

## "5 WEEK" BOOTCAMP RESUMES MONDAY 20<sup>TH</sup> AUGUST

**MON 20<sup>TH</sup> AUG – SAT 22<sup>ND</sup> SEPT** BOOTCAMP AUG/SEPT

**THIS BOOTCAMP RUNS FOR 5 WEEKS.**

**COSTS ARE:**

**3 SESSIONS / WEEK \$180**

**2 SESSIONS / WEEK \$150**

**1 SESSION / WEEK \$100 (\$20 EACH SESSION)**

Please note that the Bootcamp sessions are unredeemable. If you would like the flexibility to switch classes between the PT Group classes and Bootcamp each week, the UnlimitedNRG membership would be a better option. Otherwise if you are a Bootcamp member you can jump into a PT Group class as a casual for \$15.00.

\*Please be aware we don't offer catch up classes for Bootcamp.

## DATES TO REMEMBER

**MONDAY 20<sup>TH</sup> AUG 7.00PM**

**FIRST SESSION FOR AUG/SEPT BOOTCAMP "NRG FIT". JACK IS YOUR TRAINER ON THE 20<sup>TH</sup> AUG. BOOTCAMP PAYMENTS CAN BE MADE TO JACK AT THE SESSION. PLEASE PLACE ANY DOLLARS IN AN ENVELOPE WITH YOUR NAME. THANKYOU**

**MONDAY 20<sup>TH</sup> AUG**

**ALL PROBIOTIC ORDERS TO BE PLACED AND PAID FOR.**

**REFER BELOW IN NEWSLETTER. LIFESPACE PROBIOTICS ARE ONE OF THE BEST PROBIOTICS ON THE MARKET. WE SELL THEM AT A REDUCED PRICE. EXCLUSIVE TO FITNESSNRG MEMBERS.**

**SATURDAY 1<sup>ST</sup> SEPT 9.30AM**

**FATHERS DAY BOOTCAMP SESSION. BRING YOUR DAD OR BRING YOUR KIDS. DETAILS WILL BE ADVISED**

**THURSDAY 20<sup>TH</sup> SEPT**

**LAST DAY OF PT TERM 3 CLASSES**

**SATURDAY 22<sup>ND</sup> SEPT**

**LAST BOOTCAMP SESSION FOR TERM 3**

**MONDAY 8<sup>TH</sup> OCT**

**TERM 4 CLASSES BEGIN**

**MONDAY 8<sup>TH</sup> OCT**

**8 WEEK WEIGHT LOSS CHALLENGE STARTS !!!!!**

# THE 8 WEEK WEIGHT LOSS PROGRAM WILL BEGIN OCTOBER 8<sup>TH</sup> 2018

This year we want to make it **BIG !!!**

Nutritional Assessments will be available and a chance to win \$\$\$.

**Watch out for more details in the coming weeks.**

## ARE YOU EATING ENOUGH ?

While it is often assumed that the fewer calories we eat and the more exercise we do, the greater the weight loss results, human metabolism is a little more complicated than that. While it may be the case that if you have many kilograms to lose, a dramatic drop in calorie intake coupled with extra exercise will see a relatively large weight loss, once you are looking at losing a small amount of weight, say 5-10kg, chronic calorie restriction coupled with high amounts of activity can actually slow down fat metabolism.

As the muscle requires carbohydrate to burn fat, a muscle that is expected to exercise in large volumes and that has insufficient carbohydrate available to it to effectively burn fat will reduce metabolic rate to conserve energy rather than burn the extra carbohydrate and fat. And this is the likely reason that individuals who train excessively, and who constantly restrict their carbohydrate intake are not as lean as they would perhaps like to be.

Perhaps the easiest way to understand this scenario is thinking of carbohydrate as the fuel for the fire – a muscle without carbohydrate when it is exercising can be likened to a fire that does not have much wood, it still keeps burning but not in the raging way it does when it is fully stoked.

So, if you are a big trainer, and training for more than an hour a day, and still not leaning up, chances are you need a little more carbohydrate to stoke your own fire and help you get as lean as you want to be.

## BENEFITS OF BOXING

- Decreases body fat
- Increases muscle tone
- Improves cardio vascular fitness
- Increases endurance & conditioning
- Increases strength & power
- Increase power & agility
- Improves hand eye coordination & footwork
- Relieves stress

# SOME INTERESTING FACTS ON WHAT EXERCISE ACTUALLY DOES FOR US

Engaging in regular exercise is one of the best things you can do for yourself. Exercise helps to improve your sense of well-being, to prevent heart disease and several other important medical problems, and to improve your chances of remaining healthy and fit well into your old age.

## How Does Exercise Make You Healthy?

Regular exercise has several beneficial effects on your body that can improve the function of your musculoskeletal system, your cardiovascular system, your respiratory system, your metabolism, and even your brain.

### Musculoskeletal benefits of regular exercise:

- Increases the size and strength of your muscle fibres.
- Increases the strength of your ligaments and tendons.
- Increases the number of capillaries that supply blood to your skeletal muscles.
- Increases the number and the size of the mitochondria (the power plants) in your muscle tissue, which allows your muscle to burn more energy.

### Cardiovascular benefits of regular exercise:

- Improves your overall cardiac function, so that you pump more blood with each heart beat.
- Reduces your blood pressure, especially if you have essential hypertension.
- Improves your overall vascular function.

### Respiratory benefits of regular exercise:

- Improves your lung capacity.
- Increases blood flow to your lungs (allowing the lungs to deliver more oxygen into the blood).

### Metabolic benefits of regular exercise:

- Increases your muscles' ability to burn fat more efficiently.
- Increases the mobilization of fatty acids into the bloodstream from your fat deposits. (These last two effects of regular exercise "tune" your metabolism into more of a fat-burning machine.)
- Reduces your triglycerides.
- Increases your HDL cholesterol (good cholesterol).
- Reduces insulin resistance.

### Other benefits of regular exercise

- Improves your immune function, which reduces your chance of getting some infections.
- Appears to reduce your chances of getting breast cancer, pancreatic cancer, and certain other gastrointestinal cancers.
- Helps prevent gallstones.
- Helps prevent the physical and cognitive declines of aging.
- Reduces your risk of Alzheimer disease.

## How Does Exercise Reduce Cardiovascular Risk?

Given all these benefits, it is easy to see how regular exercise can help to prevent cardiovascular disease.

In addition to the direct effects of exercise on the heart, regular exercise improves several important cardiac risk factors. Exercise lowers blood pressure, helps prevent obesity, reduces triglyceride levels, increases HDL cholesterol levels, and improves insulin resistance (and thus helps to prevent or even reverse metabolic syndrome). An exercise routine has even been shown to be helpful in achieving smoking cessation.

So it should not be surprising that countless studies have shown that regular exercise helps to prevent heart disease, and further, helps to reduce the risk of death in both men and women, and in all age groups. Ref: Richard N. Fogoros

## PERSONAL TRAINING AT FITNESSNRG

FitnessNRG provides affordable Personal Training for all ages. We have kept our fees low and they have remained the same since 2008. These sessions are a great way to receive full attention in each training session. It's designed for those who need and want the one on one training for a number of reasons. Some of those reasons are to strengthen and correct bad posture, rehabilitation due to injury, weight loss, tone up, general fitness etc.. You can train with a friend or a partner as well.

### Costs are:

<b>One person</b>	<b>1hr</b>	<b>\$50</b>
<b>One person</b>	<b>½ hr</b>	<b>\$40</b>
<b>Two people</b>	<b>1hr</b>	<b>\$60</b>
<b>Three people</b>	<b>1hr</b>	<b>\$60</b>
<b>Four people</b>	<b>1hr</b>	<b>\$80</b>

\* Please note that there are only a number of hours per day available for Personal Training. We know how important your training is to you and it is also important to us.

**24 hrs notice** is required if you cannot make your Personal training session.

Because of unlimited hours we require 50% payment if you cancel your session at short notice. This is paid when you have your next training session.

e.g. If you do one on training and cancel less than 24hours, your next session will cost \$75.

Sorry guys but some people miss out when they need to change their times and at times we don't have one available because a permanent time is taken. Most people want to train in the morning and evening which leaves very little availability sometimes. ☹

We try very hard to keep you guys happy 😊😊

## UNLIMITED NRG CLASSES

Unlimited NRG is a membership which came about from requests by you. This exclusive membership gives you the flexibility and full access to choose your classes when you want them - week by week. Unlimited NRG Membership means you can jump into any Bootcamp session or any PT group class on the timetable. It is paid upfront for each term throughout the year and the terms run consecutively with the Victorian school holiday dates. If you are new to FitnessNRG, you can take an Unlimited NRG Membership anytime throughout the term. Existing FitnessNRG members can upgrade with a simple adjustment to their fee. This is a great affordable alternative to one on one Personal Training giving you as many classes as you like each week. . Contact Cheryle 0419 535 720 if you have any questions.

## CLASSES AVAILABLE

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/CORE /BUTT			9.30AM <b>BOOTCAMP</b>
11.30AM YOGA FOR BEGINNERS					
	5.30PM POWERBAR				
	6.30PM CORE AND YOGA		6.30PM POWERBAR		
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP</b>	7.30PM YOGA		

# PROBIOTICS

There has been a lot of talk about probiotics in the medical world recently. Probiotics are micro-organisms that are a good form of bacteria. The digestive system normally includes both 'good' as well as 'bad' bacteria and in order to maintain optimum health, it is essential to maintain a correct balance between the two.

Thus, they **improve the intestinal function** and are effective in treating a number of ailments. **Lactobacilli** and **bifidobacteria** are two probiotics that are most widely studied.

The World Health Organization defines probiotics as, "live microorganisms, which, when administered in adequate amounts, confer a health benefit on the host."

Given below are healing benefits of probiotics. Probiotics, however, may not be suitable for individuals who are immune-compromised.



Probiotics promote a strong immune system and **regulate healthy immune response** as certain probiotic bacteria improve some components of the immune response.

They reinforce the immunity of the intestinal mucus membrane, potentially change and improve immune cells, and strengthen the bacteria already present in your gut.

By restoring the balance of 'good' bacteria, they **starve off infections**, especially the ones that are caused as the side effect of antibiotics.

Probiotics are highly beneficial when dealing with a gastrointestinal problem called antibiotic-associated diarrhoea. *Lactobacillus rhamnosus* or LGG, in particular, is known to relieve viral or antibiotic induced diarrhoea.

Consuming probiotics while taking a course of antibiotics restores **the good bacteria that are killed by the antibiotic**.

Besides, individuals who are prone to stomach or bowel infections and travellers' diarrhoea should take probiotics.

Moreover, probiotics are useful in **preventing childhood diarrhoea** in 6-36 month old babies. It can also help with colic.

Newborns and infants tend to suffer from eczema due to **cow's milk protein allergy**. This can be managed with probiotics (*Lactobacillus GG*).

Before administering this treatment on your baby, though, make sure you consult with your doctor about it. Probiotics **minimize lactose intolerance**, too, because they contain lactic acid bacteria, which convert the lactose into lactic acid.

Regular intake of probiotics helps avoid cold and flu. In addition, it is useful for reducing **the severity of respiratory tract infections** like sinus infection, cold, pharyngitis, etc., particularly during the cold season.

It relieves symptoms such as stuffy nose and sore throat that are caused due to immune system's reaction to the virus that causes common cold.

Probiotics, especially strains like Bifidobacterium infantis and Lactobacillus plantarum improve the symptoms of Irritable Bowel Syndrome (IBS) in women.

Plus, they are popularly used to prevent and cure **Candidiasis yeast infection** and **vaginal bacterial infections**, which are quite common in women.

Furthermore, they help prevent urinary tract infections in women. In addition, researchers have found that probiotics may also help **fight abdominal obesity** and prevent obesity-related disorders (like type-2 diabetes).

They tend to influence the way in which bile acids are metabolized, thereby altering the amount of fats the body absorbs.

Foods that are rich in unpasteurized probiotics include **plain unflavoured yogurt, kefir, tempeh, miso** (tofu and vegetable broth soup), **sauerkraut** (made from fermented cabbage), **kimchi, kombucha tea, and pickles**. You can take probiotic supplements containing Lactobacillus acidophilus, Lactobacillus casei, Streptococcus thermophilus, and Bifidobacteria bifidum.

**We are a distributor of Life Space products and we can offer you the products at a discounted rate. These are a superior quality probiotic with ALL the necessary bacteria required in one capsule.**

**All products must be paid for upon ordering.**

## 25% OFF LIFE SPACE PRODUCTS



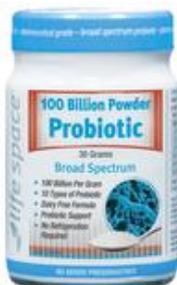
Life Space Probiotic 60 Caps  
Pregnancy Breastfeeding  
**\$41.99**

FitnessNRG Price **\$31.50**



Life Space Broad Spectrum Probiotic  
60 Capsules  
**\$39.99**

FitnessNRG Price **\$29.99**



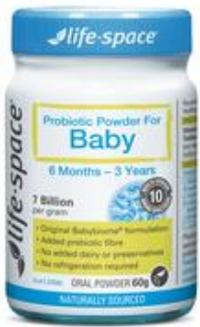
Life Space 100 Billion  
Powder Probiotic 30 Gram  
**\$47.99**

FitnessNRG Price **\$35.99**



Life Space 60+ Years Probiotic  
60 Caps  
**\$39.99**

FitnessNRG Price **\$29.99**



Life Space Baby Probiotic 60g  
~~\$41.99~~

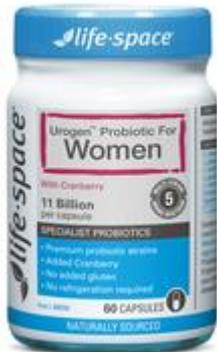
**FitnessNRG Price \$31.50**



Life Space Baby Probiotic Powder 60g

~~\$41.99~~

**FitnessNRG Price \$31.50**



Life-Space Urogen™ Probiotic For Women with Cranberry helps support urinary tract health as well as maintaining healthy vaginal flora. Containing five premium probiotic strains, this probiotic helps to support women's general health and wellbeing.

**Health benefits may include:**

- Supporting urinary tract health
- Maintaining healthy vaginal flora
- Helping to reduce the adhesion of bacteria to the urinary tract
- Helping to reduce the frequency of recurrent cystitis
- Supporting a healthy immune system **\$39.99**

**FitnessNRG Price \$29.99**

***Thanks for reading everyone. We hope you enjoyed the information and can use the articles to improve your health and fitness...***

***See you in training ..... Cheryle and Jack and Craig 😊***