

# BROOKE BLURB

Autumn 2012

Welcome to the Autumn newsletter. We've had some stunning late summer days over Easter so I hope you have all managed to grab the Vit D before winter sets in. It's lovely to see the autumn leaves in their vibrant colours reminding us of the change in seasons. Wellington has had some great events over the summer and more in store to come with the International Comedy Festival to laugh our way into winter - yeah right.

The recession is still prevalent affecting many people - working harder, less time for themselves and family. YOU are important and if not fit and healthy then you will impact negatively on the lives of others. Learn to say NO and find space in your lives - keeping a balance with work and play.



## 6 Steps to Improved Health & Fitness

1. Short Workouts: Long slow cardio is dead. So are complicated gym programmes. You can get the results you are looking for in just a few short workouts a week.

2. High Intensity: To get these results you will need to work at High Intensity. Perhaps pushing yourself harder than you have before. Interval training works best.

3. Consistency: Is the key. If you don't exercise regularly you won't get the results you are looking for. Give yourself a chance and make your exercise fit into your life you won't regret it.

4. Sensible Diet: There is no such thing as "good" and "bad" food, it is how much you eat of it that makes it good or bad. Eat healthily.

5. Drink water: Enough so that your urine is clear.

6. Positive mind set: Whether you think you can or you can't you are right. Success only comes in 'cans'. Excerpts taken from James Davies PT

Contact Julia for life and personal coaching, personal training and life/work balance seminars.

## IRISH DIET

From a client who has changed his eating habits reluctantly.....thanks Anil



An Irishman was terribly overweight, so his doctor put him on a diet.

'I want you to eat regularly for 2 days, then skip a day, then eat regularly again for 2 days then skip a day ..... And repeat this procedure for 2 weeks. The next time I see you, you should have lost at least 5 pounds.'

When the Irishman returned, he shocked the doctor by having lost nearly 60 lbs!

'Why, that's amazing!' the doctor said, 'Did you follow my instructions?'

The Irishman nodded ... 'I'll tell you though, be jaesuz, I t'aut I were going to drop dead on dat 'tird day.' 'from the hunger, you mean?' asked the doctor.

**No. from the f\*\*kin' skippin'**

## Turn a NEGATIVE ☹ into a POSITIVE 😊



1. Identify a belief or a consistent thought pattern that might be creating the reality you are not enjoying at this point in time.

2. Change that belief into a positive statement or affirmation and start visualizing your situation exactly in a way you WANT it to be rather than focusing on what is wrong and what is not working.

For example, let's say you have identified a negative belief that during this economic crisis it is very difficult to make money; that people don't have the money to spend and banks refuse to lend, and this belief is preventing you from moving forward fearlessly. Take this belief and turn it into a positive belief – "This is a perfect time to make money! Great deals are everywhere and opportunities to earn are huge! Or, there is a company out there who is looking for someone exactly with my skills and knowledge and I see myself loving working for them!"

Basically, start creating the reality that you want rather than focusing on what is wrong and see how your life will shift. The speed of the shift will depend on how often you focus on creating the life you want vs. focusing on what is not working.

Easy enough? Then give it a try and be consistent until it becomes your habit. And remind yourself that **you deserve a life full of health, wealth, love, and perfect self-expression!**

Marsha Malka

**Congratulations**

*I wanted to take a moment to recognise how hard one of my clients has been working and what great results she has achieved over the last few months. When I first met Claire late last year, walking was not easy let alone getting down on the ground to exercise and difficult to bend forward and tie her shoe laces. Here is her story:*

In September 2011 I finally made the call to Julia whom I had found after hours of trawling through the internet - but if I am honest I was procrastinating a bit. Personal training on the TV looked like joining the territorials and I wasn't sure that I was ready to meet a Drill Sergeant! So my appointment with Julia (who is no Drill Sergeant) I clearly remember telling her that I was not interested in going to a gym, that my reason for seeing her was to gain fitness and that my weight never bothered me. On many levels it doesn't – but then I started to do some exercise and discovered my body was in actual fact in crisis. With encouragement and persuasive guidance from Julia I lifted by first weights with her....and my shoulder hurt...for days following. We would go for walks....my knees hurt. She would teach me yoga exercises and my back would hurt. This exercise lark was very painful...sitting on the couch seemed such an attractive option. But then I noticed that as I persevered it no longer took me 3 manoeuvres to get off the couch and actually sitting on the couch was boring, my body didn't hurt when I woke up in the mornings. And let's not even talk about the joys of being able to bend over!!! It almost felt religious!

So January 2012 my partner entered us in the Round the Bays...and with that came a free membership to Les Mills. With some nervousness I met Julia there for my first visit...and discovered a few facts:

- The treadmills are not running the whole time and you don't have to jump on them and start running
- No one really even takes any notice of you in a gym because they are looking at themselves
- Gym equipment is quite sexy
- Lifting said gym equipment and looking in a mirror is not quite so sexy!!
- The people who work at gyms are friendly and ordinary
- Lycra is unforgiving but oh so comfortable
- I didn't have to start drinking protein shakes and eating scroggin - PHEW

Julia was great at helping me to have the confidence to make return trips to the gym by giving me a book with exercises that were tailored to my needs...it made me feel purposeful in this new environment but mostly it kept me focussed

So I completed the Round the Bays 7kms in 1hour and 8 minutes.....I was thrilled....I didn't even think I would finish the race. And this weekend I am doing my first Duathlon....which I am really excited about. With another event coming up in June as part of the Wellington Half Marathon.

The weight is not falling off me but my body is re-shaping and it's so good to be mobile and to have new motivation. Julia has the ability to share passion and positivity that is very much a self - motivated process.

I would not go back to my old life again, I like being a big woman but what I like even more is that I am a big woman who can now shake her groove thing and BREATHE....so thank you Julia Brooke! Watch this space...

Claire Ryan



**You are what you Eat** If you fill your car engine with bad fuel it won't perform. Our bodies are no different except they may take awhile before the bad fuel takes affect!  
**Don't wait until your body breaks down with the overload of bad eating, take charge now and eat a blanced diet. Avoid sugar, eat lots of vegetables and drink plenty of water.**

**MASSAGE ANYONE? first person to email me gets 20% off with Tash, I recommend her ☺ ph 021 029 22775**

**Claire completing Pencarrow bike ride**



*I love referrals from you:*

*If you know of individuals or companies who would benefit from using my services please contact me. If you have a story or tips to share, email them through to - julia@brookecoaching.co.nz for inclusion in our winter edition. Warm wishes, Julia*

**Your health fitness and well-being is my concern but your responsibility.**

**The surprising science of motivation**

If you want compliance give carrots if you want engagement then self-direction works better than carrots.

- Motivation

Bonus's and commissions for doing better, get better results. What if this is [wrong?](#)

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