



29th Jan 2020

THE 8 WEEK DROP THE XMAS KILOS BEGINS MON 3RD FEB!

Kick start your New Year's resolution and ditch the Xmas kilos by jumping on board the 8 Week Weight Loss Program. Weight loss begins when we change habits, control our food portions and understand the importance of nutrition. It doesn't matter which program we follow whether it is Keto, Paleo, Mediterranean or a Vegan diet. If we consume more calories than our body requires, we will store unwanted energy as body fat. It's as simple as that.

Sure, some may argue that one diet is better than the other but if you think about it, anyone can lose weight on those diets if they start to consume a calorie deficit intake than their normal intake.

We believe our 8 Week healthy food plan is a winner!! We have been running this program since 2012 and have had a lot of success. We have had some people lose up to 10 kilos and others who join each year to re-set and re-program to get back into a healthy eating routine.

The program starts Monday 3rd February – Friday 27th March. Cost is \$495.00

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 Meditation. 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, plus weekly weigh ins and a consult.

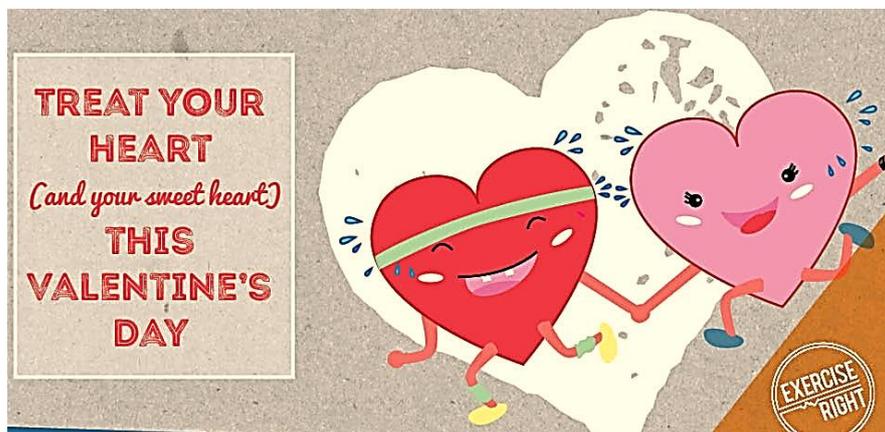
You receive your very own recipe book containing 30 recipes with instructions how to cook them. You will have easy to follow recipes for breakfast, lunch and dinners.

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 which 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.

VALENTINES BOOTCAMP NIGHT WALK

WHEN FRIDAY 14TH FEBRUARY
TIME 6.30 PM
WHERE TBA
BRING PARTNER OR A FRIEND



*NO COST FOR FEBRUARY BOOTCAMP TROOPS, UNLIMITED NRG, 8 WEEK WEIGHT LOSS MEMBERS AND THEIR PARTNER.
\$20.00 FOR CASUAL ATTENDANCE IF NOT CURRENTLY ENROLLED IN ABOVE MEMBERSHIPS.*

LEAP INTO THE BOOTCAMP MINI TRIATHLON

WHEN SAT 29TH FEBRUARY
TIME 8.30 AM
WHERE LYSTERFIELD LAKE PARK
BRING SWIMMING ATTIRE, BIKE,
HAT, WATER, TOWEL AND
SUNSCREEN



CATEGORIES ARE

SWIM APPROX 50 – 100 METRES. You can choose one category, two or all three
BIKE 9.5KM
RUN 3KM (A 6KM RUN WILL BE AN OPTION FOR THOSE WHO WANT TO RUN ONLY)

*NO COST FOR FEBRUARY BOOTCAMP TROOPS, UNLIMITED NRG AND 8 WEEK WEIGHT LOSS MEMBERS
\$20.00 FOR CASUAL ATTENDANCE IF NOT CURRENTLY ENROLLED IN THE ABOVE MEMBERSHIPS.*

Read further for classes and costs.....

www.fitnessNRG.com.au

TERM 1 PT GROUP CLASSES START MON 3RD FEB – THURS 26TH MAR

COST \$130 EACH FOR THE 8 WEEK TERM

PT group classes are an affordable alternative to one on one personal training. They are a small group providing excellent workouts. PT group classes provide weigh in checks at the start of term and at the end of term. If you don't like large groups and can't afford PT training, this is a great way of training.

Check out the UnlimitedNRG membership also, on the next page of the newsletter.

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/ABS BUTT \$130			
	5.30PM POWERBAR \$130		6.30PM POWERBAR \$130		
6.30PM NRG FIT \$130	6.30PM CORE / YOGA \$130		7.15PM YOGA \$130		

TERM 1 FEB BOOTCAMP

STARTS MON 3RD FEB COST \$165 (12 X 1 HR SESSIONS)

Bootcamp runs in 4 - 5 week blocks. Bootcamp has a variety of different training styles. Check the Bootcamp schedule on our website www.fitnessnrg.com.au for current classes. It is a great all-rounder providing NRG FIT classes which are a HIIT training class. Boxing, circuit, outdoor walks, toning with weights and core strengthening.

You do not have to be fit to jump in.

You just need to start. !!

MON	TUES	WED	THURS	FRI	SAT
				OCCASIONAL NIGHT WALK	9.30AM OCCASIONAL CHECK TIMETABLE
6.30PM BOOTCAMP NRG FIT		7PM BOOTCAMP INDOOR/ OUTDOOR			

UNLIMITED NRG TERM 1 MEMBERSHIP

TERM 1 MON 4th FEB – THURS 26th MAR

COST \$320 FOR 8 WEEKS

Unlimited NRG is a term membership. It came about for those who wanted to have a choice of classes each week choosing from Bootcamp to Core Classes, Powerbar, Step and Yoga.

It gives you flexibility to try everything we offer. You can jump into all of them.

There is no limit !

You can decide which classes to come to each week.

Unlimited NRG in Term 1 will run for 8 weeks.

TERM 1 UNLIMITED NRG CLASSES

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/ABS BUTT			9.30AM OCCASIONAL CHECK TIMETABLE
	5.30PM POWERBAR		6.30PM POWERBAR		
	6.30PM CORE / YOGA		7.15PM YOGA		
6.30PM BOOTCAMP NRG FIT		7.00PM BOOTCAMP		OCCASIONAL NIGHT WALK	

All **new members** to FitnessNRG are required to undergo a 1 hr fitness assessment before commencing. The assessment involves cardio fitness testing, core strength test, upper body strength test, blood pressure and flexibility test. We also do body measurements and bioelectrical impedance analysis which reads bodyweight, body fat %, muscle mass in kg's, water %, body type, visceral fat reading and biological age. We discuss any previous or existing injuries you may have so that we can modify your exercise if needed. These assessments are a great start to anyones physical journey so that you/we can gauge improvements as you go. The assessment cost is \$60 and can be shared with a friend or family member for \$70 (\$35 each). Any member of FitnessNRG can book these at anytime.

We welcome all the new faces who have jumped into Bootcamp and to those who have started Personal Training. Remember to listen to your body and ease your way slowly to increase your level of fitness. Don't go too hard too soon.

We hope you enjoy your sessions and feel this is **"YOUR"** place to train.



SORE MUSCLES AND DOMS

Sore muscles after a tough workout are common and are a normal part of athletic training. But what about that soreness that hits you a day or two after your workout? They weren't that sore a few hours after your workout or even the night before and the pain is different to that experienced during exercise or to that of an injury such as a muscle strain.

These sore muscles are a result of DOMS (Delayed Onset Muscle Soreness).



What is DOMS?

DOMS, or Delayed Onset Muscle Soreness is a condition that causes moderate to extreme muscle pain and stiffness, and affects muscles 24 to 48 hours after physical activity.

The sore muscles are in response to any unusual exertion during exercise or an activity that your body is not used to, and the body's attempt to adapt to the increased physical demands.

Ironically, this adaptation process produces greater stamina and strength in the muscles as they recover and build in growth and size (muscle hypertrophy). In other words, sore muscles are usually an indication that they are getting stronger, leading to greater fitness.

Warning: *Don't overdo it! Be sure that the muscle soreness is only moderate and that it has been caused by exercise, not by muscle overuse or injury. This is important when considering what you need to do for sore muscle relief. Any sore muscle treatment as a result of DOMS should work with the adaption process rather than against it.*

The Principle of Adaptation

Adaptation is the ability of the body's muscles to adjust to changing physical demands. This process enables you to coordinate muscle movement and to develop sports skills. By repeatedly practicing the same physical activity, it becomes second-nature and easier to perform. Only in the early stages of the activity, when it is relatively new to you, does muscle soreness or DOMS usually occur.

What Causes Sore Muscles and DOMS?

Muscles experience physical stress when we exercise. Certain factors challenge the adaption process, which can ultimately cause moderate muscle damage and soreness as opposed to unnecessary pain or injury. These factors include:

- Exercising too hard in the early stages of a physical training program can place unfamiliar stress on the muscles.
- Taking on a physical activity too strenuous for your fitness level.
- Overtraining by overdoing a physical activity, over-exerting yourself physically or doing too much too quickly.
- Failure to warm-up, cool-down and stretch before and after exercise can lead to muscle soreness or even injuries.
- Chemical agents being released from damaged muscles during physical exertion to irritate pain receptors.
- Increased blood flow to the muscles during physical exertion to cause swelling and irritation to pain receptors.



Why Do Muscles Get Sore?

It is natural for your muscles to feel sore the next day after exercising. By increasing the intensity, you increase the stress on your muscles. The sore muscles then need to recover to increase their endurance and strength. So basically, muscle recovery leads to improved muscle function. Let's look at this process in greater detail.

By exercising hard, you stress your muscle tissue beyond what it is used to. Your muscles begin to burn, which indicates muscle damage. Because of this damage, your muscles feel sore the next day. Muscle soreness is delayed because damage to the muscles consists of **small microscopic tears** in the muscles after they have undergone lengthening (eccentric) contractions. Inflammation sets in after 24 to 48 hours, which then causes the soreness.

Muscle biopsies taken immediately after physical exertion show disruption of z-band filaments holding the muscle fibres together as they slide over each other during a contraction. Next-day muscle soreness (DOMS) is solely caused by damage to the muscle fibres themselves.

It used to be thought that DOMS was caused by a build-up of lactic acid in the muscles. Lactic acid in the muscle's tissue is completely washed out 30 to 60 minutes after physical activity. With most muscle soreness occurring 24 to 48 hours after exercising, the cause of sore muscles cannot be lactic acid build up in the muscles.

Can You Prevent Sore Muscles?

You can only prevent sore muscles by doing everything at the same pace and intensity as you have always done it, which is basically unnatural. Muscles must be stressed enough to strengthen them but not too much to cause them injury. Normal healthy muscles need to be tested through physical activity so if you're looking to improve your performance or get fitter, faster and stronger, sore muscles cannot be prevented or avoided.

Here are some tips to get sore muscle relief and help you prevent, or at least minimize, the type of sore muscles that cause injury.

- Warm up properly before any physical activity.
- Gradually increase either the intensity or the duration of your workout, not both at once.
- Be aware of your fitness level and don't overtrain, particularly in the early stages of any exercise routine.
- Use correct posture and positioning when exercising.
- Don't increase both intensity and duration during the same week.
- Finish your exercise session with a thorough cool-down and stretch.

Sore Muscle Treatment Tips

The only "cure" for sore muscles is time for them to recover and heal. No-one has discovered a panacea for DOMS yet but there are remedies that have proved to be of some help in the recovery process. These include ice, rest, anti-inflammatory medication, massage and heat treatment. To reduce sore muscles and get relief;

- Wait for the muscles to heal before working at the same level that originally caused the muscle soreness.
- Move the sore muscles slowly and easily until they return to their normal state.
- Work below your previous intensity until their strength returns.
- Gradually warm up your muscles to increase the flow of oxygen and nutrients to the muscles before you work them. Your joints will also become less stiff and your body better adapted to the demands of the exercise.
- Stay hydrated.
- Keep your muscles fuelled with good nutrition and good dietary habits.
- Give your body time to recover properly so that it can adapt slowly to your improved levels of performance.
- Massage and foam rolling will reduce muscle soreness by stimulating the neutrophils (white blood cells that fight inflammation).
- Relaxing in the pool, a hot tub or a salt bath for 15 minutes will reduce muscle tension.

- Include regular flexibility training as part of your long term exercise program. While these recommendations are a good place to start, you'll get a lot more benefit when you add the right stretches to your training program. By increasing stretch & flexibility you'll...
 - Do away with stiff, tight muscles and joints;
 - Improve your freedom of movement;
 - Get rid of injuries, aches and pains;
 - Improve your sporting performance; and
 - Take your flexibility to the next level.

Don't Stop Exercising

Sore muscles are a natural outcome of any kind of physical activity, particularly in the beginning stages of an exercise program. Don't give up exercising altogether just because you have sore muscles. Give your body time to recover and continue with your activity. By doing this, you are allowing your body to adapt to higher stress in a very healthy and natural way, which will lead to stronger muscles and greater fitness.

Brad Walker | First Published February 6, 2017 | Updated March 3, 2019

5 WAYS TO RUN SAFE IN HOT TEMPS

Monitor your heartrate

Your heart rate shouldn't be going up by more than about 10 beats per minute from what it would typically be on an easy day when running. If it stays consistently higher, you may be entering a dehydrated state.

Slow down to finish the session

Most of the time, it makes more sense to slow down and get the entire run in, rather than cut it short because of the heat. Only stop short of your target distance if you experience severe cramping, dizziness or nausea, which are the warning signs of heatstroke.

Listen to your hamstrings

In most runners the first sign of dehydration is evident in the hamstrings. So pay close attention on longer runs. If your hammies start getting tighter than usual; this is a good signal you're not taking in enough electrolyte fluids.

Time your drinking

It takes 20 minutes to absorb fluid prior to exercise, and drinking large amounts quickly before you head out the door will only cause your system to flush out that fluid rather than absorb it properly. Nursing it over a 30-minute period is optimal before you hit the road.

WATER AND WHEN TO DRINK IT

WHEN is an easy one. Your body will tell you when you need to drink, which is when you are thirsty. You need to be able to recognise the first indication of thirst as a warning that dehydration is imminent, and then act accordingly. Many people have taught themselves to ignore this feeling and may have desensitized themselves to the initial signs of thirst.

Our body requires approximately 2 litres of water per day to function at our best. When we exercise and sweat this means we need even more water to replace what is lost in perspiration.

As a general rule, you should aim to drink a glass of water :

1. When you get up, before you eat or drink anything else.
2. 10 to 15 min before each meal
3. Any other time when thirst strikes
4. We should aim carry a water bottle at all times.
5. Sipping water throughout the day will ensure we drink adequate amounts of water.

WATER AND HYDRATION

One of the best ways to limit the effects of dehydration during exercise is to start ahead of the game and drink enough before it. “Checking your urine pre-exercise is an easy way to see if you’re prepared,” says Anthony Meade, Adelaide-based sports dietician. “If it’s clear and copious, maybe you’re drinking too much. If it’s the colour of iced tea, you need to drink more. If it’s a pale lemonade or straw colour, you’re probably adequately hydrated.”

Thanks for reading. We hope to see you very soon .

The FitnessNRG Team 😊😊😊

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