

**TERM 2 CLASSES, BOOTCAMP AND PT SESSIONS ARE BACK
MONDAY 19TH APRIL**

**BOOTCAMP WILL RUN FOR 5 WEEKS BEGINNING MONDAY
19TH APRIL UNTIL MONDAY 24TH MAY. AFTER THAT IT
WILL RESUME STRAIGHT AWAY ON THE 26TH APRIL UNTIL
THE END OF TERM 2 ON FRIDAY 25TH JUNE. DETAILS
WILL BE AVAILABLE CLOSER TO THE START DATE.**

COST OF THE APRIL/MAY BOOTCAMP IS \$165.

PERSONAL TRAINING AT FITNESSNRG

FitnessNRG provides affordable Personal Training for all ages. These sessions are a great way to receive full attention in each training session. It's designed for those who need and want the one on one training for a number of reasons. Some of those reasons are to strengthen and correct bad posture, rehabilitation due to injury, weight loss, tone up, general fitness etc.. You can train with a friend or a partner as well.

Costs are:

One person	1hr	\$60
One person	½ hr	\$50
Two people	1hr	\$70
Three people	1hr	\$75
Four people	1hr	\$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.

SOME INTERESTING FACTS ON WHAT EXERCISE ACTUALLY DOES FOR US

Engaging in regular exercise is one of the best things you can do for yourself. Exercise helps to improve your sense of well-being, to prevent heart disease and several other important medical problems, and to improve your chances of remaining healthy and fit well into your old age.

How Does Exercise Make You Healthy?

Regular exercise has several beneficial effects on your body that can improve the function of your musculoskeletal system, your cardiovascular system, your respiratory system, your metabolism, and even your brain.

Musculoskeletal benefits of regular exercise:

- Increases the size and strength of your muscle fibres.
- Increases the strength of your ligaments and tendons.
- Increases the number of capillaries that supply blood to your skeletal muscles.
- Increases the number and the size of the mitochondria (the power plants) in your muscle tissue, which allows your muscle to burn more energy.

Cardiovascular benefits of regular exercise:

- Improves your overall cardiac function, so that you pump more blood with each heart beat.
- Reduces your blood pressure, especially if you have essential hypertension.
- Improves your overall vascular function.

Respiratory benefits of regular exercise:

- Improves your lung capacity.
- Increases blood flow to your lungs (allowing the lungs to deliver more oxygen into the blood).

Metabolic benefits of regular exercise:

- Increases your muscles' ability to burn fat more efficiently.
- Increases the mobilization of fatty acids into the bloodstream from your fat deposits. (These last two effects of regular exercise "tune" your metabolism into more of a fat-burning machine.)
- Reduces your triglycerides.
- Increases your HDL cholesterol (good cholesterol).
- Reduces insulin resistance.

Other benefits of regular exercise

- Improves your immune function, which reduces your chance of getting some infections.
- Appears to reduce your chances of getting breast cancer, pancreatic cancer, and certain other gastrointestinal cancers.
- Helps prevent gallstones.
- Helps prevent the physical and cognitive declines of aging.
- Reduces your risk of Alzheimer disease.

How Does Exercise Reduce Cardiovascular Risk?

Given all these benefits, it is easy to see how regular exercise can help to prevent cardiovascular disease.

In addition to the direct effects of exercise on the heart, regular exercise improves several important cardiac risk factors. Exercise lowers blood pressure, helps prevent obesity, reduces triglyceride levels, increases HDL cholesterol levels, and improves insulin resistance (and thus helps to prevent or even reverse metabolic syndrome). An exercise routine has even been shown to be helpful in achieving smoking cessation.

So it should not be surprising that countless studies have shown that regular exercise helps to prevent heart disease, and further, helps to reduce the risk of death in both men and women, and in all age groups. Ref: Richard N. Fogoros

ARE YOU EATING ENOUGH ?

While it is often assumed that the fewer calories we eat and the more exercise we do, the greater the weight loss results, human metabolism is a little more complicated than that. While it may be the case that if you have many kilograms to lose, a dramatic drop in calorie intake coupled with extra exercise will see a relatively large weight loss, once you are looking at losing a small amount of weight, say 5-10kg, chronic calorie restriction coupled with high amounts of activity can actually slow down fat metabolism.

As the muscle requires carbohydrate to burn fat, a muscle that is expected to exercise in large volumes and that has insufficient carbohydrate available to it to effectively burn fat will reduce metabolic rate to conserve energy rather than burn the extra carbohydrate and fat. And this is the likely reason that individuals who train excessively, and who constantly restrict their carbohydrate intake are not as lean as they would perhaps like to be.

Perhaps the easiest way to understand this scenario is thinking of carbohydrate as the fuel for the fire – a muscle without carbohydrate when it is exercising can be likened to a fire that does not have much wood, it still keeps burning but not in the raging way it does when it is fully stoked.

So, if you are a big trainer, and training for more than an hour a day, and still not leaning up, chances are you need a little more carbohydrate to stoke your own fire and help you get as lean as you want to be.

BENEFITS OF BOXING

- Decreases body fat
 - Increases muscle tone
 - Improves cardio vascular fitness
 - Increases endurance & conditioning
 - Increases strength & power
 - Increase power & agility
 - Improves hand eye coordination & footwork
 - Relieves stress
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**UNLIMITED NRG CLASSES
COST FOR TERM 2 IS \$400 FOR 10 WEEKS**

Unlimited NRG is a membership which came about from requests by you. This exclusive membership gives you the flexibility and full access to choose your classes when you want them - week by week. Unlimited NRG Membership means you can jump into any Bootcamp session or any PT group class on the timetable. It is paid upfront for each term throughout the year and the terms run consecutively with the Victorian school holiday dates. If you are new to FitnessNRG, you can take an Unlimited NRG Membership anytime throughout the term. Existing FitnessNRG members can upgrade with a simple adjustment to their fee. This is a great affordable alternative to one on one Personal Training giving you as many classes as you like each week. . Contact Cheryle 0419 535 720 if you have any questions.

UNLIMITED NRG CLASSES AVAILABLE

MON	TUES	WED	THURS	FRI	SAT
5.30PM NRG GOES 45 MIN	5.30PM POWERBAR	5.30PM YOGA 45 MIN			CHECK BOOTCAMP SCHEDULE FOR SESSIONS
6.30PM BOOTCAMP	6.30PM CORE AND YOGA	6.30PM BOOTCAMP			

Thanks for reading everyone. We hope you enjoyed the information and can use the articles to improve your health and fitness...

See you in training ☺