

TERM 2 TRAINING BEGINS

MON 29TH APRIL

4 WEEK BOOTCAMP STARTS MON 29TH APRIL 2019



3 SESSIONS / WEEK \$165

2 SESSIONS / WEEK \$130

1 SESSION / WEEK \$80 (\$20 EACH SESSION)

Mon 6pm Wed 7pm Sat 9.30am

PLS NOTE: MON BOOTCAMP WILL BE AT NEW TIME OF 6PM

**TERM 2 PERSONAL TRAINING GROUP CLASSES
MON 29TH APRIL- FRI 28TH JUN 2019**

COST \$145.00 EACH

MON	6.00PM	NRG FIT	<i>PLS NOTE: NEW TIME</i>
TUES	5.30PM	POWERBAR	
TUES	6.30PM	CORE/YOGA	
WED	9.30AM	STEP/ABS/BUTT	
THURS	6.00PM	POWERBAR	<i>PLS NOTE: NEW TIME</i>
THURS	7.00PM	CORE/YOGA	<i>PLS NOTE: NEW TIME</i>

***UNLIMITED NRG* STARTS MON 29TH APRIL – SAT 29TH JUNE**

COST \$400

UNLIMITED NRG enables you to jump into any session on the Term 2 Group timetable and any Bootcamp session. You don't need to book, just turn up. This is a great way to experience all types of training and classes. We offer weigh in and measure at the start and end of the term for all Unlimited NRG and PT Group class members.



8 WEEK WEIGHT LOSS PROGRAM

STARTS MON 29TH APRIL – SAT 22ND JUNE

COST \$495

This 8 week program is designed to provide a personal journey to help you lose weight and become fitter. The program gives you access to all the PT group classes and Bootcamp sessions available on the timetable. It provides a weigh in consultation each week plus a manual to record food and weigh in results. You will also receive a food plan to follow and cooking recipes. We have had a lot of success with this program and very proud to provide it to our clients.

TEMPTED BY EARLY EASTER EGGS? CHECK THIS OUT!

The supermarket shelves are stocked with Easter treats. A single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories. If you indulge in Easter treats for the next 2 weeks, you will gain at least 2kg or more. Be strong and control the treats.



Eggs Selection	kJ	Fat	Exercise units
200g Easter Bunny	3740kJ	50g fat	2 hrs of running
2 Caramello Eggs	500kJ	6 g fat	15 min rowing
1 Crème Egg	718kJ	6g fat	45 min fast walking
100g Deluxe Bunny	2270kJ	33g fat	2 cycle classes
3 mini eggs	560kJ	7.5g fat	15 min skipping
Small hot cross bun (no butter)	600kJ	2 g fat	30min swimming
Large hot cross bun with butter	1200kJ	10g fat	30 minutes jogging
Choc chip hot cross bun	1100kJ	9g fat	30 min boxing class

NUTRITIONAL ASSESSMENTS

COST \$150

Nutritional Therapist- Cheryle Milligan

This is a thorough assessment which looks into your deficiencies and symptoms which are present and which you may be unaware of. You will fill out various forms and questionnaires. Your answers will give a clear indication of where you are low in important vitamins and minerals. At the end you will receive a full report to help you boost your low vitamin and mineral levels. The benefit of this assessment is to pin point your deficiencies and act upon it with planning a healthy food intake focusing on the foods you need to eat everyday according to your particular deficiency. Deficiencies in vitamins and minerals can present itself in many ways. Examples are:

cracked lips and eczema
white marks on nails
frequent colds and exhaustion
lack of energy
plus many many more.....

muscle cramps
swollen abdomen
dry or flaky skin
premature greying hair

HOW TO EAT CHOCOLATE AND NOT GAIN WEIGHT OVER THE EASTER WEEKEND.

1. Go for quality over quantity

While there is plenty of chocolate around, there is also plenty of chocolate that is not necessarily your favourite, or that you get maximal pleasure from eating. The key with being able to indulge in high calorie food and not overeat is to mindfully use your calories on foods that you get maximal pleasure from. This means if you love the little solid eggs, wait until Easter, then eat as many as you like but then get straight back on track with your diet the following day. Or if you love Lindt chocolate, devour a bunny on Easter Sunday but don't waste your calories on little eggs all weekend. When you have permission to actually eat the type of chocolate you love, you will find you eat a whole lot less than when you are trying to constantly actively restrict your intake.

2. Sub in a meal

If chocolate is your thing, go for it, but most likely it means you do not need all your other meals as well. Often we eat the chocolate which may contain 600-1000 calories (in a bunny) and then keep eating all the other food on offer. If you want to eat chocolate, eat chocolate but chances are you do not need all the other buns, cakes and desserts as well.

3. Just move

Easter means that you have plenty of time to eat chocolate, but also plenty of time to move. Calories are far less of an issue when we are actively burning them off. Make the most of the holiday days and go for some long walks, factor in a run or gym session and simply work towards burning off some of the extra calories you have consumed.

4. Limit your chocolate to Easter Sunday

Even though Easter eggs have been available at supermarkets since Boxing Day, the truth is that Easter is one day. If you simply limit the bulk of chocolate consumption to Easter Sunday and get back on track with your diet on Monday, you will have no issue with weight gain.

5. Keep it out of sight

Much of our eating occurs because the food crosses our path – if you simply keep your chocolate out of sight, you will eat far less than if you keep it within easy reach at home. Then you will only look for it when you actually feel like it as opposed to the mindless munching most of us get roped into each and every day.