

Hey Everyone

Hope you are all staying true to those fitness resolutions and are working hard towards those goals!

I've been really busy over the past couple of weeks, this time with training current and new clients all keen and eager for those fat loss results.



This month's newsletter contains an article about regaining your pre baby body after pregnancy, highlighted by Amanda Holden recently! She looked fantastic just a few weeks after giving birth to a baby girl. I'm also following on with another great soup recipe and a toning exercise that can be added to your new year training routines!



If you have any fitness or health related questions please don't hesitate in Emailing me: greg@realize-fitness.com

I Want My Body Back!

The key to getting your pre baby body back is staying in shape during pregnancy! You don't need to wrap yourself up in cotton wool for 9mths and can take part in a pretty full exercise routine leading right up until your birth date. I've had clients in the past that have trained with me up to a week from giving birth!

I would suggest taking your time during the 1st 12wks and avoid impact work but after that your good to go! There's a few positions you need to avoid and when your bump gets bigger you'll be restricted doing some exercises but you can stay in shape and keep your muscle tone throughout pregnancy.

The better shape you go into pregnancy the quicker and easier it is to get back into shape afterwards, simple as that. Don't be scared of exercise, just listen to your body and it will tell you if you are pushing yourself to hard. Try not to look for fitness improvements during pregnancy and concentrate on maintaining what you've already got.

After you've had your baby you can start pelvic floor exercises straight away but I would suggest waiting for your 8wk check before starting full exercise. Take your time getting back into it and build up gradually, you'll be back before you know it!

Eat healthy and stay active. For more details, advice and training programs trimester by trimester and meal plans download my Pregnancy & Exercise eBooks from just £4.97

<http://realize-fitness.com/store-ebooks.html>

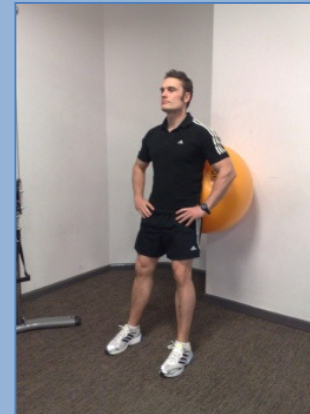
Exercise of the Month – Wall Squat

This is a great exercise to tone and firm the thighs and bum. To make it harder, hold dumbbells or bottles of water in each hand or even hold the squat at the bottom for 15secs before starting your 12-15 reps!

Starting Position: - Position an exercise ball between your middle back and a wall. Stand with your feet shoulder width apart and lean back against the ball.



Movement: - Inhale, keeping your heels in contact with the floor at all times, slowly lower into a squat position while rolling the ball up your back. Exhale as you slowly straighten your legs, keeping your head and chest up, returning to the starting position.



If you haven't got a Swiss ball but would like one, check out my store on the website @ <http://realize-fitness.com/stores.htm>

Chinese Chicken Soup

Serves 4

Ingredients

225g Cooked chicken	1 tsp oil	6 spring onions	1 red chilli
1 garlic clove	1 inch root ginger	1 ¾ pint of chicken stock	
100g egg noodles	1 carrot (cut into match sticks)		
125g bean sprouts	2tbsp soy sauce	1 tsp fish sauce	fresh coriander



1. Remove skin off chicken and shred with two forks
2. Heat oil in a large pan and add spring onion (trimmed and diagonally sliced) and chilli (deseeded and finely sliced) for 1min
3. Add crushed garlic and finely grated ginger and cook for another minute
4. Stir in chicken stock and gradually bring to the boil
5. Add noodles and carrot to the mixture and stir in. Bring to the boil and then simmer for 3-4mins
6. Add chicken, bean sprouts, soy sauce and fish sauce. Stir in and cook for another 3-4mins until piping hot. Serve with a sprinkle of fresh coriander.

