

# FitnessNRG Info

21<sup>st</sup> Nov 2011

www.fitnessnrg.com.au



## DATES TO REMEMBER

WED 7<sup>TH</sup> DECEMBER

BOOTCAMP ENDS

THURS 15<sup>TH</sup> DECEMBER

LAST DAY FOR TERM 4 THUR GROUP SESSIONS

TUES 20<sup>TH</sup> DECEMBER

LAST DAY FOR TERM 4 TUES GROUP SESSIONS

## VANUATU BOOTCAMP 2012 - "A BRIEF OUTLINE"

SAT 22<sup>ND</sup> SEPT 2012 – THURS 27<sup>TH</sup> SEPT 2012.

HIKE UP CASCADE FALLS AND ABSEIL DOWN CASCADE FALLS

KAYAKING PLUS TRAIN AMONGST THE LOCALS AND ALONGSIDE THE VILLAGES

EXERCISE SESSIONS MORNING AND AFTERNOON.

INCLUDES 2 NIGHTS IN HUTS MADE BY THE LOCAL PEOPLE ON AN ISLAND

ALL MEALS AND ACCOMODATION INCLUDED COST \$1500.00

AIR FLIGHTS **NOT** INCLUDED .BUT YOU CAN GET RETURN FLIGHTS AROUND

\$700-\$800

"XMAS PARTY"

SAT 17<sup>TH</sup> DEC 7.30PM



## FOOD TIP

### The Christmas Calories

Food	kJ	Cal	Fat (g)
3 Mini quiches	789	190	12.3
1 tbsp dip + 6 Jatz	811	202	11.4
2 shortbread fingers	826	206	11.2
10 chocolate almonds	1155	377	18.1
20 honey cashew nuts	790	190	16.5
1 Mince Pie	1000	250	12
3 pieces Giant Toblerone	1724	433	23.4
2 Party pies	1030	380	13.8
6 rice crackers + pesto dip	1023	244	19.5
3 fried chicken wings	1260	415	21

# PRE CHRISTMAS EATING PLAN

It may seem a little early but the reality is that many of us will start the Christmas party season very soon, and hence we need to be on top of things if we are going to prevent weight gain over the next 5-6 weeks. So, here are the rules, guaranteed to keep your weight under control if you want it to be.

1. **No mince pies until Christmas Eve.** With more than 250 calories and at least 10g of fat per pie, these Christmas treats need to be consumed sparingly.
2. **Under no circumstances are you to skip training** – in fact, if you can afford to you should be doing extras to compensate for the extra calories you will be consuming.
3. **Eat light if you are going out** – this means soup or salad for the other meal of the day.
4. **Always eat a snack before you go** – a protein shake or bar, nut bar + 1 vegetable will ensure you do not arrive at any function starving.
5. **The 5 canapé rule** – 5 canapés equates to a meal worth of calories so make sure you are counting.
6. **An alcohol limit** – it may be just on weekends or for the very special Christmas parties but create your own rule and stick to it.
7. **Christmas foods at Christmas only** – this means all the extra chocolates, nuts and other Christmas foods be kept until.....Christmas.
8. **Quality over quantity** – commit to enjoying it if it is very good quality but don't waste calories on poor quality party snacks, chocolates and lollies.
9. **The extra walk** – for any big parties, commit to an extra walk the next day to compensate.
10. **The 2 vegetable rule** – this is not just a Christmas rule but munching on 2 vegetables a day will help to keep you full so you are less likely to overindulge in rubbish.

## RECIPE

### John Dory with pumpkin mash

Serves 2

#### *Ingredients*

2 large John Dory Fillets  
1 butternut, peeled and cubed  
¼ cup low fat milk  
2 tsp reduced fat spread  
2 tsp pesto  
2 tsp olive oil  
2 cups of green beans

#### *Method*

1. Peel and cube pumpkin, steam and when cooked mash with milk and spread.
2. Seal fish in pan with olive oil and cook until tender and place on mash. Drizzle with pesto and serve with lightly steamed green beans



## **BOOTCAMP NEWS 21<sup>ST</sup> NOV**

Hi Troops

We are into the second week of the November Bootcamp. Monday night you will receive your results of the VLA Bioimpedance Test.. I hope you will find the results interesting and helpful. Thanks Kye for giving your time for the troops. If you would like a repeat test let me know and if a few of you are interested we can arrange it for a small fee.

The 10 -12 km walk , scheduled Fri the 18<sup>th</sup> November had to be cancelled due to the weather, but you all came back to the training room and battled it out with the Boxing gloves working up a sweat in the humid conditions.

**PLEASE NOTE : BIRDSLAND SESSION WEDNESDAY 23<sup>RD</sup> NOVEMBER.  
MEET INSIDE AT THE BBQ AREA 6.30PM SHARP !!!!**



***“CONGRATULATIONS TO ONE OF THE TROOPS***

***SARAH”..!!!!!!.***

***COMPLETING THE 50KM WALK IN THE UPSTREAM CHALLENGE  
ON SAT 19<sup>TH</sup> NOVEMBER***

***AWESOME EFFORT !!***

**VANUATU BOOTCAMP 22<sup>ND</sup> SEPT – 27<sup>TH</sup> SEPT 2012 IS DEFINATELY ON !!!!  
LOTS MORE DETAILS COMING SOON.  
EXPRESSIONS OF INTEREST ARE WELCOME**

## WHAT TO DO WHEN YOU INJURE YOURSELF

When you do injure yourself and lets face it, it happens to all of us at some point of our life. It may not even happen whilst exercising. The first few hours are crucial for a successful recovery.

- Ice immediately if possible
- If you don't have access to ice straight away, try to immobilise the area. Don't stretch the area as you may cause further tearing. If it is an ankle keep your shoe on until you can ice it.
- Keep the ice on for as long as you can.. (Until you go to bed that night.) The longer you can keep the ice on the quicker the swelling will reduce..
- Make sure you compress the area with the ice and elevate the injured area. Don't put ice directly on the skin. It is best to wrap the ice in plastic. Then wrap a bandage or tea towel firmly around the ice and injured area. Keep icing for several hours if possible.
- An anti-inflammatory tablet can also be taken if needed. Check with your pharmacist
- A few days after the swelling has gone down massage and lightly stretch the area. This will help to avoid the formation of scar tissue
- Scar tissue is thick and fibrous . It doesn't have the ability to stretch so re- injury is a common problem. Massage will help to avoid this problem and can also break down pre-existing scar tissue
- Wear a supportive bandage for a few days to protect the injured area from further damage especially for the ankle and knee area.