

# FITNESSNRG<sup>PT</sup>

INFO 4<sup>th</sup> February 2013

## WELCOME BACK TO TRAINING

2013 has started and I hope all of you had a fantastic Christmas celebration and New Years. Welcome to all the new members of the FitnessNRG team. I am sure you are going to enjoy your journey of fitness with us. The start of a new year can spark desires to set new goals to carry us through the year. Start by setting small goals whether it is losing those extra kilos, drinking less alcohol or perhaps a desire to start a healthy lifestyle. I am a strong believer of balance in life and that fitness should be fun. I hope you find your classes to be fun but challenging as well.

## TERM CLASSES AND BOOTCAMP

Term 1 classes start Tuesday 5<sup>th</sup> Feb and finish Thursday 28<sup>th</sup> March. Bootcamp begins Monday 4<sup>th</sup> Feb with the last session Mon 4<sup>th</sup> March. The 1<sup>st</sup> term is a short one so the Bootcamp in March will just be 2 weeks long .!!!! I hope you enjoy your sessions and please feel free to bring up any concerns you may have..

## TERM 1 DATES TO REMEMBER

|                            |                        |
|----------------------------|------------------------|
| MON 4 <sup>TH</sup> FEB    | BOOTCAMP STARTS        |
| TUES 5 <sup>TH</sup> FEB   | GROUP CLASSES COMMENCE |
| SAT 16 <sup>TH</sup> FEB   | NO BOOTCAMP SCHEDULED  |
| MON 4 <sup>TH</sup> MAR    | BOOTCAMP ENDS          |
| MON 11 <sup>TH</sup> MAR   | <b>LABOUR DAY</b>      |
| WED 13 <sup>TH</sup> MAR   | 2 WEEK BOOTCAMP STARTS |
| WED 27 <sup>TH</sup> MAR   | 2 WEEK BOOTCAMP ENDS   |
| THURS 28 <sup>TH</sup> MAR | SCHOOL HOLIDAYS BEGIN  |
| FRI 29 <sup>TH</sup> MAR   | <b>GOOD FRIDAY</b>     |
| SUN 31 <sup>ST</sup> MAR   | <b>EASTER SUNDAY</b>   |

## RECIPE – QUINOA, BEAN AND FETA SALAD Serves 2

1 cup cooked quinoa  
1 cup green beans, lightly steamed  
1 Lebanese cucumber, cut into round s  
½ cup Danish feta, crumbled  
1/3 cup pistachio or walnuts  
¼ cup sultanas  
1 tbsp. olive oil  
Pinch of salt

1) Mix salad ingredients with ½ cup cooked quinoa. Dress with a small amount of olive oil and season with a little salt.

## AN INTERESTING VIEW ABOUT ALCOHOL

The dietary area that constantly causes issues in a lot of people's lives is alcohol. Drinking too much, too often, due to social programming over many years sees ,what may start as a drink or two occasionally, becoming a drink every night and then a few years later, a bottle or more every night. Not only does regular drinking lead to weight gain, but the mood issues, poor sleep, lethargy and non-productive hours that surround a high, regular intake of alcohol often cause relationship issues, work issues, health issues and life issues.

So, if you know that drinking a little too much, a little too often is negatively impacting on your life in more ways than you want it to , sign up for Fast Feb because often you do not know how much you were drinking out of habit and habit alone until you stop cold turkey - <http://febfast.org.au/>.