



## Don't Super-Size Me!!

With the money-savvy Gen Y'ers joining our ranks, I am afraid the so-called 'good value' upsize meal is here to stay. But when it comes to food portions, value in your wallet simply means plenty of 'value' on your hips!! Of course when it's an all-you-can-eat buffet – then you have to get your money's worth, right?? Wrong!!!!.....

So here are a few of my favourite tips. I'm giving them to you as a 'Take-Away' and no, they don't come with an 'up-size' option.

- # The size and thickness of the palm of your hand is a good guide for a serve of steak, chicken, fish etc (and no, this does not include your fingers...)
- # Do you really need a 'bucket' of latte, cappuccino or smoothie? It is not hard to 'drink' the calories of two small meals per day by going with the 'bucket' option.
- # Serve your meals directly onto plates rather than the 'help-yourself-buffet' option that has become popular at our dinner tables.
- # By doing above, you will actually have leftovers which can then be frozen into ready-to-go, portion-friendly meals.
- # Take a standard serving out of the packet, box or bag and eat it off a plate instead of eating straight out of the packet, box or bag.
- # AND FINALLY, never, never, never and I mean never, upsize or supersize anything!



## Do you have the 'Body You Want'??

Every woman has a picture of the body that she wants. But just like trying to find a particular store in a multi level shopping centre, you need to know where you are first in order to get where you want to go.

The Goal Power 'Body You Want' Analysis will give you detailed information about all aspects of your body composition, including body fat, muscle mass and your metabolic age (as opposed to your chronological age).

With this information we can then formulate a plan to get you the 'body you want'.

What will you discover?

WHAT IS YOUR BODY FAT AS A PERCENTAGE?

WHAT IS YOUR METABOLIC AGE?

WHAT IS YOUR MUSCLE MASS AS A PERCENTAGE?

WHAT IS YOUR BODY HYDRATION LEVELS AS A PERCENTAGE?

WHAT IS YOUR BONE DENSITY AS A PERCENTAGE?

WHAT IS YOUR VISCERAL BODY FAT AS A PERCENTAGE?

WHAT IS YOUR BASAL METABOLIC RATE (REQUIRED CALORIES/KILOJOULES PER DAY)?





For the month of December, treat yourself to a Goal Power 'Body You Want' Analysis for the special price of \$125 and get a second 'Body You Want' Analysis for a friend for FREE!!

Give the gift of a new 'normal' for life!

To receive a Goal Power 'Body You Want' Analysis Information Sheet and Order Form email [info@goalpower.com.au](mailto:info@goalpower.com.au) – or call Jen on 0403 236 783

'Faith is taking the first step even when you don't see the whole staircase.'

Martin Luther King, Jr.

If you haven't checked out the GirlPower! Outdoor Group Training Sessions, see the attached timetable. Join in December and receive one month free - I would love to see you there!!

***IN THE MEANTIME – TRAIN LIKE A GIRL!!!!***

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