

# FitnessNRG Info

August 1<sup>st</sup> 2011

fitnessNRG.com.au

## BOOTCAMP

It has been a busy week with new faces in the Bootcamp and Group sessions..We are now half way through the Bootcamp . Keep training hard and you **will** get your results. It does take work ...Remember, proper food intake and nutrition is 80% of reaching your goal..

It was great to see a large group in the Saturday Bootcamp session. With packs on and carrying ropes we warmed up in great conditions. Just a little chilly but no rain !!!! The running rope disappeared without instructions from the Sarge and they had to be called back to perform 20 push ups for going AWOL !!!! Mmmmm..... who was the instigator of that I wonder. ????

Last Saturday session at Birdland the running rope apparently performed 20 push ups "AND 20 DIPS" at each seat when coming back to the carpark . Someone thought that's what I said. The instruction was only 20 push ups as the dips were programmed at the end of session.. You may want to ask Craig M. about that one...

Next Saturday Bootcamp session is at Cardinia Reservoir.. Duffy's Rd. Meet at Crystal Brook Picnic Ground. The session starts 9.30am sharp !!!! So it is a good idea to get there 5-10min earlier. I will have my phone on me if you happen to lose your way getting there...

### **Reminder Bootcamp Troops .**

Group Photo will be taken this sat 6<sup>th</sup> August at Cardinia Reservoir after the session..

***Wear Camo gear for Group Photo***" e.g camo cap, camo t shirt etc...

## GROUP CLASSES AND PERSONAL TRAINING

I hope you are enjoying your training whether it is one on one or in a group. If you miss a session in the PT Group Sessions you can make up the sessions by joining another group. You have the remainder of term to do it so please feel free to try something different. Please be aware if you have a PT training session booked as a permanent it would be appreciated if at least 12hrs notice is given if you are not attending . That way someone can jump into the time slot you are not attending.. It is also appreciated that session is paid for if less than 12hrs notice is given.

### **NEW CLASS STARTING SOON WITH GUY**

#### **MON 5PM**

Guy is a qualified Personal Trainer . He will be starting a new class on Mondays at 5pm. I will let you know the start date soon everyone.. If you would like to attend the sessions the cost will be \$15 as a casual. Some of you have met Guy in the Bootcamp sessions..He holds a Black Belt in Karate and is passionate about fitness. The class will be awesome !!!! It will involve boxing , a little bit of self defence and other exercises to get you moving....Let me know if you are interested and I will put your name down.

## GROUP CLASS SESSIONS AVAILABLE

Mon	5.00pm – 6.00pm	" Starting Soon"
Tues	9.30am - 10.30am	Step/ Abs & Butts
	4.30pm – 5.30pm	PowerBar Training
	6.30pm – 7.30pm	Cardio/Core
Thurs	9.30am – 10.30am	Cardio/Bar
	8.00pm – 9.00pm	"Zumba"



# CAN THIS 1 UNIQUE SPICE HELP TO FIGHT ABDOMINAL FAT?

This spice that I'm going to mention is one of the most overlooked, but healthiest spices in the world... You might even call it a "**fat burning spice**"... in a roundabout way. And yes, it can actually help you **win the battle against abdominal fat** if you use it daily...I'll explain why.

Here are some other benefits of this miracle spice:

- controls blood sugar levels
- helps maintain insulin sensitivity
- a VERY powerful antioxidant
- may have antibacterial and antifungal properties
- and dozens of other benefits

**So what is this miracle spice that beats abdominal fat?** Well.. it's good old tasty **Cinnamon!**

**Although cinnamon does NOT directly increase fat burning (such as by increasing metabolic rate, etc), it CAN actually help you to burn off abdominal fat and get leaner in an indirect way.**

**Here's how...**

Although cinnamon has dozens of health benefits, the main benefit that will help you to get leaner is through it's strong effect on controlling blood sugar levels in your body.

In a study published in 2003 in the medical journal Diabetes Care, groups were split into people taking 1, 3, or 6 grams of cinnamon per day in capsule form (the equivalent of approx 1/4th to 1 teaspoon of cinnamon).

*The results of the study showed that all 3 amounts of cinnamon reduced fasting blood glucose levels by 18-29% after 40 days.*

Cinnamon can also **increase insulin sensitivity**, which essentially means that it is helping your body to control blood sugar while simultaneously allowing your body to produce less insulin.

As you know, chronically high insulin levels can make your body pack on the blubber.

**How to harness cinnamon to lose stubborn belly fat...**

One possible way to benefit from cinnamon to lose more fat is to use cinnamon daily in your meals when you can, such as in yogurt or cottage cheese, in smoothies, oatmeal, or anything else you can think of where it would go well.

Also, you could use a cinnamon capsule before each of your meals.

This could help to control blood sugar and insulin response from your meals and thereby control your appetite and cravings throughout the day... hence, **helping you to lose body fat more effectively** over time.

So now you can see that not only is cinnamon a powerful antioxidant that can help you stay youthful longer, it can also help you to control blood sugar and get a leaner body !

*Article by Mike Geary- Certified Personal Trainer, Certified Nutrition Specialist*