

# FITNESSNRG<sup>PT</sup>

7<sup>th</sup> August 2012

## BOOTCAMP IN BALI JUNE 2013

Okay its now official ! FitnessNRG is holding a Bootcamp in Bali 23-28 June 2013. This week I will be handing out everything you need to know about this amazing experience. Everything is detailed from the moment you decide "YES" to the moment you board the plane back to Melbourne or you may decide to extend your stay and relax in sunny Bali. All you need to do is book and pay your return flights.

Check it out on my website [www.fitnessnrg.com.au](http://www.fitnessnrg.com.au)

I will need confirmation with a \$500 deposit



## BOOTCAMP BIATHLON THIS SAT 11<sup>th</sup> AUG 9AM SHARP !! MEET OUTSIDE CARPARK LYSTERFIELD LAKE PARK

The winter Biathlon is on again. Can everyone be set up and ready to go at 9am sharp! It will consist of a 6km run/powerwalk and a 12km bike ride .See me if you want to do shorter distances. You can invite your friends at a cost \$20 for the session. All Bootcamp troops have this event scheduled in the timetable. I look forward to it and prizes will be awarded to 1<sup>st</sup> and 2<sup>nd</sup> place in boys and girls . Good luck !!!!

## BOOTCAMP OLYMPICS SAT 4<sup>TH</sup>

NAME	RELAY	SHOT PUT	CROSS COUNTRY	ARM CHALLENGE	100 MTR	BASKETBALL
ANDREW	SILVER			SILVER	<b>GOLD</b>	<b>GOLD</b>
CRAIG	SILVER		<b>GOLD</b>			<b>GOLD</b>
JASON	<b>GOLD</b>	<b>GOLD</b>	SILVER	<b>GOLD</b>	SILVER	SILVER
SARAH	<b>GOLD</b>	<b>GOLD</b>	SILVER	<b>GOLD</b>	SILVER	SILVER
RACHEL	SILVER		<b>GOLD</b>			<b>GOLD</b>
KYE	<b>GOLD</b>	SILVER		SILVER	<b>GOLD</b>	SILVER
PAUL	SILVER					<b>GOLD</b>
ROLAND	<b>GOLD</b>	SILVER				SILVER

The morning started well again "No Rain". The rain had been pouring 90 mins earlier. It started with a 400metre relay. Followed by shot-put,, cross country, upper body challenge,100 metre sprint and basketball . Congratulations to the troops. It was a lot of fun. The gold and silver medals were made from chocolate so I hope you enjoyed them ! You deserved them !!!!

## DO YOU NEED AN IMMUNE BOOST ?

Hands up who has been struggling with the cold weather this year? While we know that plenty of Vitamin C, fresh fruits and vegetables and garlic is great for our immune system, far less often do we consider the importance of iron and zinc in keeping our energy levels optimal and our immune system at its best. So, if you know you do not eat enough red meat or seafood and keep getting sick, it may be useful to check your numbers. When it comes to iron we need 13-18mg/day and zinc 8mg/day.

<b>Iron in food</b>	<b>mg</b>	<b>Zinc in food</b>	<b>mg</b>
200g steak	7.0	Almonds (25)	1.0
1 cup mince	5	1 cup baked beans	1.4
1 chicken breast	2.0	100g lean beef	5.3
Fish fillet	1	100g chicken	1.2
½ cup baked beans	2.2	1 cup muesli	2.1
Slice grain bread	1	1 cup brown rice	1.6
Breakfast cereal with iron	3	30g pumpkin seeds	1.9
6 oysters	3.5	Can of tuna	0.9
½ cup Spinach	0.6	6 oysters	59

## RECIPE

### San Choy Bau

#### *Ingredients*

500g extra lean mince  
1 brown onion, finely chopped  
2 carrots, finely chopped  
2 sticks celery, finely chopped  
8 button mushrooms, finely chopped  
1 teaspoon minced garlic  
4 tablespoons salt reduced soy sauce  
1 small chilli, chopped  
8 large lettuce leaves  
Olive oil

#### *Method*

1. Fry onion, garlic until soft. Add chili and beef and cook until beef is browned.
2. Add vegetables and soy sauce and continue cooking until mince is cooked through.
3. Serve mince in lettuce cups.

## TERM 3 GROUP CLASSES

TUES	5.00PM	<b>POWERBAR</b>
TUES	7.00PM	<b>POWERBAR</b>
WED	4.00PM	<b>DANCE CLASSES</b>
THURS	9.30AM	<b>STEP/ABS/BUTTS</b>
THURS	6.00PM	<b>“EXTREME CORE”</b>
THURS	7.00PM	<b>“EXTREME CORE”</b>