

NEW TRAINER
TO BE UNVEILED
SHORTLY!

GOCommando

love being in your body



Issue 8, May 2008

Is it natural to gain weight as winter approaches?

Temperatures start to fall, the days get shorter - and people put on weight.

Bottom line: Make an effort to stay active during winter.

The reason is that when the weather gets colder, the blood vessels in the skin contract, and as the extremities cool, blood moves to the centre of the body. There it stimulates internal organs like the digestive tract, and their activity increases.

Food rules to lose winter weight:

When the digestive tract grows more active, appetite increases, and if the appetite increases, so does weight. That

is natural.

change entirely

If we are less active during the winter then not only will our calorie needs be less, but also we may undergo hormonal changes due to lower levels of the mood changing chemical serotonin. This is because exercise tends to boost our serotonin levels.

To counteract this change in mood we may resort to eating too many carbohydrates (which tend to lift our mood) and thus expand our waistline accordingly!

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You can't go forwards in a backwards direction

- Eat fish or lean meat 1 x day.
- Eat a slice of whole grain bread x 1 day.
- Eat salad 1-2 x day.
- Maximum 1 fruit per day.
- Drink only coffee, water and herb tea.
- Nothing sweet.
- Nothing doughy.
- Food is grilled, no fried food.



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Paddy Pallin Adventure Race—Lake Macquarie!



Ben, Emily & Woody



Zach



Hamish & Amanda

