



FitnessNRG Info

17th Oct 2011

www.fitnessNRG.com.au

NEW ENTRANCE TO TRAINING ROOM

There is now a new entrance to the training studio. It is located at the side of the house. Please wait outside until the session before yours has ended before entering the room. Future plan is to add an outdoor training area!!!!

VANUATU BOOTCAMP SEPT 2012

As most of you are aware I went across to Vanuatu with Craig recently for meetings regarding a Bootcamp I wish to hold over there next year.. Wow !!! It was a great experience.. The idea is a 5 night 6 day training adventure. I am currently working on finer details and will keep you informed. Any expressions of interest are welcome. I already have a few who are keen to go. Keep it in mind as it will be an awesome trip !!!!

BOOTCAMP NEWS

Welcome troops , to the October Bootcamp 2011. With daylight savings we are now able to train at different locations in the evenings. Wednesday night is scheduled at 6.30pm and will run outdoors. Mondays are 7pm Box & Battle which is a mix of indoor boxing and outdoor drills. Saturday is outdoor except for Sat 22nd Oct. I have amended the timetable as there have been a couple of changes to locations. See below. Please grab the new timetable ASAP if I haven't already given you one. They were given out last Friday night...

CHANGE ON TIMETABLE

SAT 22ND OCT 9.30AM WILL BE BOX & BATTLE
SARGES BARRACKS COLBY DRIVE

MON 24TH OCT 7PM WILL BE BIRDSLAND.
MEET OUTSIDE IN CAR PARK ON McNICHOLS RD.

MELBOURNE CUP WEEKEND

28TH OCT – TUES 1ST NOV

*IF YOU MISS ANY OF YOUR SESSIONS THE CUP WEEKEND
YOU CAN CHOOSE FROM THE FOLLOWING CLASSES TO MAKE UP*

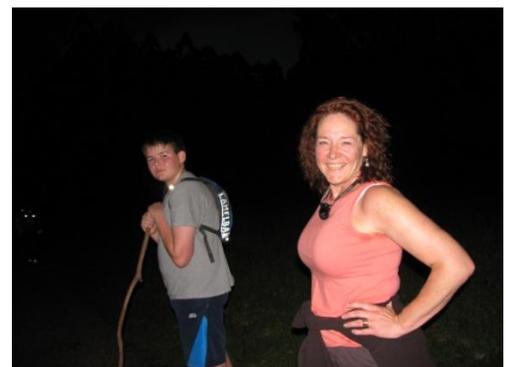
FRI 28 TH OCT 6.30PM	BOX & BATTLE
MON 7 TH NOV 7.00PM	BOX & BATTLE
TUES 8 TH NOV 5.00PM	POWERBAR
TUES 8 TH NOV 7.00PM	BOX-CARDIO-CORE



10KM NIGHT WALK

Fri 14th Oct

Last Friday night we met at Grants Picnic Ground on a mild evening, no wind. Perfect temperature. Carol managed to find a Keith Urban look alike to take our group photo!!!! As we chatted the group slowly divided as we took off with our maps in hand. There were a couple of Sarge surprises along the way. Nice steep hills.... Worked the quads and butt nicely !!! Coming back, Jack and Jayden decided to do a few surprising as well hiding in the trees waiting for their first victim Steve Mercer, who had a few verbal words to say as the boys jumped out from the trees!!!! Thanks troops for coming along. Let me know if you would like me to schedule another 10km night walk next Bootcamp.





TERM 4 GROUP CLASSES

Welcome back to the last term of the year. If you have goals to achieve before the summer now is the time to knuckle down and really work on them. We have 9 weeks to go !!!!!

Welcome to all the new class participants. If you miss one of your sessions you have the opportunity to make it up by jumping into another class or Bootcamp session. You **MUST** make up the session within the term.

“HIP HOP CLASSES” WITH NARELLE

“Hip Hop” classes run on Thursday evening at 6pm. If you would like to try the class let myself or Narelle know. Its a fun way to keep fit. Let your friends know about it !!!!

CLASSES AVAILABLE THIS TERM

DAY	TIME	CLASS	INSTRUCTOR
TUES	9.30AM	<i>STEP-ABS-BUTTS</i>	CHERYLE
TUES	5.00PM	<i>POWERBAR</i>	CHERYLE
TUES	7.00PM	<i>BOX-CARDIO-CORE</i>	CHERYLE
THURS	9.30AM	<i>BOX-CARDIO-BAR</i>	CHERYLE
THURS	6.00PM	<i>“HIP HOP” DANCE</i>	NARELLE

TRAINING TIP !!!! You know you will feel better if you do it

The irony of the excuses not to train including I am too tired, too busy, sore to name a few, is that no matter what your issue, there are few from which you will not feel BETTER if you just go for a brisk walk, jog or your scheduled training session. There is no secret to training, you just have to schedule it, plan for it and do it, and in every case, you know you will feel much better for it. So, when you are feeling like missing another training session, or are lying on the couch after a tough day, self-medicate with training. It is the only positive solution.

CHALLENGE YOUR FOOD BELIEFS

I have to eat something sweet after dinner, I cannot leave food on my plate, I always need 2 sugars in my cup of tea, I always have 2 slices of toast not 1, I cannot go without dinner, I have to have a glass of wine after work, I always eat a pie at the football, We always eat an entire block of chocolate or packet of biscuits if we open them- just a few of the common food beliefs that many of us have held since childhood. You can imagine how challenging it can be after holding these beliefs for 20 or 30 years to change them. In saying that, in most of these cases the beliefs hold no truth, and when it comes to altering weight or improving eating habits, they do in fact need to be questioned and ultimately altered.

A simple strategy to try to challenge some of your own food beliefs is to instead ask the question, Do I really need and/or feel like this?. You will be surprised how rarely you actually do feel like the food, or are hungry enough to eat it. Once you start to become aware of how your own food beliefs are impacting your own eating behaviour, you will be in a much better position to challenge them and ultimately change them.

FOOD TIP

THE WORST FOODS YOU CAN BUY

Here are the worst food offenders for young families and foods that you are much better to leave on the shelves-

1. Shapes – high in palm oil and offer nothing nutritionally
2. Jatz – high in palm oil
3. Rice Crackers – high GI and offer nothing nutritionally
4. Le Snak – buy real cheese and crackers
5. Nutra Grain / Fruit Loops / Coco Pops – you know chocolate is not good for breakfast
6. Nutella – chocolate in a jar
7. Cordial – sugar in water
8. 2 minute noodles – 1 packet = 3 breads + 1000mg of sodium
9. LCM Bars – high GI rice and sugar
10. White bread – one of the worst food habits we can have long term