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6th Edition

## Surviving The Christmas Holidays

The holiday season doesn't have to be a time where you let yourself go. By having the right frame of mind and clear expectations, you can survive the holiday season and keep your health (and weight) in check. Use the following tips to stay on top of your game.

- *Make the most of your time off.* The weather is warm and the days are long so take the time to exercise with the people you love.
- *Taper your meals.* In the days before and after Christmas, reduce your treats and make your food choices

as healthy as possible.

- *Portion control.* Enjoy your food but don't overdo the serving sizes. Use a smaller plate so your brain thinks you've had more to eat.
- *Moderate alcohol intake.* Alcohol is high in kJ so try drinking a glass of water in between drinks or add ice so there's less room in the glass for the drink.
- *Top up before you go out.* Eat something light and healthy eg. Whole-grain sandwich with lean turkey breast and cran-

berry sauce before you head out the door. This will take the edge off your hunger and stop you from overeating.

- However stressful your relatives are, *don't use food for comfort.* Plan ahead and strategically place the irritating relatives as far away from you as possible!
- *Be prepared to say no.* Feel comfortable in declining food or not joining in the next round of drinks.

Above all remember Christmas is meant to be fun. Put on the silly hat and enjoy yourself.



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## Quiz

1. A technique for reducing your portion size is choosing a \_\_\_\_\_ plate (fill in the blank).
  - B) Drinking a glass of water between alcoholic drinks.
  - C) Both A and B.
2. What is a technique for moderating alcohol intake?
  - B) Don't invite them.
  - C) Use food as comfort.
3. How do you handle the irritating relative at Christmas lunch/dinner?
  - 4. Which of the following tips was not mentioned?
  - A) Taper your meals.
  - B) Be prepared to say no.
  - C) Indulge on treats.
- A) Drinking fast so you feel really drunk and you don't want any more.
  - A) Sit at the opposite end of the table.

## New Year Resolution

How many times have your new year resolutions failed?

In the next edition we will discuss some goal setting techniques that will help you to follow through on your intentions.



BFit Studio Rehab & Wellness Centre is now on Facebook.

## Win Free Membership And Training!

Would you like the opportunity to win a free 12 week membership package AND free personal training sessions? Visit our website at [bfitstudio.com.au](http://bfitstudio.com.au) and follow the competition link for more information about the competition and how to enter\*.

**Good Luck!**

\* Offer not open to current members of the studio



## Circuit Training For the Holidays

Try the following circuit to avoid putting on those extra kilos, maintain your fitness etc over Christmas.

### 1. Jumping Jacks

Jumping jacks are performed by jumping to a position with the legs spread wide and the hands touching overhead then returning to a position with the feet together and the arms by your side.



### 2. Dead Bug

The dead bug is performed lying on your back with the knees bent at 90 degrees and the arms straight above your body. Slowly lower alternate arm and leg towards ground before

returning to start position.



### 3. Burpee Push Up

This movement is performed by jumping from a standing position into a push up position, then jumping up and swinging your arms above your head.



### 4. Inverted Row

The inverted row is performed by hanging below a bar, hand rail etc and pull-

ing your body towards the bar whilst keeping the body straight.



### 5. Scissor Step Ups

Scissor step ups are performed with one foot on a step and as you step up, swapping the foot on the step by jumping/ hopping.



Spend between 30 to 60 seconds on each exercise before moving to the next one. Repeat the circuit at least 4 times.

## Christmas Cake With Frosted Fruit

### Ingredients

1kg mixed dried fruit  
150g glacé apricots  
150g glacé cherries  
50g glacé ginger  
250mL brandy  
1 cup brown sugar  
2 tbsp safflower oil  
3 egg whites  
1 tsp vanilla essence  
100g blanched almonds  
1 tbsp lime ginger marmalade  
60mL orange juice  
2 cups plain flour  
1/2 cup self raising flour  
2 tsp mixed spice  
Icing  
1 egg white

2 tsp lemon juice

1/2 cup icing sugar

### Frosted Fruit

500g mixed fresh fruit  
2 egg whites  
2 cups caster sugar

### Method

Put the mixed dried fruit and glacé fruit in a large bowl and mix. Add the brandy, cover and stand overnight.

Preheat oven to 150°C. Grease and line cake tin with baking paper. Put the sugar, oil, egg whites and vanilla in a bowl and beat until smooth. Add the almonds, marmalade and orange juice. Stir through the fruit mixture.

Sift the flours and spice into a bowl, then fold into fruit. Spoon mixture into prepared tin and tap tin on bench. Smooth the surface of the cake with damp hands. Wrap newspaper around the outside of the tin and secure with string to stop the outside of the cake from burning.

Bake on the middle shelf of the oven for 3 hours or until a skewer comes out clean when inserted in the centre. Cool completely then cover with icing and top with frosted fruit.

To make icing—blend all ingredients together until smooth.

To make frosted fruit—brush fruit with egg white, roll in caster sugar and allow to dry.