

Hi to everyone

What a great start to Term 4.

The gym has been a buzz of enthusiasm. It's great to see you all back into training and fully motivated.

## 8 WEEK WEIGHT LOSS CHALLENGE

The 8 Week Weight Loss Challenge is into its third week now. The first week was a detox and everyone did so well!! If you have ever done the FitnessNRG detox you know how mentally challenging it can be. The first week saw every single person lose scale weight. This loss is mainly gut inflammation and toxins. There is also fluid loss, a little body fat and muscle loss. It was a great way to kick start the next stage of healthy eating.

The second weigh in we saw amazing results again with everyone commenting how great they felt. The comments and photos of meals cooked on the messenger group has been a great support. Each person received a recipe book and it's terrific to see delicious healthy meals are being cooked. You can't go wrong with the video instructions on every recipe in the FitnessNRG Recipe book.

The changes in everyone are already being noticed. Especially in your faces. You look healthier and brighter. Eating nutritious and high anti-oxidant foods will improve your health and give you more energy. Keep up the good work everyone. ☺

Read further in newsletter to get more tips on managing your nutrition. ☺

## DATES TO REMEMBER

**FRI 1<sup>ST</sup> NOV 6.30PM**

### **BOOTCAMP TIMETABLE CHANGE!!**

BOOTCAMP WONT BE ON SATURDAY 2<sup>ND</sup> NOV...

**WE WILL RUN A NIGHT WALK INSTEAD ON FRI 1<sup>ST</sup> NOV**

MEET AT CHURCHILL NATIONAL PARK

HALLAM NORTH RD ENTRANCE

**TUESDAY 5<sup>TH</sup> NOV  
CUP DAY**

### **CLASSES:**

9.30AM POWERBAR

10.30AM CORE / YOGA

(Come along in a race day theme. Pls note:

There are no PT sessions or classes

scheduled after 12pm today)

**WED 6<sup>TH</sup> NOV 7PM**

LAST BOOTCAMP SESSION FOR OCT/NOV

**MON 11<sup>TH</sup> NOV- WED 11<sup>TH</sup> DEC**

5 WEEK BOOTCAMP STARTS

(LAST ONE FOR 2019.)

**FRI 29<sup>TH</sup> NOV 5PM – 6.30PM**

LAST WEIGH IN FOR 8 WEEK CHALLENGE GROUP

**WED 11<sup>TH</sup> DEC 8PM**

**AFTER BOOTCAMP STAY BACK FOR BBQ,  
DRINKS!!**

**ANNUAL AWARDS!! PRIZES!!**

**WINNER OF 8 WEEK WEIGHT LOSS  
CHALLENGE ANNOUNCED!!**

**SAT 14<sup>TH</sup> DEC 7.30PM**

**XMAS BREAK UP DRINKS AT 12 BAR  
BELGRAVE**



# XMAS RAFFLE DRAW

Each year FitnessNRG has run a raffle prize draw to raise money for The Salvation Army. You have been very generous over the years donating items to raffle off. It has been a great success and has helped those less advantaged than ourselves. This year we are doing it differently.

Tickets are \$10 each.

\$5 of that cost will go to The Salvation Army

The remainder \$5 will go into a pool where "The Winner Takes All".... This means that the more tickets you buy the more we can donate to The Salvation Army and the more Christmas spending money the winner receives. If you are the winner you might spend it on your family or buy something special for yourself. Why not be in it. Tickets will be selling for 6 weeks and will be drawn Wednesday 11<sup>th</sup> December at the Xmas BBQ.

1<sup>st</sup> ticket drawn will win the money.

2<sup>nd</sup> ticket drawn will win a \$100 FitnessNRG voucher

3<sup>rd</sup> ticket drawn will a hamper of stuff

Tickets on sale from Monday 28<sup>th</sup> October.

# XMAS DRINKS!

**SAT 14<sup>TH</sup> DEC 7.30PM**

**12 BAR**

**1675 BURWOOD HWY**



**THIS YEAR WE ARE CHANGING IT UP.  
WE ARE GOING OUT !!**

**LET YOUR HAIR DOWN, MINGLE WITH YOUR TRAINING FRIENDS AND DANCE  
ALONG TO THE LEROYZ HAMMOND COMBO BAND!!  
HOPE TO SEE YOU THERE!**

# NUTRITIONAL ASSESSMENTS

At FitnessNRG we offer **Nutritional Assessments**. Deficiencies in vitamins and minerals can present itself in many ways. Examples are:

cracked lips	muscle cramps
eczema	white marks on nails
swollen abdomen	exhaustion
frequent colds	dry skin
lack of energy	flaky skin
premature greying hair	plus many many more.....

If you are interested to know whether you are deficient in important nutrients then give it a go. The assessment shows you what foods to eat each day to overcome any deficiencies you may have and the adversaries affecting your vitamins and minerals. The first step is to make an appointment and fill in assessment forms.

The cost for the assessment is \$150. The work involved is very thorough and detailed to get you on the right track. There are times in our life that we need to rethink what is important. Sometimes we spend more money on maintaining our homes and cars than we do on ourselves. Being healthy and vital ensures we give ourselves the best chances of reducing our risks to illness and diseases.

If there are ongoing appointments after the assessment is completed, the fee is charged at PT prices.

(Ongoing appointments are optional).

\$50 for 30 min

\$60 for 60 min

## EASY LUNCH RECIPE Tuna and Asparagus Salad

Serves 4

### Ingredients

1 x 425g can tuna in spring water	Calories	: 198
2 bunches asparagus, sliced into 7cm lengths	Carbohydrates	: 9.6 g
½ cup corn kernels	Protein	: 30 g
½ red capsicum, finely sliced	Fat Total	: 3.2 g
50g mixed lettuce leaves	Fat Saturated	: 1.1 g
½ cup coriander leaves	Fibre	: 3.7 g

### Dressing

- 1 tablespoon Dijon mustard
- 1 ½ teaspoons seeded mustard
- 1 tablespoon low-fat natural yoghurt
- 1 ½ teaspoons white wine vinegar
- juice of 1 lemon

### Method

Drain the tuna.. Steam the asparagus for 3-5 minutes until tender then allow to cool. To make the dressing place all ingredients in an airtight jar and shake until combined. Combine all salad ingredients and drizzle with dressing.

**INFLAMMATION** The amount of inflammation in your body varies and is dependent on a number of factors - including your activity level, the amount of sleep you get, the degree of stress in your life, and even the foods you eat. What you have to realize is that these factors are cumulative - meaning they build up over time. And the more that any or all of these factors get out of whack, the risk for disease increases.

Early in life, these levels can be so low that you might not even be aware that you have any inflammation in your body. That's because our bodies do a fairly decent job of controlling the inflammation - at least for a while. Then one day you wake up and you're in your 40s and something is just not right. That's when the fear begins to set in, and you think to yourself: What did I do wrong? or What can I do now to help myself?

**What Is Inflammation?** Inflammation is not a disease or something evil. Is just the body's response to foreign invaders such as infections or others. The inflammation starts in the exact place in which the attack is taking place. However, what causes inflammation? This is something we all ought to know, in order to prevent and keep away from it.

**What Causes inflammation**

1. Diet. In case you often experience **inflammation** in different parts of the body, it means something is wrong with your diet and you need to make a change. Let's have a look at the types of food that might cause recurrent inflammation:
2. Red meat – there is a molecule, which is especially found in non-human mammals as sugar, that becomes soaked up in the tissues of people who prefer to mostly consume red meats. Scientific tests have shown that the presence of this type of sugar (that human are unable to produce genetically) in the body can trigger an immune system response that is one of the "inflammation" causes.
3. Refined carbohydrates – the body's *inflammation* reaction to carbohydrates may differ from one individual to another. Research shows the more the carbohydrate is processed and refined, the more rapidly it is transformed into blood glucose, increasing the glycemic index. If the glycemic index is increased more insulin is released, causing inflammation.
4. Polyunsaturated vegetable oils – Unlike the omega-3 fatty acids that relieve inflammation, these oils contain omega-6 fatty acids that encourage inflammation. The vegetables you need to avoid or moderately consume are: corn, peanut, soy, and sunflower, since they are high in their content of linoleic acid, an omega-6 fatty acid.
5. Stress. If we are engaged in stressful situations, the body starts releasing through the adrenal glands the stress hormone known as cortisol. Cortisol's role is to raise the blood pressure and also blood sugar levels, in order to help the body survive moments of stress. However, on the long run this is very harmful. Even though cortisol is known as an anti-inflammatory hormone, it suppresses parts of the immune system. This means that while cortisol is doing its designed job, the immune system becomes vulnerable to new infections attacking the body, leading to health issues and inflammation.
6. Environment. We are exposed to chemical dangers everyday: air fresheners, chemical adhesives, glue, cleaning products, pollution, pesticides and so on. Whether we are at work, outside, and even inside our home, we and our loved ones are not protected from these harmful chemicals. Varying from every person's immune system, the effects of these chemicals are harsh or easily supported by our bodies. There is no doubt though, that constant and continuous exposure to these chemicals will someday cause our immune system to respond and trigger inflammation.
7. Menopause. A woman's body undergoes many harsh changes during menopause. One of these changes is the loss of hormones that were available in the early stages of life. Studies have shown that the loss of hormones may lead to chronic inflammation.

<u>Anti-inflammatory foods</u>	<u>Inflammatory foods</u>
Atlantic Salmon (wild)	Sugar, from any source
Fresh whole fruits, vegetables	Processed foods
Bright multi-coloured vegetables	French Fries
Green tea	Fast Foods
Water	White Bread
Olive oil	Pasta
Lean poultry	Ice Cream
Nuts, legumes and seeds	Cheddar Cheeses
Dark green leafy vegetables	Snack foods
Old fashioned oatmeal	Oils such as vegetable and corn
Spices, especially Turmeric and Ginger	Soda, caffeine and alcohol