

Hi guys

I hope this latest newsletter find you well. Summer is here and the time has come where many of you will be getting ready for your summer holidays, so it has never been more important to keep up with your class attendance to ensure you are looking your best.

I am starting a new class in the next month or so and will let you know the exact date as soon as I have confirmation. It will be on a Monday night 6-7pm at a brand new studio. It is next to reform health club just off Cookson Street in town. Class price is remaining the same for the time being at £3.50 for the hour. Although you are free to come on a pay as you go basis if you could please let me know if you would be interested in attending as places will be limited. The class will be an aerobics style class so great for burning of those calories.

I have recently been putting together some diet sheet for a client and have been using The Food Doctor Everyday Diet (Food Doctor Everyday Diet, Ian Marber: 2004). This diet is not like many other diets where you may find yourself constantly hungry. It encourages you to eat regularly which is something that I often promote to my clients. It follows 10 principals that straight forward and easy to incorporate into your lifestyle and easy to stick to. Below I have copied out the 10 principals so give it a try see if it can make a difference to your eating habits.

### **1: Eat Protein with complex carbohydrates**

Combining food groups in the correct proportion will ensure that you receive a steady flow of energy, as the body converts foods relatively slowly into glucose. You can avoid triggering insulin production, therefore minimising the potential for your body to store food as fat

### **2: Stay Hydrated**

It is important to drink plenty of water, preferably at least 1.5l (3 ½ pints) a day, and even more during hot weather or if you are exercising. Remember that, by the time your body tells you that you are thirsty, you are already dehydrated. Limiting your alcohol and salt intake is important too as these dehydrate the body.

### **3: Eat a wide variety of food**

It is easy to get stuck in a routine when shopping: in fact 90% of the time the majority of us buy 10% of the variety of the foods that are actually available to us. Try introducing 2 new foods to your shopping trolley every week.

### **4: Fuel up frequently**

Eating the right foods little and often is a vital part of the Food Doctor plan. Doing this gives you a constant supply of energy throughout the day avoiding the insulin roller coaster and making hunger, tiredness and food cravings a feature of the past.

### **5: Eat Breakfast**

Breakfast is essential: eating a balanced breakfast supplies you with the fuel to help maintain energy levels and set your metabolism up for the day. It can be hard to fit it into a busy lifestyle, but taking a few minutes to eat breakfast is fundamental to controlling your weight in the long term

## 6: Avoid sugar

Sugar is present in food in many different forms, all of which break down into glucose extremely quickly and all of which therefore contribute to fat production and weight gain. The speed at which sugar converts to blood glucose creates a high, and the resulting low causes hunger.

## 7: Exercise is essential (My favourite)

Making progress does not just depend on changing your attitude towards food. Exercise and healthy eating need to go hand in hand in order to get results. However busy your everyday schedule, aim to fit in 30 min of exercise a week.

## 8: Follow the 80:20 rule

It is perfectly normal to “stray” every now and then. If you follow the diet for at least 80% of the time, then you can stray 20%. This means you can enjoy special occasions without feeling guilty, and also escape the boredom and frustration associated with other diet regimes.

## 9: Make time to eat

Eating has become rather devalued today. Often it is crammed between more “important” events, and we barely have time to sit down to enjoy our food. Taking time out for a meal is far more beneficial to digestive health, as well as being more satisfying.

## 10: Eat fat to loose fat

If you are used to counting calories, you probably view fat as the enemy. However, there are certain essential fats (omega-3 and omega-6) that the body needs to function properly. The key is to eat less saturated fat and to ensure that you consume enough of the essential fats.

For more information visit <http://www.thefooddoctor.com/images/books/10principlesvideos.html>

Please to pass this newsletter on to friends and family who you think may find it useful. Log onto my website ([www.ecn-bodyworks.com](http://www.ecn-bodyworks.com)) and join my free mailing list to receive more newsletters like this.

Monday	6:00-7:00pm	Aerobics	£3.50	Reform Health Club
<b>(start date for Monday class yet to be confirmed, book you place now! Limited spaces)</b>				
Tuesday	7:30-8:15am	Spinning	£3:00 approx	Palatine Sports Centre
Tuesday	5:30-6:30pm	Core Strength	£3:00	Playfootball
Tuesday	6:30-7:30pm	Hi/Lo Aerobics	£3:00	Playfootball
Tuesday	8:00-9:00pm	Beg Fitness Pilates	£3:50	Thornton Methodist Church
Wednesday	7:00-8:00pm	Fitness Pilates	£4:00	Spindles @ Norbreck Castle
Wednesday	8:00-8:45pm	Aqua	£4:00	Spindles @ Norbreck Castle
Thursday	7:30-8:30pm	Step and Tone	£3:00	Playfootball
Friday	11:00-11:45am	Aqua	£4:00	Spindles @ Norbreck Castle
Saturday	10:00-11:00am	Spinning	£3:00 approx	Palatine Sports Centre

Please contact Palatine Sports Centre for exact prices. Membership is required then you can attend classes on a pay as you go basis. Classes at Spindles health club are available to non members. If you require any further information on classes or directions please contact me .

**Emma Colsey-Nicholls**

**07875468854**

**[gemnicol@hotmail.co.uk](mailto:gemnicol@hotmail.co.uk)**

**[www.ecn-bodyworks.co.uk](http://www.ecn-bodyworks.co.uk)**