



Welcome Aboard

Whether you have been part of this competition before or this is your first time, welcome and congratulations, you have taken a courageous and admirable step.

If you have tried other ways to achieve your health and fitness goals in the past and feel that you have 'failed', now is the time to put those experiences behind you and to open yourself up to what is bound to be a successful journey.

For those of you who have already competed you may feel there are additional pressures, to do even better or to maybe not let the team down.

Pressure can however be a good thing, it is what turns rocks into diamonds! Recognise it and we will be able to work with it to your benefit.

Regardless of whether you are a new entrant or have come back with different goals, the next 20 weeks are probably going to be harder in ways that you wouldn't have expected and easier in ways that you thought would be a real struggle.

Dig deep and give it your all. The results will be well beyond what you ever imagined and before you know it you will be smiling with joy at the Champagne and Diamonds Awards Night on July 7th.



Now is the time to have all your initial assessments done.

I will do all your tests in the first three weeks of the Competition and again in 20 weeks time.

Unlike Aragon and Dennis (above), you will not have to stand on a stage in topless at the end of the Competition (but you can if you want!). I will however need some before and after photos for the judges if you have entered any categories that involve body shape change.

I can do these photos for you or you can have some one else help you do them. Either way, I've included some notes now (see right) to help us ensure we get a great set.

Tips for great photos

Photos are relevant if you have entered any of the body shape changing categories.

- Ideally wear a tight singlet shirt or crop top (males can go topless) and tight short shorts. If you simply cannot come at the idea of shorts and singlet wear whatever you have that best reveals your body shape so we can see the changes that take place.
- Stand a set distance from the photographer that you can accurately repeat when doing your final set of photos. Choose a location and with lighting that can be replicated.
- Ideally have nothing in the background. A white wall is ideal.
- Have at least four photos taken i.e. a full frontal, full rear, full left side and right sides.
- In one of the photos hold that day's newspaper so that the front page is visible. This helps guarantee to the judges the date of when the photo was taken – or have myself verify the date that the photos were taken by signing the back of them.
- Keep a hold of the photos until the end of the competition, which is when they will be forwarded to Catch Fitness for judging purposes.
- To ensure it all goes to plan ideally have me take your photos and allow 10 – 20 minutes for this.

Your Weekly Newsletter

If like many people you find health and fitness articles as exciting as watching paint dry then hopefully you are in for a bit of a treat.

Your weekly newsletters from me will be short and filled with lots of useful (and entertaining!) snippets.

Reading these newsletters is essential in the process of reaching your goals and trust me, you won't regret it. Your knowledge will build and as such so too will your ability to turn your dreams into reality.

Spend just 10 minutes once a week reading through the newsletters and doing any of the small amounts of 'homework' that they suggest. Doing this is as important as coming to training sessions, eating smart and brushing your teeth!

Ideally print the newsletter out as well and leave it on the coffee table at home for the week as a reminder of what to do and focus on that week or even take them to work and leave in the staff room so you can re-read over them lunch.

As an entrant you receive one month's free use of the Somebody Weigh Better site which has an online dietary recall.

If you are a new mum, you receive two month's free.

Just email cher@somebody.co.nz for all the details or go directly to www.somebody.co.nz

WIN \$50!

If you have already signed up to the 20 Weeks Competition you can win \$50 cash by becoming a fan of our 20 weeks [facebook](#) page:

Any friends that sign up to the 20 Weeks Competition before midnight on Feb 14th 2010 and who also becomes our FB fan will also go into win so spread the word...Cash is cool.

Dietary Recalls Who needs them?



An independent study of over 1500 overweight individuals showed that those who kept a food diary every day shed twice as many kilograms over a 6 month period than those who didn't.

Our own studies show the same and in fact they show that the same holds true for those trying to put on muscle, increase energy levels and lower stress. Dietary recalls really do help.

Simply put dietary recalls allow simple and easy adjustments to be made to diets that get fast results. Without a recall it can literally be impossible to know where to start.

"Mary assured me she ate well and she did, but before she started doing recalls her energy levels were low and she simply was not losing weight. After two weeks of doing a recall and showing me, she was losing weight and feeling better....it's not just a matter of eating well, there's a whole lot a client's recall can tell us"

TIPS ON KEEPING A DIETARY RECALL

- ✓ The best way of keeping a dietary recall is to put everything down in writing, every day, until you have reached your goal.
- ✓ It's especially important to keep a recall on those 'bad days'. *"my client would simply not write anything down on 'bad days' and I was never going to be able to help him unless he could keep an honest record of his intake"*
- ✓ Keep your recall easily accessible i.e. in a note book or diary that you can keep on you so you can update it as the day goes on, or allow 5 minutes each evening to complete it. The www.somebody.co.nz website has a fabulous dietary recall template and a host of other features that would be highly beneficial in assisting me with achieving your goals.
- ✓ Include as much detail as possible in your recall for example:- one ham and salad sandwich, should actually be written as two pieces white bread, thin spread of butter, half small tomato, thin slice of ham, tsp mustard etc.
- ✓ Including the time of meals/snacks can also be helpful.
- ✓ Everything should be included in the recall inclusive of any and all drinks.
- ✓ Bring your recalls to your training sessions for a weekly tip to make getting to your goals easier.
- ✓ Keep a dietary recall until you achieve your goal weight.



<http://www.facebook.com/pages/Catch-Fitness-20-Week-Body-Lifestyle-Competition/136974191652?refv=ts>

www.20weeks.co.nz



GROW

YOUNGER

**"After 20 weeks I was
6 years younger!"**

Entrant 2008

Find out your 'real age' at www.realage.com.

Email me the results and at the end of the 20 weeks we can see how much younger you have grown!

The questionnaire is free, will take about 5-10 minutes to complete and also provides you with ideas on what steps you can take right now to add years on to your life!

OUR COACHES



We have a lot of brilliant coaches and consultants on board with us for this Competition and our mental conditioning coaches are no exception, providing us with many of the tools that we need to help us enjoy what we have to do to reach our goals.

Jan and Maree Stachel-Williamson have worked with Catch Fitness for some 5 years and have hundreds of stories of success behind them.

We invite you to read their many short excerpts throughout this journey, to visit their website and to have a go at the many short, fun exercises they recommend.

Here is the first in their series.

A warm welcome from Maree & Jan at nWow! Consulting & Training.

Join us over the next 20 weeks as we share simple yet powerful tools to make your journey a success - Find out in our first article and podcast the secret to building a strong foundation to your success.

<http://www.nwow.co.nz/catch/intro.htm>

**Mahatma Gandhi said
"Be the change you want to see in the
world"**

How about for the next 20 weeks you give it your best shot like you have never done before and see what happens.

Your photos and fitness testing will be the bench mark.

Now that you have decided on your categories it is time to be brave and pick the thing you struggle with the most. Usually it will be an old familiar pattern say snacking, too much alcohol too big a portions not eating meals at the right time of the day. Anything that you see could or would hold you back from achieving your goals.

I look forward to hearing what your biggest challenge will be so I can support you in the result.

Stand with me and create the result you want.

I believe in you and I want you to believe in yourself as well. 😊



This Week's Quote

Don't bunt.
Aim out of the ballpark.
David Ogilvy

www.20weeks.co.nz