

# the flame

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## inside

brians' note

feature article

client of the month

home workout

recipe of the month

whats coming up



DREAM BELIEVE ACHIEVE™



# brians'note

**A** lot can happen in a week - you can buy a car, move house, go on a holiday, lose your job, win the lotto, get married, get divorced, have a baby.... But this week, the final week of the Biggest Loser, can ultimately shape the rest of your life. A bit extreme you may think? Well no, not really...

7 Weeks ago, you set out on a mission to change the way you ate, drank, exercised and looked after your number one possession - your body. 7 weeks ago, exercise was something you did, food was something you ate and your body was something you took for granted. 7 weeks ago, a goal was only ever looked at as a vital component of a football match, sacrifice was something only our soldiers were capable of and will power was a little too hard to comprehend!

But now, in our 8th and final week, all of this will start to make sense - the eating, exercise and sacrifice. The goal setting, hard work and frustration will now pay off leaving you in so much more of a greater position than when you first started The Biggest Loser.

The final week is the hardest - you are almost at the peak of the mountain, you can see it but can't yet touch it. This week will require more dedication, hard work and discipline than the last 7 weeks. You will have to train harder, eat better and sacrifice more because this is your finale. Everybody likes to finish off strong, give it their all right at the end, because there is no greater feeling than that of Victory, especially when you know you have earned it. And in my mind you all have.

You must use this week as a stepping stone to even greater things for your future well being. Don't think of it as 'the end of a competition', but rather the beginning of a new chapter in your life. The whole reason Biggest Loser was created was to give you a kick start, a push in the right direction so that you now can say eating well, training hard and looking after my health is not something I **need** to do, but something I **want** to do.

Competition is designed to bring out the best in people, to separate those who want to succeed from those that like to succeed. Everybody would "like to win" but they're aren't too many people that "want" to win... Make sure this week, with your goals in mind, you are the person that "wants" to win because this final week, is where big things **will** happen, if you want them to. Remember; Dream Believe Achieve.

**Brian Nasr**

## feature article

### TOP 10 SUPER FOODS

#### Oats

Oats, the superstars of the whole grains are rich in beta glucan soluble fibre and are low GI. They can help lower cholesterol control blood sugar levels and help with satiety (feelings of fullness). They also contain potent phytochemicals, phenolic compounds in outer layer of grain, which act as antioxidants.

#### Yoghurt

You get a great calcium boost from yoghurt, but it's the probiotics that make it a super food. Probiotics, sometimes referred to as ABC bacteria, are live cultures found in certain yoghurts and there are different types or strains available. Emerging scientific evidence suggests that probiotics offer a host of benefits including promoting gut health, immune protection, cancer risk minimisation, cholesterol lowering as well as helping treat conditions like traveller and toddler diarrhoea and atopic eczema.

#### Citrus fruits

The CSIRO's Health Benefits of Citrus Fruits report shows a compelling trend of protection against various types of cancers from eating citrus fruits such as oranges, lemons, limes and grapefruit. The greatest protection is for cancers of the mouth, oesophagus, larynx and stomach where studies showed risk reductions of 40 to 50% by consuming one to two serves of citrus fruit a day.



#### Blueberries

These brightly coloured fruits deliver high levels of antioxidants called anthocyanins. Anthocyanins have been shown to lower cholesterol, prevent blood clotting, protect body cells and decrease the effects of brain ageing. That's why they're sometimes referred to as the 'brain berries'.

#### Spinach

This dark green, leafy vegetable contains a synergy of phyto-nutrients and antioxidants including vitamin K, coenzyme Q10, folate, iron, and the carotenoids - lutein, zeaxanthin. Folate is especially important for women planning pregnancies, heart health and cancer protection. So it's not just Popeye who should be getting his fill.

#### Nuts

Nuts contain healthy oils, fibre, vitamins and minerals, potent phytochemicals and the amino acid arginine. They're no longer a dieter's foe with research showing that regular nut eaters often maintain a healthy weight. There's also compelling research linking nuts and heart health with findings that a serve of nuts (30-45g), five times a week, may cut the risk of coronary heart disease in half.

#### Soy beans

These beans are an excellent source of high quality protein, containing twice as much protein as any other legume. The active ingredients are the soy protein and plant phyto-oestrogens (isoflavones) which have positive benefits for heart disease and possibly diabetes control, cancer protection (breast, colon, prostate) and in some cases decreasing certain menopausal symptoms.

#### Tomato

These vibrant red fruits are packed with the anti-oxidant lycopene. Lycopene offers a host of benefits including heart health and may reduce risk of prostate cancer. Interestingly you can increase the absorption of the lycopene in tomatoes by cooking in a small amount of olive oil. What great news for pasta lovers!

#### Sardines and oily fish

This heart-friendly, omega 3 and zinc rich fish, makes a perfect grilled lunch dish. And they're also good news for osteoporosis prevention. Sardines contain edible bones with calcium and significant sources of vitamin D. Sunlight also provides vitamin D to the body, however dietary vitamin D may be more important as we 'slip, slop, slap' to prevent exposure to harmful sunrays.

#### Rosemary and other herbs

Everybody loves a barbie, but in more recent times concerns have been raised about the potentially cancer causing compounds that are formed when meat is grilled at high temperatures. When meat is rubbed with antioxidant extracts of common herbs like rosemary, basil, oregano and thyme, the levels of harmful compounds known as heterocyclic amines (HA) were reduced. This effect was thought to be due to the powerful antioxidants in herbs soaking up these HA free radicals.

# client of the month!



**Name:** Gemma Williams

**Nickname:** Gem or Gemmi

**Joined:** July 2007

**Biggest Achievement:**

Running a small block in under 4min.

Running a half marathon (21km).

**Favourite Training Song:**

Eminem Loose Yourself (Our boxing song!)

**Favourite Training Quote:**

"How many of these are we supposed to do?"

**Reason I started training:**

I wanted to look good in a bikini!!!!... and increase my fitness!

## Training Advice

**"F**ocus on your goal and work as hard as you can to achieve it. You can do anything as long as you want it badly enough."**"**

# Food Time!

## Mumma Nasr's Homemade Chicken + Veg Soup!

### INGREDIENTS

2 skinless chicken fillets  
½ a leek (thinly chopped)  
2 carrots  
1 zucchini  
3 stalks celery  
200grams green beans  
½ cup egg noodles  
small handful basmati rice  
about 2 litres chicken stock  
massel chicken stock powder  
pepper (salt if needed)



### INSTRUCTIONS

Spray saucepan with canola spray & cook diced chicken fillets with leek for about 5 minutes or until browned.

Mix in all the vegies(diced) & cook for a few minutes.

Add chicken stock.

Boil for a few minutes.

Add rice, egg noodles, stock powder,salt & pepper to taste.

Reduce heat to low & simmer until vegies are cooked. Add more stock as you go if you need to.

(All measurements are approximate!)

# home workout

of the month

All you need for this home workout is a skipping rope, lots of energy and about 30minutes of time! A perfect workout just before you head off to work in the morning!

### Skipping Rope Workout

3min Warm Up Skip (Steady Pace)

--60 second Rest

1 min Fast Skip

20 Push Ups

--60 second Rest

1.5 min Fast Skip

20 Push Ups

20 Squats

--60 second Rest

2 min Fast Skip

20 Push Ups

20 Squats

20 Burpees

--60 second Rest

2.5 min Fast Skip

20 Push Ups

20 Squats

20 Burpees

50 Crunches

--60 second Rest

3 min Fast Skip

20 Push Ups

20 Squats

20 Burpees

100 Crunches

--60 second Rest

(Repeat at least 2 x)

# what's coming UP!

### Run Melbourne

Another Running event, and another great effort by our runners! Congratulations to:

**21km** - Gemma, Amanda

**10km** - Caroline, Thelma

**5km** - Angelo, Kelly

For Angelo and Kelly, this was their first ever fun run so well done! Next step - 8km! And for our half - marathon runners - we have a full marathon in Hawaii!!

### Ignyte Training Singlets

Those that have ordered singlets, you can now pick them up from the Gym! If you missed out, don't worry, I will be placing another order soon, so please write your name down if you would like one.

### Biggest Loser Update!

Only 2 more weigh ins to go and it is getting very close now! So far, our top three are: 1. Bec 2. Viv 3. jacqui.

Only a few % separate them all so it will be an exciting finish!

### Biggest Loser Finale Party!

Saturday July 11 @ 7pm - Urban Retreat, Doncaster Rd

If you haven't replied to the email, then please do so by

Thursday July 9. 09 Biggest loser will be announced as well as other awards!

## QUOTE

“ Success isn't something that just

happens - success is learned, success is

practiced and then it is shared.

”  
-- Sparky Anderson..