

## THE 8 WEEK WEIGHT LOSS CHALLENGE IS COMING SOON!

MON 7<sup>TH</sup> OCT – MON 2<sup>ND</sup> DEC

### WHATS THE DEAL?

Do you need to kick start your metabolism and re-ignite your enthusiasm?

Well, you **CAN** do it starting Monday 7<sup>th</sup> October.

**This program has no gimmicks, no miracle cure but a nutritional food plan to show you how to eat properly!! This program works!!!**

The program will give you the tools to take control of your eating habits. You have access to all the classes available such as Bootcamp, PowerBar, Core, Step, NRG Fit, Yoga and Relaxation. You have the option to come and go as many times as you like.

You will receive guidance every step of the way, food plans, recipes, all classes and a manual to record your food and your weekly weigh ins.

**You receive your very own recipe book containing 30 recipes with instructions how to cook them. You will have easy to follow recipes for breakfast, lunch and dinners. There is even a video you can watch, just to make sure you get it right!. You can also scan the barcode on each recipe giving you all the nutrients and calories straight onto your MyFitnessPal app. A Detox Food Plan and examples of calorie food plans are all included. YOU can choose which foods to eat.**

**You will be given a set calorie intake that you will maintain each day. You will not only lose weight and get fitter and stronger but you will learn the tools of successful management of food intake.**

### TAKE CONTROL. DON'T BE A FOOD VICTIM !

It may be to a work conference, or on a plane trip or to a social event but if your number 1 goal is weight loss, chances are that when you find yourself away from the home, the food options you have available to you are unlikely to be ideal. For this reason, if you are serious about weight loss, you do need to get more serious about planning your food which is how the **8 Week Weight Loss Program can help you..** This may mean taking food with you on a plane; or eating before you go to a function. It may mean always keeping a backup supply of protein rich snacks with you or taking your lunch somewhere even when there is catering. But ultimately it also means **you take control and stop being a victim to your food environment.**

Each year we give away prizes to the highest achievers. This year won't be any different.

**The cost of the 8 Week program is \$495**

# 8 WEEK WEIGHT LOSS CLASSES

MON 7<sup>TH</sup> OCT – MON 2<sup>ND</sup> DEC

MON	TUES	WED	THURS	FRI	SAT
		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>BOOTCAMP</b> CHECK THE BOOTCAMP SCHEDULE FOR WHEN THESE CLASSES ARE RUNNING
	5.30PM <b>POWERBAR</b>				
6.30PM <b>BOOTCAMP</b>	6.30PM <b>CORE/YOGA/ RELAXATION</b>		6.30PM <b>POWERBAR</b>		
		7PM <b>BOOTCAMP</b>	7.15PM <b>CORE/YOGA/ RELAXATION</b>		

If doing the Weight Loss Challenge is not your thing you can join any of our classes. For example, you can jump into Bootcamp which runs for 5 week blocks.

Our PT Group training classes run for 10 weeks. You can choose to do 1 PT Group class a week OR why not try UnlimitedNRG.

UnlimitedNRG gives you every class including Bootcamp for 10 weeks. This is a great alternative instead of one on one Personal Training and an affordable option.

We have tried to cater for EVERYONE! We hope there is an option for you. 😊

All of our training options and prices are below in this newsletter.

## BOOTCAMP 5 WEEKS INCLUDES 12 X SESSIONS

MON 7<sup>TH</sup> OCT – WED 6<sup>TH</sup> NOV      COST \$165 (12 SESSIONS)

MON 11<sup>TH</sup> NOV – SAT 14<sup>TH</sup> DEC      COST \$165 (12 SESSIONS)

JOIN AND PAY UP FRONT FOR BOTH BOOTCAMPS AND PAY **\$300**  
NORMALLY \$330

MON	TUES	WED	THURS	FRI	SAT
					9.30AM <b>BOOTCAMP</b> CHECK THE BOOTCAMP SCHEDULE FOR WHEN THESE CLASSES ARE RUNNING
6.30PM <b>BOOTCAMP</b> "NRG FIT"		7PM <b>BOOTCAMP</b>			

## TERM 4 PT GROUP CLASSES

10 WEEKS MON 7<sup>TH</sup> OCT – THURS 12<sup>TH</sup> DEC

MON	TUES	WED	THURS	FRI	SAT
		9.30AM <b>STEP/ABS</b> <b>BUTT</b>			
	5.30PM <b>POWERBAR</b>				
6.30PM <b>NRG FIT</b>	6.30PM <b>CORE/YOGA/</b> <b>RELAXATION</b>		6.30PM <b>POWERBAR</b>  7.15PM <b>CORE/YOGA/</b> <b>RELAXATION</b>		

## PT GROUP CLASSES COSTS

MON 7<sup>TH</sup> OCT – SAT 14<sup>TH</sup> DEC

MON 6.30PM	NRG FIT	<b>\$165</b>	10 WKS
TUES 5.30PM	POWERBAR	<b>\$165</b>	10WKS
TUES 6.30PM	CORE /YOGA/RELAX	<b>\$165</b>	10WKS
WED 9.30AM	STEP/ABS/BUTT	<b>\$165</b>	10 WKS
THURS 6.30PM	POWERBAR	<b>\$165</b>	10WKS
THURS 7.15PM	CORE/YOGA/RELAX	<b>\$165</b>	10WKS

## TERM 4 UNLIMITED NRG

**10 WEEKS**

MON 7<sup>TH</sup> OCT – SAT 14<sup>TH</sup> DEC

**COST \$400**

MON	TUES	WED	THURS	FRI	SAT
		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>BOOTCAMP</b> CHECK THE BOOTCAMP SCHEDULE FOR WHEN THESE CLASSES ARE RUNNING
	5.30PM <b>POWERBAR</b>				
6.30PM <b>NRG FIT</b>	6.30PM <b>CORE/YOGA/ RELAX</b>		6.30PM <b>POWERBAR</b>		
		7PM <b>BOOTCAMP</b>	7.15PM <b>CORE/YOGA/ RELAXATION</b>		

## QUICK CHECK ON SQUAT TECHNIQUE

Squats are often hailed as the king of exercise moves. That's because they involve a lot of muscles, which in turn means they burn a lot of calories. You learned to walk by squatting, but as natural as this movement is, you might have forgotten how to do it. Here's what you need to know to get started:

1. Stand with your feet shoulder-width apart.
2. Keeping your heels planted, lower your body as far as you can by pushing your hips back and bending your knees until your thighs are parallel to the floor. Check knees are not pushing over and in front of the toes. Make sure core is activated and eyes are looking straight ahead.
3. Pause, and quickly stand back up again.

## RECIPE      Smoked Salmon Omelet

### Ingredients

- 5 Egg Whites
- 2 teaspoons chopped fresh Parsley
- 1/8 teaspoon Herbes de Provence, crushed
- 1 cup Baby Spinach
- 30g Smoked Salmon, thinly sliced
- 2 tablespoons crumbled Goat Cheese
- 1 slice Whole Wheat Bread, toasted
- 1 Orange, sectioned

### Directions

Whisk together the egg whites, parsley, and herbes de Provence in a medium bowl until blended. Set aside.

Heat a small nonstick skillet coated with cooking spray over medium heat. Cook the spinach in 1 tablespoon of water for 2 minutes or until wilted. Place in a bowl and set aside. Wipe the skillet clean.

Recoat the skillet with cooking spray and heat over medium heat. Add the egg mixture and cook, without stirring, for 15 seconds. When the edges begin to set, push them into the center with a rubber spatula, allowing the uncooked portion to cook. Cook for 2 to 3 minutes, continuing to push edges into the center as they set, or until the eggs are no longer runny.

Scatter the spinach, salmon, and goat cheese on half of the omelet. Gently fold the other half over and cook for 1 minute to melt the cheese. Slide the omelet onto a plate. Serve with the toast and orange.

### Nutrition Information

**Serves:** 1 | **Serving Size:** 1 omelete

**Per serving:** Calories: 330; Total Fat: 8g; Saturated Fat: 5g; Monounsaturated Fat: 2g; Cholesterol: 20mg; Sodium: 773mg; Total Carbohydrates: 31g; Dietary Fiber: 6g; Sugars: 15g; Protein: 34g

# How Does Strength Training Actually Help Me Burn Fat?

**Q) I've heard that strength training increases my metabolism. How does it do that and will that help me lose weight?**

Strength training, which involves using weights, bands, kettlebells or other forms of resistance that challenge your body to work harder than it does in everyday life, definitely does increase your metabolic rate. However, so does endurance exercise (such as running). The difference is how long and how much these activities boost your metabolism that really has an impact on your overall ability to lose body fat and/or decrease your weight.

Just so we're all on the same page, let's talk about the components of our metabolism:

First we have our resting metabolic rate, or RMR. This is the energy needed (quantified in calories) to keep our bodies alive – our heart beating, our lungs breathing, etc. Your RMR makes up about 60 to 80 percent of our total metabolic rate. The variation in RMR is due to individual differences among people, the foods we consume, and the activity we engage in which can directly change RMR.

Second we have the Thermic Effect of Activity, or TEA. The more active you are, the more your total metabolic rate will be increased. TEA includes all activity from mowing your lawn (with a push mower, that is), to playing basketball, to walking across the room. It's not just structured activity, but also the activities that we engage in every day to live our lives.

Third, we have the Thermic Effect of Feeding, or TEF. This is the amount of energy expended to eat and digest food and use those nutrients to create more energy.

So our metabolism, known as total energy expenditure (TEE) = RMR + TEA + TEF. Each component is different for each person, resulting in unique metabolic rates.

Strength training increases our TEE by elevating the amount of calories expended in activity (TEA). The harder you strength train, the greater the amount of calories you burn through exercise. In turn, if your food intake does not highly exceed your needs and consists of quality choices, you will lose weight and body fat.

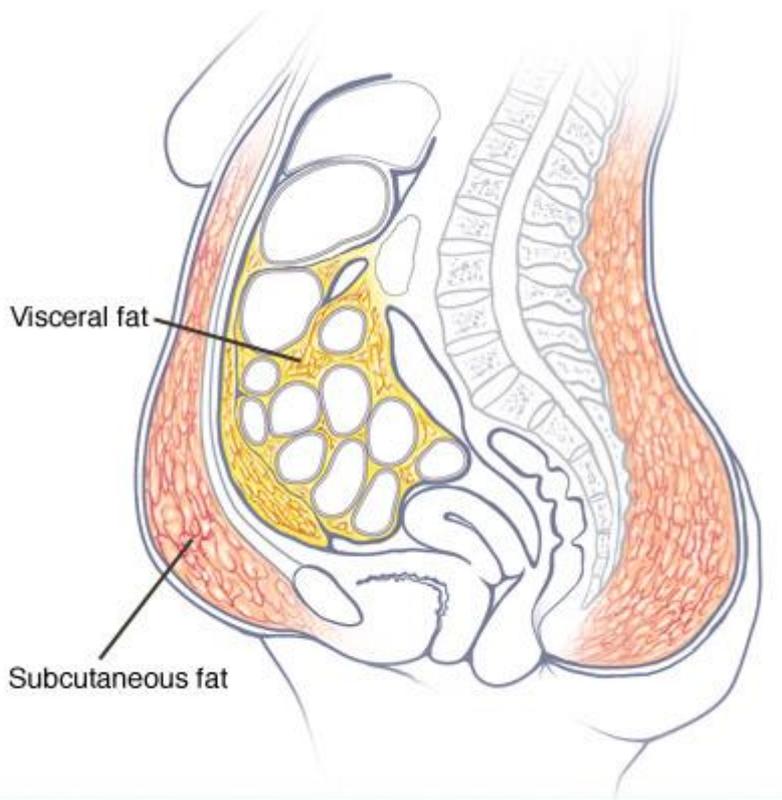
Interestingly, strength training also increases the amount of calories expended in your RMR. The reason it does this is by increasing the amount of lean muscle mass you carry, which requires more energy to maintain and repair than fat tissue.

Both strength training and endurance exercise will increase your energy expenditure at the time of activity, and for a few hours afterwards, when they are conducted at the same intensity (you all have experienced that increase in hunger after a good workout, whether it be strength or cardio work).

However, strength training is unique in that if you perform multiple sets of a challenging weight to failure, scientists have shown that the energy expended afterwards, known as EPOC (excess post-exercise oxygen consumption) can be elevated for 24-36 hours. Some people call this the "Afterburn" effect of serious strength training.

Overall, strength training can boost your metabolism, but it has to be more challenging than activities you do every day. You can't expect 3lb dumbbells to make much difference to your metabolic rate if your children (that you carry around) weigh more, or your grocery bags are heavier. Your body needs to remember that strength training requires "strength" so you have to load your exercises accordingly. Otherwise your body won't get the challenge it needs to build muscle, lose fat and look better in your clothes – and that's what we're all looking for, right?

## WHAT IS VISCERAL FAT ?



Subcutaneous fat is the belly fat you can feel if you pinch excess skin and tissue around your middle. Visceral fat, which is more dangerous, is belly fat that accumulates in your abdomen in the spaces between your organs. Too much visceral fat increases the risk of serious health

Your weight is largely determined by how you balance the calories you eat with the energy you burn. If you eat too much and exercise too little, you're likely to pack on excess kilos — including belly fat.

However, aging also plays a role. Muscle mass typically diminishes with age, while fat increases. Loss of muscle mass also decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight.

Many women also notice an increase in belly fat as they get older — even if they aren't gaining weight. This is likely due to a decreasing level of oestrogen, which appears to influence where fat is distributed in the body.

The tendency to gain or carry weight around the waist — have an "apple" rather than a "pear" shape — might have a genetic component as well.

What to do ??? Eat a healthy diet .Watch those calories. Exercise more. It's quite simple.