breakfast cereals are a much better source of carbohydrates to get you going in the morning.

### **4. There are some magical foods that cause weight loss - false**

Some foods, such as grapefruit or kelp, are said to burn off body fat. This is not true. Dietary fiber comes closest to fulfilling this wish because it provides a feeling of 'fullness' with minimal kilojoules. High fiber foods such as fruit, vegetables, whole grain breads and cereals, and legumes also tend to be low in fat.

### **5. Drinking while you are eating is fattening - false**

The theory behind this misconception is that digestive juices and enzymes will be diluted by the fluid, resulting in slowed digestion and excess body fat. There is no scientific evidence to back this up. In fact, evidence suggests that drinking water with your meal actually speeds up digestion. Kilojoules-heavy drinks such as alcoholic beverages can be fattening if consumed in excess, but drinking them with meals doesn't make them more so.

Info from Australian muscle newsletter

## **WEIGHT TRAINING**

### **How Much Protein?**

**Q: Is the old "2 grams of protein per kilo of body weight" rule still good? I hear some people say we need less and some recommend more.**

**A:** For a 100kg lean male, 300 grams of protein per day would be the minimum. For about most of the population, 3 grams per kilo is good for mass gains. It can make a huge difference. Personally, every person I know who has serious mass, consumes up to or more than 3g of protein per kilo of bodyweight.

## **Products to check out**

**Protein Powder From \$75 per tub**

**Choc protein Bars \$5.00 per bar**

**Ready to drink Protein \$5 each**

**V Energy drinks cans 2 for \$4.00**

**Shake N Take Protein \$5.00 Each  
(Night time & HP+)**