



What's happening at Lucas Studios

Welcome to our first Lucas Studios newsletter!
Your contributions and suggestions are welcome.

AUSTRALIA DAY OFFER

Australia Day is all about being with your mates so we have an OFFER for you and your friends.

2 for 1 New Client Introduction
Bookings are limited: 23-27 Jan 2017 only, via email at enquiries@LucasStudios.com.au.

Tuesday Nights - VINYASA FLOW YOGA

From Tuesday 24 Jan 2017 the lovely Terri will be your Instructor for Vinyasa Flow Yoga.

Terri found a love for Yoga 6 years ago after suffering a stress fracture during a marathon. Yoga helped Terri through this time physically and mentally. As her love for Yoga blossomed, it felt natural to her, being a Primary School teacher, to train as a Yoga Instructor, and share her passion for Yoga with others. We warmly welcome Terri to the Lucas team.

CLASS BOOKINGS

Class bookings are now required via the MindBody app. The earlier you book the better, to avoid missing out. If you are having problems with the app please call the studio on 6241 3400 for assistance, or when you come in for a class one of our friendly staff members will assist.



Client of the month - Helen Hepburn

What do you love most about Lucas Studios?

In addition to the physical and mindfulness benefits, Lucas Studios is a boutique fitness centre. We know and love our instructors and our new friends who attend regularly like us. Classes are fun. We have a laugh and we also share our stories.

How long have you attended Lucas Studios?

Richard and I first started at Lucas Studios in August 2015. Initially we had a goal of attending three times a week but that has increased to six days a week and we usually attend two classes each visit. We were very keen to join Lucas for two reasons, firstly after only two weeks of attending about six **Reformer Pilates** classes we both felt so much better, and secondly we both wanted to do **Yoga** and Lucas offers this as part of our membership.

What benefits have you noticed since joining?

In 2016 we branched out to some of the other classes offered. The new **Vibe** classes quickly became part of our repertoire and to increase our cardio fitness we added one session of **CardioPunch** a week. I was so uncoordinated in the beginning as I never had boxing gloves on before in my life. We also availed ourselves of the **12 Week Challenge** which really gave our fitness a significant boost. I even lost weight!

In Sept/Oct 2016 Richard and I traveled to Spain. We walked extensively every day, up many stairs and hills. On previous trips we found stairs and hills demanding and exhausting. But not this time All the time working out at Lucas Studios paid off!

What is your favourite class/exercise and why?

If you ask me which are my favourite classes I would have to say they all have their challenges and benefits. It would be much easier to stay home reading a book on the lounge, but that won't get me fit and healthy, and that is my priority. The **Yoga** adds to our overall health and mindfulness so Lucas Studios offers a complete package.



Health Alert! Diet Drinks not 'Diet' After All

Sugar Sweetened Beverages (SSBs) account for almost half of added sugar consumed, with Australia in the top 10 global markets for sugar. SSBs are associated with Obesity, Tooth Decay, Leaching of Bones, Diabetes, Metabolic Disorder, Cancer, Stroke and Heart Disease. SSBs are very high in calories yet contain almost no nutrients. So it's no surprise that Artificially Sweetened Beverages (ASBs) have flooded the market and become more and more popular as an alternative to SSBs. Soft drinks, fruit juices, flavoured water, ready-to-drink coffee and tea are all artificially sweetened. Because they taste similar to their full-sugar counterparts and



have none of their energy content, ASBs are erroneously thought to be healthy, on the basis they don't trigger any energy compensation mechanisms.

BUT your body is not fooled by sweet taste without accompanying calories. When you eat something sweet, your brain releases dopamine, which activates your brain's reward centre. The appetite-regulating hormone leptin is also released, which alerts your brain when you are "full".

When you consume something that tastes sweet but *doesn't* contain any calories, your brain's pleasure pathway still gets activated by the sweet taste, but there's nothing to *deactivate* it, since the calories never arrive. Artificial sweeteners basically trick your body into thinking that it's going to receive sugar (calories), but when the sugar doesn't come, your body continues to signal that it needs more, which results in carb cravings. Even worse artificial sweeteners cause/worsen insulin sensitivity and promote weight gain, and other health problems associated with excessive sugar consumption, including Cardiovascular Disease, Stroke and Alzheimer's. Finally both SSBs and ASBs are expensive, cause weight gain and a multitude of diseases, so why waste your money and health. Our Advice: DITCH THE SOFT DRINKS PERIOD!

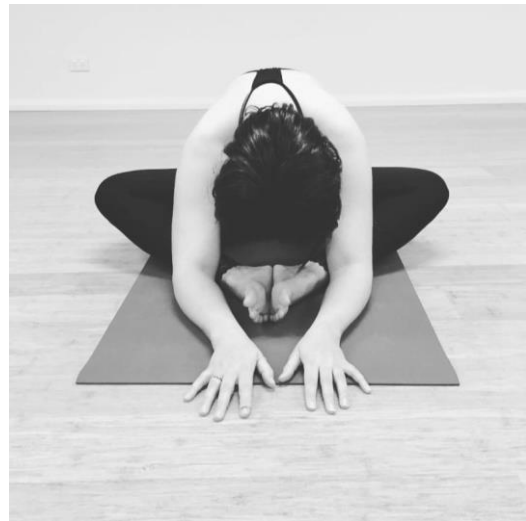
Exercise Do's & Don'ts

Butterfly Yin Yoga pose - Do

Also called **Baddha Konasana/Bound Angle** where feet are positioned closer to the groin.

Benefits: stretches the adductors and hips. Stimulates the bladder and kidneys and helps to reduce digestive discomfort. It stimulates the male prostate gland. In women it helps ease menstrual pain, regulate their cycle and reduces symptoms of menopause. Helps prevent varicose veins, especially during pregnancy, and consistent practice helps ease child birth. Helps improve fertility by stimulating the reproductive organs.

Caution if suffering from groin, hip and knee injuries.



FULL SIT-UPS - Don't

Many people believe that the full sit up is the best way to develop a strong core. But there are better and safer exercises to develop a strong core.

The full sit-up engages hip flexors which end up doing a significant amount of the 'work'. It also causes harm as it squeezes the spine to the point where the discs eventually bulge. This then presses on the nerves, causing back pain and can eventually result in a herniated disc. Instead do crunches: raise the head, neck and shoulders just off the floor keeping the head tucked, chin off the chest (imagine holding a peach under your chin), while maintaining a neutral spine. Think of drawing the bottom of the rib cage down to the pelvis.

Most people think the core refers only to abdominal muscles however the gluteals are also very important core muscles as well.

Many people suffer from very weak gluteals which in turn adversely affects posture and can result in injury. Test your gluteal activation by lying on your front and try to squeeze one buttock at a time. Practicing this exercise regularly will greatly improve gluteal activation. Exercises such as squats, lunges, side leg raises are also great for the gluteals.



Foods to Eat & Avoid

AWESOME AVOCADOS – Eat ¼ - ½ Every Day:

Avocados are incredibly nutritious and satiating, containing high levels of the recommended daily amounts of Folate, Vitamin C, E, B5, B6, K and potassium, containing 20 different vitamins and minerals, high in fibre, no cholesterol or salt and only good unsaturated fats. We recommend adding them to a smoothie, salad, on toast and even a low sugar chocolate mousse! ¼-½ an Avocado per day is a wonderful addition to your diet.



TERRIBLE 2 MINUTE NOODLES – Bin Them:

Where do we start? These are literally a Chemical Cocktail. Fried in (often unsustainable Palm) oil to a toxic level, so loads of saturated fat, plus tonnes of highly processed salt leading to high blood pressure & bloating. They contain Sulphites causing headaches, IBS, rashes and play havoc with asthmatics. They contain a lot of MSG and other flavour enhancers and preservatives, including 320 banned in some countries as a recognised carcinogen and petroleum derived, then there's 150c otherwise known as Ammonia Caramel ... enough said, and 319 which is also carcinogenic. 2 Minute Noodles are a great example of getting what you pay for, cheap packaged foods, highly processed, low in nutrients, and highly dangerous and deleterious for your health!

