



Welcome to our Christmas edition of the **Runaway Brides** Newsletter!

No your eyes aren't deceiving you nor can you ignore what you are seeing – Christmas is nearly here meaning the silly season is upon us. Christmas parties and weekend celebrations will soon be commencing and as our glasses get refilled we are in constant danger of undoing all the great results we have achieved during the year!

But don't worry! Read on and you will find useful information on how to avoid gaining those Christmas kilos whilst still having fun. Yes you can have your Christmas cake and eat it too!

Merry Christmas everyone and best wishes for safe and healthy New Year!

Yours in health, fitness and the Christmas Spirit,
-The Team at Runaway Brides-

How Do We Combat Christmas Weight Gain??

The festive season is here and it is definitely the time of year where it is almost acceptable to pig out to no end. After all this is the season for indulgence! But what if this indulgence leads to weight gain and loss of motivation??

In order to remove yourself from the weight gain category and maintain some semblance of a fitness routine consider these 5 fitness tips:

1. **Increase the intensity and speed of your training.** Add extra minutes to your workout or make it that little bit harder.
2. **Try and get a good night's sleep.** If you continue to sleep well at night then you will feel refreshed and normal which in turn will help with managing your diet.
3. **Watch over your food intake!** This is simple to do so be disciplined to eat just tiny portions.
4. **Watch your alcohol intake.** It's important to know your limits with alcohol – drinking too much, too often definitely leads to weight gain.
5. **Continue to reward yourself.** Have that big night out and indulge at that party but not if you have done so for 7 nights previously!

Try, try and try - as much as possible don't allow the Festive Season to defeat your weight loss and fitness goals.



Avoiding the Stress of Christmas

Christmas can be one of the most stressful times of year. We have presents to buy, it's financially draining on many levels, there are 101 parties and events not to mention trying to fit in work and our own personal lives.

It should be a time to be happy rather than feeling stressed. **So what can we do?**

1. **Establish a Christmas budget well in advance.** Try not to overspend and stick to what you can afford.
2. **Get Yourself Organised.** Start your shopping early, write those cards and keep lists of what you have to do.
3. **Avoid People Who Create Stress.** Avoid those that you feel you **should** visit but who only cause you or your family stress. Visit people because you want to, not because you feel you ought to.
4. **Continue to eat well and exercise.** Keeping yourself healthy helps reduce stress levels.
5. **Relax!** Take some time out and reduce your stress levels so that you can really enjoy the festive season.



Casey's Christmas Challenge

When: Every Thursday until Christmas commencing November 11th

Where: Jacobs Ladder – Kings Park

Time: 6pm

Why: To ease the Christmas guilt **AND** to combat those extra festive kilos!



10 Snacks Less Than 100 Calories.

Who doesn't love to snack? We all do in one way or another however we must be careful that by snacking we don't blow our daily calorie intake. It's important to aim to keep snacks to under 100cal per snack and monitor how many a day you have.

Here are 10 tasty snack options that we recommend:

1. 1 small can tuna in spring water, 3 tsp low fat ricotta
2. 2 cups air-popped popcorn
3. ½ cup fat-free natural yoghurt, ½ cup raspberries
4. 2 level scoops of low-fat plain ice cream, ¼ cup blueberries
5. 10 almonds, 20 sultanas
6. 1 small green apple, 20g reduced fat cheddar
7. ¾ cup green grapes
8. 1 Ryvita crisp bread, 1 tbsp hummus, 1 small grated carrot
9. 10 cherry tomatoes, 1 stalk celery, 2 tbsp tzatziki dip
10. 1 slice toasted fruit bread, 1 cup peppermint tea

High Intensity Interval Training

(Burn those excess kilos fast!)



High intensity interval training has become an integral component in fitness programs around the world. Put simply this type of training accelerates the fat burning process and that's why we **LOVE** it.

It's not rocket science - in order to lose fat our body needs to burn more calories than it consumes. When this happens, the stored fat is used as a reserve to compensate for the additional loss.

High intensity interval training is becoming so popular because it is a less-time consuming and far more effective calorie-burning workout. **You burn fat and you burn it fast!** And you never get bored!

So what is High intensity interval training?

This type of workout includes a combination of relaxed, moderate and fast-paced exercises, while also alternating between two intensity levels. **As a result you are able to burn a greater amount of fat in a lot less time which we all like to hear!**

This means the body can relax between fast paced activities and therefore is able to work through prolonged, high intensity sessions which probably wouldn't happen otherwise. This is an example but you can substitute any exercise such as jogging for skipping or even cycling:

- Warm up – 5 minutes
- Moderate-paced jogging – 1 minute
- Fast-paced sprint – 20-30 seconds (repeat about 8- 10 times)
- Cool down – 5 minutes

The bonus is that the body's metabolism is accelerated during the high intensity session which means **more fat loss** than found in traditional cardio sessions. Combined with resistance training your workout has just stepped up a notch.

So if you are keen to take your training to the next level while doing so in less time try high intensity interval training today.

Come and sample one of our sessions – we guarantee you will **LOVE** the results!

What's New With Runaway Brides?

Christmas Specials!

New customers can purchase any 5 Group Training Sessions for only **\$50!**

You are also entitled to a **Free** Trial Session.
That makes 6 sessions for **\$50!**

**Looking for that perfect Engagement,
Christmas or Birthday gift?**

GIFT
VOUCHERS
ALSO
AVAILABLE!

Purchase a gift voucher for a loved one of \$100 or more and you will receive a \$50 credit towards a training package of your own.

*Conditions Apply: 5 for \$50 special valid for new clients only and must be used within 60 days of purchase & onetime purchase only. Offer ends Dec 30th 2010. Referral incentive does not apply.



Proud member of and contributor to Gonna Get Married - great ideas and advice for the bride and groom to be
www.gonnagetmarried.com.au

Gonna Get Married is a not for profit resource site featuring contributions from Western Australia's leading wedding suppliers. These suppliers share a strong focus on providing quality services and products backed by the highest possible standards of customer service. Information provided on this site will help couples plan their weddings and ensure their special day is a complete success.

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and would like to get in shape?

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Operated by Western Australia's only Midwife/ Personal Trainer, Justine McInerney **Natal Health & Fitness** specialises in Pre-conception, Antenatal and Postnatal Clients.

bsite for more details: www.natalfitness.com.au or contact Justine on 0438 195 258 or
info@natalfitness.com.au

Current Group Sessions

Runaway Brides Group Training Sessions operate between Kings Park, Leederville, Carine, Scarborough Beach and Winthrop. See our website for details or contact us today.



Proud member of and contributor to Gonna Get Married - great ideas and advice for the bride and groom to be

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