



FitnessNRG Info

29th August 2011

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DATES TO REMEMBER

THURS 8 TH SEPT	LAST SESSION FOR TERM CLASSES
MON 12 TH SEPTEMBER	BOOTCAMP ENDS
THURS 15 TH SEPTEMBER	SARGE LEAVING TO PLAN AND ORGANISE "2012 BOOTCAMP IN VANUATU"
SCHOOL HOLIDAYS	24 TH SEPTEMBER – 9 TH OCTOBER
MON 10 TH OCTOBER	BOOTCAMP STARTS
TUES 11 TH OCTOBER	TERM 4 GROUP CLASSES BEGIN

STRETCHING GUIDELINES

As with most activities there are rules and guidelines to ensure that they are safe. Stretching is no exception. Stretching can be extremely dangerous and harmful if done incorrectly. It is vitally important that the following guidelines be adhered to, both for safety and for maximizing the potential benefits of stretching.

- Breathe. Don't hold your breath. Holding your breath can raise your blood pressure, if you do suffer from high blood pressure. In any event, it makes you more tense. The deeper you breathe, the more relaxed you are, the deeper and longer you will be able to stretch.
- Never force a stretch beyond the point of mild discomfort. Stretching tight muscles will be uncomfortable, but you should never feel any sharp or sudden pain. If you do, stop immediately-you are pushing yourself too far.
- Be consistent. Stretching for a few minutes each day will gradually build flexibility and range of motion. This is far preferable to stretching only once a week for a longer time.
- Wear loose comfortable clothing. It's obviously very difficult to stretch if your clothes are tight and restrict movement.
- Time yourself and try to increase your time in each stretch by a few seconds each week. Start with 10-15 seconds and extend this by 5 seconds each week until you can hold a stretch for at least 30 seconds.

Stretching is one of the most under-utilized techniques for improving athletic performance and getting rid of those annoying sports injuries. Don't make the mistake of thinking that something as simple as stretching won't be effective.

FOOD TIP

MUESLI

For many, it comes as a surprise that muesli may not be the best breakfast choice, particularly if you want to lose weight. CHOICE has recently released a report in which more than 100 different types of muesli were reviewed, and reported that a large number of mueslis commonly marketed as "healthy", "low in sugar", "wholegrain" and "nutritious" are actually packed full of carbs, fat, sugar and ultimately calories. -

<http://www.choice.com.au/muesli>

The issue with muesli is that while it is "healthy" built on grains, nuts and fruit, it is the culmination of high calorie, high fat ingredients that result in a product that is exceptionally healthy but so full of calories that you could run to Perth and back. The reality is that most of us spend the bulk of our day sitting down, which means our favourite muesli is simply too high in calories to be enjoyed every day.

One of the biggest issues is that an ideal serve of muesli is just 1/3- 1/2 cup, yes, that little but most of us polish off at least double that amount as well as yoghurt, milk and fruit to top it all off. If you do love your muesli, to choose one that is not so high in calories, aim for varieties that contain just 20g of total carbohydrates per serve, and <3g of saturated fat per 100g. Skip the varieties that contain dried fruit, which are packed full of sugar and remember that if you choose one with nuts, you do not also need nuts during the day, as nuts are high in fat and you CAN eat too many.

Carman's Fruit Free MUESLI is ideal, primarily because the brand uses a lot of sunflower and pumpkin seeds, which are expensive but which increase the polyunsaturated fat content of the muesli. Most muesli is packed full of monos, which we get plenty of from avocado, olive oil and almonds, but the polys are rare. Then if you need gluten free muesli, you cannot go past the Brookfarm.

GROUP CLASS SESSIONS AVAILABLE

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"