



# **\*SPECIAL\***

**JOIN UP AND PAY FOR BOTH BOOTCAMP  
TERMS BEFORE OR ON MON 15<sup>TH</sup> JULY  
(JULY/AUG AND AUG/SEPT BOOTCAMP)  
COST \$300.**

**YOU WILL AUTOMATICALLY BE ENROLLED  
INTO UNLIMITED NRG WHICH GIVES YOU  
ALL THE CLASSES AVAILABLE ON THE  
TIMETABLE FOR 11 WEEKS !!**

**PLUS....**

**CHOOSE A FREE FITNESSNRG TSHIRT  
FROM THE CLOTHES RACK.**

**BARGAIN 😊😊😊😊**

# TERM 3 GROUP CLASS DATES BEGINNING MON 15.07.19

## MON 6PM NRG FIT COST \$181

JULY 15<sup>TH</sup> 22<sup>ND</sup> 29<sup>TH</sup>

AUGUST 05<sup>TH</sup> 12<sup>TH</sup> 19<sup>TH</sup> 26<sup>TH</sup>

SEPT 2<sup>ND</sup> 9<sup>TH</sup> 16<sup>TH</sup> 23<sup>RD</sup>

## TUES 5.30PM POWERBAR COST \$99

JULY 16<sup>TH</sup> 23<sup>RD</sup> 30<sup>TH</sup>

AUGUST 6<sup>TH</sup>

SEPT 17<sup>TH</sup> 24<sup>TH</sup>

## 6.30PM CORE/YOGA COST \$99

JULY 16<sup>TH</sup> 23<sup>RD</sup> 30<sup>TH</sup>

AUGUST 6<sup>TH</sup>

SEPT 17<sup>TH</sup> 24<sup>TH</sup>

## WED 9.30AM STEP ABS & BUTTS COST \$82

JULY 17<sup>TH</sup> 24<sup>TH</sup> 31<sup>ST</sup>

AUGUST 7<sup>TH</sup>

SEPT 18<sup>TH</sup>

## THURS 6.00PM POWERBAR COST \$99

JULY 18<sup>TH</sup> 25<sup>TH</sup>

AUGUST 1<sup>ST</sup> 8<sup>TH</sup>

SEPT 12<sup>TH</sup> 19<sup>TH</sup>

## 7.00PM CORE/YOGA COST \$99

JULY 18<sup>TH</sup> 25<sup>TH</sup>

AUGUST 1<sup>ST</sup> 8<sup>TH</sup>

SEPT 12<sup>TH</sup> 19<sup>TH</sup>

Please take special attention to the dates of each class. There is a break in the term as Craig and I are away in Europe from Aug 10<sup>th</sup> to Sept 10<sup>th</sup>. Bootcamp classes will be on though. Jack is jumping in to train the Bootcamp crew. Term 3 classes are costed at \$16.50 each and have been rounded off to the nearest \$.

Please note we still require fees to be paid upfront at the start of term so that we can confirm and run the classes.

If you have signed up for any of the above classes and would like to keep up your exercise during the break you can participate in "Bootcamp". Jack will be instructing those sessions whilst I am away. Cost to join in Bootcamp will be \$15 as a casual. Normally \$20 casual rate. They run Monday nights at 6pm (NRG Fit) and Wednesday nights 7pm (Class type not yet decided but possibly Circuit or PowerBar). Bootcamp will run non stop during the term with a couple of Saturday sessions. You can however join the Unlimited NRG program which allows you to do any Bootcamp and Group Term class (As above). That cost is reduced to \$300 normally \$400.

I will be away 10<sup>th</sup> August till 10<sup>th</sup> September. Put Jacks number in your phone 0430 276 907 for future reference if needed. ☺

Thankyou for your on going support of FitnessNRG.

We really appreciate it.

Cheryle Milligan ☺

## PERSONAL TRAINING RATES

One on one /hr	\$60
2 ppl /hr	\$70
3 ppl /hr	\$75
4 ppl hr	\$80

\* 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 a \$15 cancellation payment if you cancel your session at short notice. This is paid when you have your next training session. 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 😊😊

**BRAIN SUPERFOODS** – We try to eat well to simply give our bodies the best nutrition possible to keep them in the best nick long term. So, if you are forgetting to drink antioxidant rich green tea despite the research that shows its beneficial effects on brain functioning as we age, here are a few other brain superfoods that should be at the forefront of our diet minds as we get older.

1. Atlantic salmon
2. Red Meat
3. Walnuts
4. Eggs
5. Oysters
6. Carrots, red capsicum, broccoli
7. Kiwi fruit, all berries
8. Green tea
9. Dark chocolate
10. Red Wine

## HOW DO I MANAGE CALF CRAMPS?

**Q** *In almost every run I get severe calf cramps; one or both of my calves just lock up. What's the cause of the cramping and how do I prevent it?*

**A** There are a couple of schools of thought on cramping; one suggesting it is hydration and electrolyte based and another suggesting there is a neuromuscular cause involving fatigue. I tend toward the latter in the running setting. Bruce Jones did a lot of work on marathon medical problems with the Boston Marathon through the '80s and '90s. In a comparison of medical problems in a hot and cold marathon, he found most problems increased with hot conditions; however, muscle cramping stayed at the same high level in both groups. So, heat is probably not the culprit. If you've hydrated and supplemented well, with various combinations of electrolytes, vitamins and minerals in your training and on race day, fluid balance and electrolyte deficiencies are likely not the primary villain either.

My guess is that you are dealing with "**muscle fatigue**" resulting in severe and painful cramping, generally termed exercise-associated muscle cramping. The onsite treatment is to stretch the cramping muscle.

**KNEE HEALTH** - One of the best things you can do for knee health is simply maintaining an active lifestyle. "Your joints thrive on movement," "Always try to remember that some activity is better than no activity." Low-impact activities, like swimming, brisk walking, or cycling, and considering taking health supplements that provide glucosamine and chondroitin can strengthen and lubricate knees. On the flip side, too much movement can be hard on your joints. So if you're one of those people who just can't quit their HIIT habit or long-distance runs, there are some simple moves and stretches you can try that will help alleviate pain.

Since multiple muscles overlap the knee joint—including your calf, thigh, hamstrings, quadriceps, gastrocnemius, and soleus—and work together to flex, extend, and stabilize the knee, the exact source of pain isn't always obvious. "This means you want to think about stretching all the tissues around the knees," says Lauren Williams, a certified personal trainer and head coach at New York City's athletic-based training studio Tone House. Try to do these stretches after every workout to keep your knees healthy now and in the future.

### 1. Wall Calf Stretch



Calf muscles often get neglected during our stretching efforts. However, for those who run, do high-impact workouts, or spend a lot of time on their feet, calf stretches are very necessary. Calves can get extremely tight from impact and need to be stretched to relieve any pain that might travel up the knee. Find a wall you can lean against. Facing the wall, flex your right foot and position your heel right where the floor meets the vertical surface. Your toes should be elevated, while your heel remains on the floor. Keeping your heel on the ground and your leg as straight as possible, lean toward your front leg, holding the stretch at its deepest point. Lean in for five seconds at a time before releasing, working to deepen the stretch. Repeat the same stretch with your left leg. Aim for 10 to 15 reps on each leg—or more, if you're still experiencing tightness.

### 2. Calf Smash With Lacrosse Ball



This move allows you to work out tension in both your calf and your hamstring. Sit on the ground and pull your right foot close to your butt so your knee is bent. Wedge a lacrosse ball (or yoga/massage ball) below your right knee, sandwiching it between your calf and hamstring. Create a "compression force" by pulling your shin toward you, then rotate your foot in alternating circular movements to help create space in your knee joint. Continue until you feel tightness in these areas being relieved, then switch legs.

### 3. Half-Kneel Hip and Quad Stretch



This stretch not only feels amazing, but it also works double-duty for your hip and quad muscles. Kneel on one knee (feel free to put down a towel or mat) with your other foot planted flat on the ground in front of you. Make close to a 90-degree angle with both of your legs. Lean forward toward your front leg, stretching the front of your hip downward. Next, grab the ankle of your leg planted on the ground, and pull it toward your rear for a deep hamstring and hip stretch down the front leg, all the way to your knee. Move in and out of this stretch for 10 to 15 reps or more, depending on your level of tightness.

### 4. Quad Foam Roller Stretch



Stretching your quads is vital, as they get adaptively short from all the sitting most of us do every day and are often under constant tension. To get this large muscle group back to functioning at its best, use a foam roller. Lie face down and with a foam roller under your right leg, right under your quad. Put the majority of your bodyweight on your leg, and roll slowly. Instead of simply rolling up and down, roll your leg from side to side too, focusing pressure on the tighter spots of your muscles. Switch legs. Continue rolling until this feeling is no longer painful. If that's impossible (as it might be for some runners!), do it for at least five minutes.

### 5. Wall Hamstring Stretch



Our hamstring muscles affect the knee more than we think and can be the source of discomfort or pain. Lie face up with your left leg flat on the ground, foot flexed. Take your right leg and prop it up on a wall or table, or use a resistance band. This stretch should radiate down the back of your leg, beginning in your knee. Once you find the deepest point of the stretch, alternate in five-second sequences between contracting and relaxing the foot of your right leg. If you have greater flexibility, hold the ankle of your right leg and pull it toward you. Aim for 10 to 15 rounds of five-second holds, and continue if you still feel tight. Repeat with your left leg.

### 6. Straight-Leg Raise



Easy strengthening exercises, like leg raises, put little to no strain on your knee but also activate and strengthen quadriceps. Lie face up with one knee bent and the other leg the ground in front of you. Lift your straight leg up approximately one foot, rotating your leg outward (the entire leg rotates outward, so toes point on a diagonal instead of straight up to the ceiling). Do 3 sets of 10 to 15 reps, alternating legs. As you get stronger, add ankle weights up to 10 pounds.

*Thankyou for reading. See you in training*

*The FitnessNRG Team ☺*