

EXCITING NEWS WE ARE BACK MON 17TH OCT

Yes, that's right!!

We plan to begin Term 4 classes Monday 17th October. As I am still recovering from surgery, at this stage it will only be group classes returning. I am going to gauge the hours I can work and increase the hours as I go.

I'm very sorry if I am putting out my PT clients. You may consider jumping into a PT Group session or Bootcamp. All details below in newsletter.

The 8 Week Weight Loss Program will start up also on the 17th October. Please let me know ASAP if you are jumping in or if you are joining any of the classes. Details with costs etc. are in this newsletter. I have listed Bootcamp, PT Group Classes, UnlimitedNRG and the 8 Week Weight Loss Program. All have their own separate costs

Thanks for all the well wishes during my op recovery. I appreciate it very much. I am looking forward to getting back into the gym and seeing your smiley faces.

Cheryle 😊

BOOTCAMP (8 WEEKS)

MON 17th OCT – WED 7th DEC

COST \$220 (16 SESSIONS)

| MON | TUES | WED | THURS | FRI | SAT |
|---------------------------|------|---------------------------|-------|-----|-----|
| 6.30PM BOOTCAMP | | 6.30PM BOOTCAMP | | | |

TERM 4 PT GROUP CLASSES - 8 WEEKS

TUES 18TH OCT – WED 7TH DEC

COST \$132 (EACH CLASS)

| MON | TUES | WED | THURS | FRI | SAT |
|-----|---------------------------|-----------------------|--|-----|-----|
| | 5.30PM POWERBAR | 5.30PM YOGA | 5.30PM POWERBAR This class is on alternate weeks 27/10 10/11 24/11 8/12 Cost \$66 | | |
| | 6.30PM YOGA | | | | |

TERM 4 UNLIMITED NRG - 8 WEEKS

MON 17TH OCT – THURS 8TH DEC **COST \$320**

| MON | TUES | WED | THURS | FRI | SAT |
|---------------------------|---------------------------|---------------------------|---|-----|-----|
| | 5.30PM POWERBAR | 5.30PM YOGA | 5.30PM POWERBAR This class is on alternate weeks 27/10 10/11 24/11 8/12 | | |
| 6.30PM BOOTCAMP | 6.30PM YOGA | 6.30PM BOOTCAMP | | | |

8 WEEK WEIGHT LOSS
COMMENCING MON 17th OCT – THURS 8th DEC
COST \$495

8 WEEK WEIGHT LOSS CHALLENGE

If you want to kick start your fitness and also lose weight before the summer hits, why not jump into the 8-week weight loss plan. This is a **PROVEN** program which will set you up to **ENJOY** the coming Christmas festivities.

WHAT'S THE DEAL?

Do you need to kick start your metabolism and re-ignite your enthusiasm? Well, you **CAN** do it starting Monday 17th October 2022

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, NRG Fit, Boxing, Yoga and Relaxation. You will have the option to come and go as many times as you like. You will receive guidance and group encouragement from others on the program. We will be with you every step of the way, providing food plans, recipes and a manual to record your food and your weekly weigh ins.

The recipes have easy-to-follow instructions on how to cook them which include breakfast, lunch and dinners.

A Detox Food Plan and examples of food plans are all included.

YOU can choose which foods to eat.

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.**

The cost of the 8 Week Weight Loss program is \$495

8 WEEK WEIGHT LOSS CLASSES

MON 17TH OCT – THURS 8TH DEC

| MON | TUES | WED | THURS | FRI | SAT |
|---|-------------------------------|-------------------------------|--|-----|-----|
| 5.30PM – 6.15 Weigh in consult for weight loss program | 5.30PM POWERBAR | 5.30PM YOGA | 5.30PM POWERBAR This class is on alternate weeks 27/10 10/11 24/11 8/12 | | |
| 6.30PM BOOTCAMP | 6.30PM YOGA | 6.30PM BOOTCAMP | | | |

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 is running for 8 weeks

Our PT Group training classes are also running for 8 weeks. You can choose to do 1 x PT Group class a week OR why not try **UnlimitedNRG**.

UnlimitedNRG gives you every class including Bootcamp sessions for 8 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. 😊

THINGS TO NOTE AND REMEMBER

Please refrain from coming to training if you have any cold and flu like symptoms.

Bring a mat and drink bottle to your sessions. We have a water dispenser in the outdoor area for your use.

Remember to wipe down equipment and "dry" (if left damp) using the sanitizer wipes after using any equipment. Particularly the sweaty bikes. Wipe steps only if sweaty.

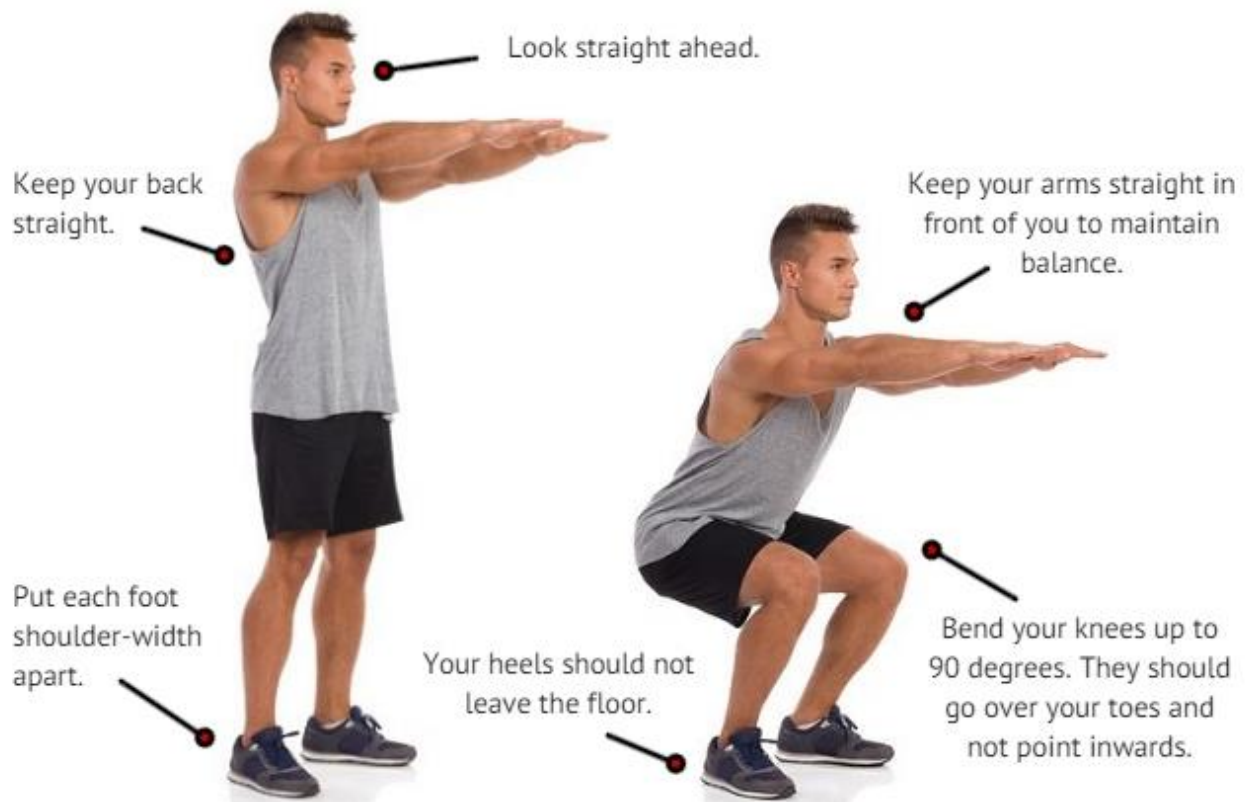
Please refrain from parking in the car spots directly across the road. We have been informed by the shop owners that they prefer FitnessNRG members "not" to use them. There is parking on the streets out front, tennis courts a few meter's up and the child care centre after hours.

Thanks Everyone 😊

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.



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.

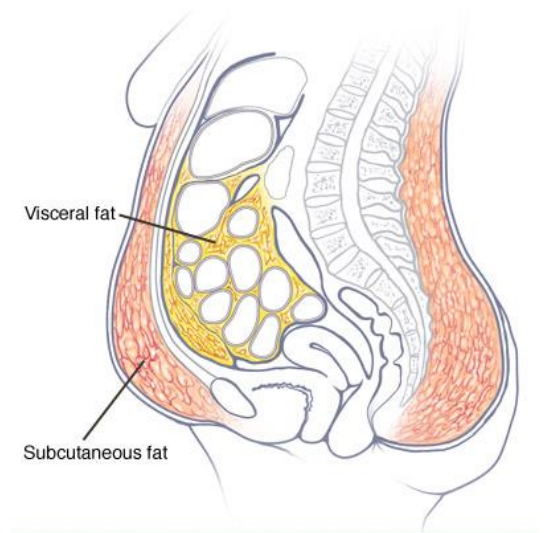
Some people call this the "Afterburn" effect of serious strength training.

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.