

# fitness first

FOR GUYS & GIRLS  
MAY/JUNE 2009

**THE  
BALANCE  
ISSUE**

**10+** PAGES  
TO HELP YOU GET SOME  
**BALANCE**  
BACK IN YOUR LIFE

WHAT FOOD  
LABELS ARE  
**REALLY**  
SAYING

**8 PAGE STRESS SPECIAL**  
WHAT IT IS AND  
HOW TO GET RID  
OF IT— FOR GOOD!

**WIN!**  
A DE-CLUTTER  
MAKEOVER

**TRAIN  
FOR GAIN**  
Everything you  
need to know to  
put ON weight

**FITNESS FIRST EXCLUSIVE**

**IT HAD TO BE**

**HUGH**

**Hugh Jackman: on life,  
training & that Oscars gig**

THE BALANCE ISSUE



\$5.95 (INCL GST)

**PLUS:** THIS SEASON'S HOTTEST UNDERWEAR IN OUR BEST FASHION SHOOT EVER!



Research has confirmed that the healthier and fitter we are, the better we can cope with stress. Samuel Spurr explains.

# WORKING OUT WHEN YOU'RE OUT OF WORK GAINING A BALANCED PERSPECTIVE

**THE GLOBAL FINANCIAL CRISIS**, or 'GFC' as it is now being called, has left many in Australia without a job. Whether it is the dreaded phone call from the HR Manager asking you to 'come up to my office' or the group email from your Director's PA informing your team to report immediately to the meeting room, it is never nice being told that your position no longer exists despite years of service.

Just before Christmas last year, this was the scenario I faced, and although a nice pay-out ensured I wasn't immediately looking for emergency housing, it was difficult to come to terms with. No fortnightly salary was bad enough, but realising that there was no reason to

**> Fit for interviews** Increased confidence from improved health and fitness can only be a good thing when attending interviews. Feeling in shape is great, but so is fitting into a new suit or needing to tighten your belt, especially if you have not worn professional attire for some time. Looking good is just as important as a healthy resume when it comes to making that first impression count. So with the extra time you have, start an exercise routine and stick to it. The improved sense of worth from getting fit and healthy is a great morale booster.

get up early the following Monday morning was somewhat tougher.

With so much time on my hands there was now no excuse for not getting to the gym! Previously I only attended my local Fitness First a handful of times each month. Now I had the time to go at least three times during the week and once on weekends. Now was the time to get serious about fitness.

Losing a job, despite the stress that it may cause, should be perceived as an opportunity to get serious about health, fitness, and future employment opportunities. Think of redundancy as a career hiccup – providing more time to do the things you want such as exploring a hobby or a fresh career path. Gone is the coffee for breakfast, eating at your desk, and getting home after dark.

Spend your newfound time productively! Whatever hour of the day you choose to get to the gym, it is fantastic knowing that you can take your time; do those extra sets, push for another five minutes on the bike, or try that class you never had time for. Exercising without thinking about getting to the office or rushing home will give your workout a huge boost.

## MAINTAINING A ROUTINE

The temptation to sleep in until 10am, have breakfast, check your email and waste half the day on Facebook can be strong; to combat this, schedule regular exercise into your week. Maintaining a routine based on your previous work hours is of the utmost importance. Booking a morning gym session into your diary can be your catalyst for getting out of bed. Spending time effectively at the gym will also focus your attention on efficiently hitting the online job sites later.

## PERSONAL ACHIEVEMENT

So you haven't come under budget, or secured a new client for your team, but time spent working-out can lead to a different sense of achievement which is vital after being told your services are no longer required. A set goal, weekly targets, and improvement in your fitness levels (and waistline)

## BOOST YOUR MOOD

When looking for work, doubt and despair can creep in. Thinking negatively definitely won't do anything to improve your prospects! Keep those nasty thoughts in check through exercise which releases chemicals such as serotonin, dopamine and endorphins from the brain. These chemicals have positive effects on mood and decrease stress and anxiety – the perfect tonic for ensuring that you are in the best mental health and focused on landing that new job.

will give a bruised ego a healthy boost!

I began an interval running program which saw me build up from puffing through a two-minute run to running non-stop for 30 minutes. No pats on the back in the boardroom, but the personal sense of achievement did wonders for my self-esteem.

**SAMUEL SPURR** Sam is a professional writer who was made redundant from his full-time gig in late 2008. Whilst looking for work, he has worked on both his fitness and establishing a freelance writing business. If you'd like more information about his communication services or to schedule a free consultation email [sam@inlumino.com.au](mailto:sam@inlumino.com.au)

## WIN IT FIRST!

Calibrate Coaching offers a unique approach to personal coaching for individuals and groups, specialising in creating a work/life balance, health and vitality. The prize on offer includes 3 x 45 minute one-on-one telephone coaching sessions with Calibrate Coaching founder and director, Nadine Piat-Niski (valued at \$160 per session), as well as follow up calls and emails in-between appointments. Total prize value is \$960! To enter, email 50 words or less explaining what you'd like to achieve with a lifestyle coach, to [editor@fitnessfirst.com.au](mailto:editor@fitnessfirst.com.au) by 1 June.

