

FITNESS **NRG** ^{PT}

Info 29th March 2021

TERM 2 TRAINING BEGINS MON 19TH APRIL 2021



5 WEEK BOOTCAMP

STARTS MON 19TH APRIL – WED 19TH MAY

COST \$165

MON 6.30pm WED 6.30pm

TERM 2 PERSONAL TRAINING GROUP CLASSES

MON 19TH APRIL - FRI 25TH JUN 2021

10 WEEKS COST \$165.00 EACH CLASS

MON	5.30PM	NRG GOES (45 MIN)	<i>*Pls note there is no class on Queens Birthday Monday June 14th Cost for this class is \$148.50 for 9 weeks.</i>
TUES	5.30PM	POWERBAR	
TUES	6.30PM	CORE/YOGA	
WED	5.30PM	YOGA (45 MIN)	

UNLIMITED NRG MEMBERSHIP

MON 19TH APRIL – FRI 25TH JUNE

10 WEEKS 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.



UNLIMITED NRG TIMETABLE

MON	TUES	WED	THURS	FRI	SAT
					9.30AM OCCASIONAL OUTDOOR BOOTCAMP
5.30PM NRG GOES 45 MIN	5.30PM POWERBAR	5.30PM YOGA 45 MIN			
6.30PM BOOTCAMP	6.30PM CORE / YOGA	6.30PM BOOTCAMP		OCCASIONAL NIGHT WALK	

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/ Personal Trainer- Cheryle Milligan

This is a thorough assessment which looks into your deficiencies and symptoms which are currently present and which you may be unaware of. You will be asked to fill out various forms and questionnaires. Your answers will give a clear indication of what you are low in the 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

muscle cramps

white marks on nails

swollen abdomen

frequent colds and exhaustion

dry or flaky skin

lack of energy

premature greying hair

plus many many more.....

8 WEEK WEIGHT LOSS PROGRAM

COST \$495

This program is offered throughout the year and is designed to provide a personalised journey to help you lose weight and become fitter.

The program gives you the tools and food plans to manage your weight loss during the 8 weeks and for as long as you want "after" the 8 weeks. It's all up to "you".

The 8 week program also 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. This is really great value.

If you think this may be suitable for you please don't hesitate to call Cheryle 0419 535 720 for further details.

We have had a lot of success with this program and very proud to provide it to our clients.

THE PLANK

Planks are one of the best core exercises. It's debatable as to whether or not an exercise regime consisting solely of planks would give you a six-pack by itself. The odds are pretty slim, and the amount of planking you would have to do would be absolutely ridiculous, but including a plank as part of a varied routine shows some immense benefits.

Planks go best when mixed with an assortment of cardio and **strength training exercises**, and they show this by improving the benefits that you reap from each individual exercise and type of training you do.

Some of the most important groups of muscles that are targeted by the plank are:

- The **transversus abdominus**, which is a set of core muscles that ultimately lays the foundation that enables you to develop your abs. The transversus abdominus must first be trained for you to build and develop your rectus abdominis, which is the front area that most people shooting for a six-pack are observing when they're looking in the mirror.
- The rectus abdominus helps greatly, improve sports performance and your ability to jump high.
- Your oblique muscles are responsible for your ability to bend sideways and twist your waist, and are often neglected during exercise routines
- Your glutes help support your back .

Your core is crucial for helping keep your spine in alignment, as well as maintaining strength in the rest of your back. Core strength helps keep you safe from strain injuries.

The core must be trained on a regular basis, and a lot of people don't know this. Doing too many exercises that target specific muscle groups – weight training, for example – neglects the core and can lead to disproportionate strength and injuries later in life. Planks are a great way to maintain strength in the core.

Planks are a very versatile exercise that target a lot of the most important muscle groups in the body. The core muscle groups are responsible in some way for helping us carry ourselves through almost every action we'll perform in a day, so making sure your core strength is in check is absolutely vital for someone who wants to lead a strong and healthy lifestyle.

Planks will improve your posture

Planks are able to improve your posture, which is incredibly important for a number of things.

- Good posture prevents your body from developing injuries by improper weight distribution, which can affect everything from major exercise routines to small movements like bending over.
- Proper posture displays confidence and self-assurance.

Since planks work your core, that means they work basically the whole body, from your pelvic girdle to your shoulder girdle as well as your legs.

The plank strengthens your spine, your rhomboids and trapezius, and your abdominal muscles, which naturally result in a strong posture as they grow in strength.

Developing your posture can improve a number of ailments, and prevent the onset of other ones.

- Good posture means you're keeping your bones aligned. This means that you'll lower the risk of skeletal injuries, you'll be able to lift more, and your body will put less strain on your joints and bones to prevent the development of diseases like arthritis.
- Improving your posture means that you'll position your internal organs better, which can nullify any digestive issues or other functional problems that may have been caused by your internal organs being forced out of their natural position by bad posture.
- Good posture increases your height, making you appear lean and actually increasing your height a bit

A lot of people don't put a lot of thought into their posture – in fact, many aren't even taught how to stand properly. Fortunately, even for those who aren't educated about posture, the plank will improve this. Having strong core muscles naturally improves your posture, since these muscles are what help your body hold its own weight and carry itself with proper balance. Planks target almost all the areas that are responsible for good posture, effectively improving it.

Planks help get rid of back pain

This benefit is partially due to the improved posture that planks provide, but the significance of the plank's ability to affect back pain deserves a section of its own. The plank doesn't just inhibit certain types of back pain but enhances the health of the back as a whole.

The improved posture alone helps to align the vertebrae, which takes off unnecessary stress in the spinal region. This also helps to arrange the ligaments in the back properly, which further prevents painful back conditions.

Planks help you build up the muscles in your abdomen, which allows further support of your posture. Having strong abdominal muscles also means that your body feels less of your weight – remember, you're holding up numerous kilograms every second you're standing, and all this strain comes back on your bones, joints, and muscles. Strong abdominals take a lot of this stress off your back.

Osteoarthritis, is a degenerative condition related to the joints in your body.

- As you age, your body naturally loses some of its mobility. Having proper posture and strong core muscles helps to prevent this from happening too quickly.
- Neck and shoulder pain can also be caused by improper posture or by straining the muscles in your core, so keeping them strong is a key way to avoid unwanted injuries of these areas.

Planks strengthen a lot of muscle groups, as well as the skeletal system, in ways that allow your body to better compose itself. Having a body that properly maintains and composes itself means that you'll be less at risk of developing degenerative diseases, and can likely offset the onset of pain in old age.

You'll become better coordinated

One of the best benefits of planking doesn't come from actual muscle growth, but from its ability to help you train your muscles to be more stable.

The body uses its **core muscles to help maintain balance**. This is obvious when you're running, biking, exercising in any way – or during active leisure activities like dancing. Many people think that their extremities are responsible for their balance, and they are, in part – but the majority of your stabilization comes from your core.

Having a strong core helps you avoid injuries that could be caused to single muscle groups that might be over exerted by trying to maintain balance during aggressive exercise. For example, snowboarding relies heavily on the calves for balance, and having a strong core can reduce some of this strain.

Strengthening your core also teaches you how your body and muscles work together, and can help improve your ability to work as a single unit instead of trying to control a bunch of different muscle groups simultaneously.

Planks also help build endurance of these muscle groups, so you're able to maintain balance in physically exhausting situations for longer times.

Performing endurance feats like planking also carry with them a very trying mental aspect. Many people say that half of a workout is in your mind, and the plank is great proof of this – many people *can* hold a plank for much longer than they believe that they can, but they give up too soon. Doing regular plank training, and continuing to motivate yourself to hold a full plank, can have incredible benefits for your focus and concentration.

If you're able to hold focus during an intense exercise like a plank, imagine how easy it will be for you to focus on other tasks!

Planks aren't just useful for building the strength and endurance of your body. They work a set of core muscles that are responsible for the way your body carries itself – meaning that doing planking enhances your ability to support your own weight. Doing so improves your ability to move, and you will find yourself more nimble, agile, and coordinated if you do planking regularly.

Planks improve your flexibility

Unlike some exercises that simply improve the strength of your muscles, planks offer a versatile range of benefits – not the least of which is **improving your flexibility**.

Planks make your posterior muscle groups – not just your glutes, but all of the muscle groups in the back of your body -much more flexible. These include the muscles around your shoulders, your collarbone area, and your shoulder blades themselves. These muscle areas will grow and stretch with continued planking, which is great because these areas are often neglected during many traditional exercise routines.

The plank is an important pose in many yoga routines. Yoga is a great form of exercise for people hoping to build core strength and improve flexibility. The plank being considered a core element of yoga training routines indicates just how beneficial it can be not just for your core, but for your flexibility as well.

Side planks, allow you to stretch out your sides, improving flexibility from the hip area.

A tip for enhancing the flexibility you'll gain from planking is to do a *rocking plank*. Once you're in the plank pose, rock your body back and forth by moving your toes a little bit in either direction.

Adding planks to your regular exercise routine means that you'll not only build core strength, but you'll improve your body's flexibility as well. Different variations of the plank can enhance the flexibility of different areas in more effective manners, and combining the plank with other exercise like yoga, its benefits become more pronounced.

Different variations on the plank

The plank is versatile, not just in the benefits it provides for your body, but in the number of different ways you can perform the exercise. Each different method provides better benefits for different areas of the body, and all can be substituted on different days of your exercise routine.

A couple tips that can be applied to most plank exercise:

- During plank position, pull your bellybutton in. Your bellybutton is connected to your transverse abdominus, one of the main core groups of muscles that are necessary for many bodily functions. Pulling your belly button in helps to flex your T.A. muscles, providing a harder workout and more results.
- To work your rectus abdominus – the 'six pack' muscles – try and pull your chin down towards your feet while you're continuing to squeeze your belly button.
- Squeezing your kegel muscle in a similar way as flexing your belly button. Kegel squeezes involve drawing your pelvic muscles up. Kegel squeezes can be tricky to do at first – for men, they should squeeze the same muscle that's used when they would stop themselves from urinating in the middle of doing so.

The 2-minute plank test

Try and hold a plank for two minutes. If you can't do this, or you experience pain during the attempt, then you know that your core muscles aren't at the point that you want them to be. This could also indicate that you're carrying too much body weight and need to switch up and do some cardio.

Cautions for planking

Like anything, excessive use of this exercise, or improper execution, can lead to some unpleasant issues.

- If you feel any pain, particularly in your neck or lower back, this could indicate that you aren't strong enough to be exerting as much effort. This could lead to compressed vertebrae or too much pressure on your spine.
- It can be smart to start doing the plank for only a few seconds at a time, to assure yourself that you don't have any injuries that would be exacerbated by doing the exercise.
- Make sure you don't let your hips, head, or shoulders sag! This improper form of execution can lead to a whole lot of injuries in the muscle groups you're trying to strengthen.
- Don't put your hands or elbows too close together – this can throw off your balance, and tends to create improper stability.
- Don't hold your breath.

Even for those who execute the plank perfectly, there are some things you should be aware of:

- If you have existing back pain – strained muscles or injured discs in your vertebrae – You should see a physician before starting any exercise routine to assess your current state of physical health.

In conclusion

The plank is a fantastic, simple exercise that can be learned by anyone and should be an integral part of everyone's exercise routine.

The plank has a large number of different benefits, and since the exercise targets your core muscles in such an extravagant fashion, these benefits can span your entire body. Your muscles, your skeletal system, and even your organs can be positively impacted by regular use of the plank.

While there are some precautions to be taken regarding the plank and its many varieties, it's more likely that you'll reap benefits from doing this exercise instead of being in danger. Hopefully you can quickly appreciate how amazing this exercise is for you!

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.