

FitnessNRG Info

May 14th 2012

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BOOTCAMP SAT 12TH MAY

WENT PINK FOR BREAST CANCER AWARENESS



It was a perfect day and we couldn't ask for better weather ! The 6km Ryans Rd course is tough !! Thank you for coming along to tackle this enduring challenge. You guys were amazing and I am sure you may be feeling the result with sore calf's, butts and quads. We raised \$342.20 for the McGrath Foundation. Due to the great support received I am hoping to make the event even bigger next year .. If you would like to see more photos please access Facebook and look for Cheryle Copeland Milligan.

Congratulations

1 st boy to finish Craig Milligan	36min 50secs
1 st girl to finish Sarah Hope	40min 0secs
2 nd boy to finish John Vellin	38min 05secs
2 nd girl to finish Jess Scapicchio	41min 11secs

FOODS TO RID YOUR DIET OF

Rice snacks - white rice is a source of concentrated carbohydrate, with a high glycaemic index and little dietary fibre. This includes rice cakes, crackers and snacks.

2 minute noodles - a packet of 2 minute noodles can contain as much carbohydrate as three slices of bread and up to half your daily sodium requirement.

Turkish bread - you probably were not aware that the average serve of Turkish bread contains the equivalent amount of carbohydrate as six slices of bread.

Biscuits – a standard sweet biscuit is a mix of white flour, sugar and fat.

Cordial - cordial is a mix of sugar, water and colours and even the fruit based ones offer nothing nutritionally.

Fruit bars - even if they say that they are 100% fruit, the fact is that fruit bars are packaged into an extremely concentrated food item, without the water, fibre and vitamin content of fresh fruit.

Chocolate spread - while advertisers may claim that chocolate nut spreads are low GI and made from heart healthy nuts, if you check the label you will see that the first ingredient is actually sugar.

RECIPE

Breakfast Scramble

Ingredients

Spray olive oil

2 eggs, lightly beaten

½ cup low fat milk

1 cup chopped vegetables (mushrooms, tomato, onion, spinach, capsicum)

20g of reduced fat feta OR goats cheese

2 tablespoons reduced fat cheese

Method

1. Beat egg with milk. Mix cut up vegetables with feta or goats cheese.
2. Spray hot fry pan with spray oil and coat bottom of pan with egg mix.
3. Once egg is set, add vegetables and mix together. Sprinkle with cheese.

DATES TO REMEMBER

MON 14TH MAY

LAST SESSION OF APRIL/MAY BOOTCAMP

MON 28TH MAY

START OF MAY/JUNE BOOTCAMP

MON 11TH JUNE

“QUEENS BIRTHDAY” NO SESSIONS

SAT 30TH JUNE

LAST SESSION OF MAY/JUNE BOOTCAMP

BOOTCAMP NEWS

Troops !!! You have completed another month of training and still manage to create a fun training environment putting a smile on everyone's faces. Paul hasn't let us down and has been a worthy winner of last years Bootcamp Whinger keeping up his famous reputation. Although ,there HAS been others who may be getting close to achieving the same award..

Please let me know if you are jumping into the next Bootcamp. It starts Mon 28th May. If you "are" continuing I suggest to keep your fitness up as you have 2 weeks off before it begins again. ! Be good !!!

The next Bootcamp will have a "Train in your PJ's" session. Yes that's right !!! You wear your pyjamas to Bootcamp. Prize for the best PJ's.

Congratulations to all of you in the fitness test. It was very impressive and we had a record broken with Craig , taking the hover to 12min .05 secs. "Wow"

Highest Achiever is Craig

2nd was Carol "Well Done"

