

FitnessNRG Info

5th Dec 2011

www.fitnessnrg.com.au



JANUARY 2012 CLASSES AND PERSONAL TRAINING

Personal Training sessions for 2011 finish Wednesday 21st Dec and resume again Monday 16th January. **There are no class from Thurs 22nd Dec till Sunday 15th Jan** so be good and try to do some of your own exercise .

GROUP SESSIONS DURING DECEMBER AND JANUARY 2012

**\$15 PER CLASS..NEED A MINIMUM OF 4 TO RUN A CLASS AND
PRE - PAYMENT TO CONFIRM COMMITMENT**

Mon 12TH Dec 7pm – 8pm

Wed 14th Dec 7pm – 8pm

Mon 19th Dec 7pm - 8pm

Wed 21st Dec 7pm – 8pm

Mon 16th Jan 7pm – 8pm

Wed 18th Jan 7pm – 8pm

Mon 23rd Jan 7pm – 8pm

Wed 25th Jan 7pm – 8pm

Mon 30th Jan 7pm – 8pm

Wed 1st Feb 7pm – 8pm



NEED A FLAT TUMMY PRONTO ?

Feeling bloated and heavy is an unfortunate side effect of eating out and overindulging on high fat, high salt Christmas canapés but the good news is that there are a few little tricks that can help you to get rid of the bloat quickly and easily should you need to over the next few weeks.

1. **Eat the right vegetables** - vegetables high in potassium including leeks, onions, celery and garlic help to shift fluid so make up a strip soup (see back) and use this to flush out your system.
2. **Get some special tea** - try dandelion or licorice tea which also acts as powerful diuretics.
3. **Swap to liquids** – protein shakes, vege juices and soups with move through your digestive tract quickly which will help to keep your tummy flat.
4. **Walk** – moving as much as possible will help to move food through your digestive tract.
5. **Go low salt** – check labels and aim for <300mg sodium per serve and avoid all Asian foods including Miso and sushi which are all very high in salt.

THE FLUID STRIP SOUP

Ingredients

2 leeks, white end chopped finely
3 zucchinis, sliced
2 cups salt reduced chicken or vegetable stock
4-5 cups water
2 garlic gloves, finely chopped
1 small onion, finely chopped
1 cup low fat milk
Olive oil

Method

1. Sauté onion and garlic in a small amount of olive oil. Add leek, zucchini and cook until soft.
2. Add water and stock to mix and bring to the boil, then turn heat down and add milk. Once heated through, transfer to a food processor and blend and serve.

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