

FitnessNRG Info

28th Nov 2011

www.fitnessnrg.com.au



DATES TO REMEMBER

WED 7TH DECEMBER

BOOTCAMP ENDS

THURS 15TH DECEMBER

LAST DAY FOR TERM 4 THUR GROUP SESSIONS

TUES 20TH DECEMBER

LAST DAY FOR TERM 4 TUES GROUP SESSIONS

VANUATU BOOTCAMP

SEPTEMBER 2012

“DONT MISS THIS AMAZING EXPERIENCE”

SAT 22ND SEPT 2012 – THURS 27TH SEPT 2012.



HIKE UP CASCADE FALLS AND ABSEIL DOWN CASCADE FALLS

KAYAKING CHALLENGE !!!!!

TRAIN AMONGST THE LOCALS AND
ALONGSIDE THE VILLAGES.

BUSH TREKS

EXERCISE SESSIONS MORNING AND
AFTERNOON.



INCLUDES **ALL MEALS** AND **ACCOMODATION** INCLUDING 2 NIGHTS IN HUTS MADE BY THE LOCAL PEOPLE ON A MYSTERY ISLAND AND 3 NIGHTS AT THE BEAUTIFUL BENJOR RESORT

COST \$1495.00

AIR FLIGHTS **NOT** INCLUDED .BUT I HEARD A WHISPER , AIR VANUATU WILL BE RELEASING CHEAP FLIGHT DEALS END OF JAN 2012. APPROX \$649 RETURN.

I WILL KEEP YOU POSTED. LIMITED SPOTS AVAILABLE. DEPOSITS CAN BE PAID NOW TO SECURE YOUR PLACE .



“XMAS PARTY”

SAT 17TH DEC 7.30PM

BYO PARTNERS ,DRINKS &
PLATE OF SAVOURY NIBBLES



- SURPRISE ENTERTAINMENT SUPPLIED
BE THERE TO FIND OUT !!!!!!!

TEST THE STRENGTH OF YOUR CORE MUSCLES TRY THE BALL TWIST

Set the body in a bridge position with the feet hugging the ball.
The hands are shoulders width apart on the floor.
Engage the core muscle groups (abdominals, back and glute muscles)
Hold a bridge position.
To increase the intensity slowly twist to each side



START POSITION



TWIST SLOWLY TO ONE SIDE

ALCOHOL MANAGEMENT

It is likely that you have already noticed an increase in your alcohol intake as we head towards the warmer months and whether this is a few extra beers over the weekend, or a couple of cocktails as you catch up with friends at the end of the day it does mean more calories, and ultimately more calories = weight gain. So here is how you manage your alcohol intake over the party season and prevent unwanted weight gain in the process.

1. **Be firm** and do not look at Christmas as an excuse to drink too much. Remember that 1 alcoholic drink = 1 slice of bread in calories so count your drinks and know your limits.
2. **Know** that spirits served in a tall glass, with lots of ice and a low calorie mixer such as soda or diet soft drinks are your lowest calorie option with 80 calories per glass. This is compared with a large glass of wine or beer which contain between 120-140 calories.
3. **Eat something** an hour before you head out and drink 500mls of water as you will drink far less if you are not hungry and hydrated.
4. **Differentiate** special parties from everyday drinks and catch ups after work and indulge for special occasions but be strict with day to day catch ups.
5. **Remember** that for every “big” night you are looking at 2hr the gym to burn the calories off and do extras where you can to compensate.