



INFO 4<sup>th</sup> March 2014

## TEMPTED BY EARLY EASTER EGGS ? CHECK THIS OUT !

The supermarket shelves are starting to stock Easter treats

A single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories. If you indulge in Easter treats for the next 6 weeks, you will gain at least 2kg or more. Be strong and leave the treats until Good Friday..

<b>Eggs Selection</b>	<b>kJ</b>	<b>Fat</b>	<b>Exercise units</b>
200g Easter Bunny	3740kJ	50g fat	2 hrs of running
2 Caramello Eggs	500kJ	6 g fat	15 min rowing
1 Crème Egg	718kJ	6g fat	45 min fast walking
100g Deluxe Bunny	2270kJ	33g fat	2 cycle classes
3 mini eggs	560kJ	7.5g fat	15 min skipping
Small hot cross bun (no butter)	600kJ	2 g fat	30min swimming
Large hot cross bun with butter	1200kJ	10g fat	30 minutes jogging
Choc chip hot cross bun	1100kJ	9g fat	1 Zumba class

**NEXT BOOTCAMP BEGINS WED 12<sup>TH</sup> MARCH AND ENDS WED 9<sup>TH</sup> APRIL. COST \$150**

## 8 WEEK CHALLENGE PARTICIPANTS

Its been great seeing all of you train hard and taking advantage of the different classes running. If your goal is to lose some kilos, remember, the weekends can be your enemy. Be aware of those extra calories consumed whilst socialising or relaxing at home. If you blow out the calories on the weekend and then resume a reduced calorie plan during the week **YOU WILL REMAIN THE SAME WEIGHT !!**. You will only burn off each weekends calorie intake week in week out. Try to be disciplined on those weekends. You will be amazed how quickly the weight will fall off if you do.

**THERE ARE NO CLASSES LABOUR DAY WEEKEND**

## DATES TO REMEMBER

WED 5 <sup>TH</sup> MAR 7PM	LAST BOOTCAMP SESSION .GROUP PHOTO TAKEN
WED 5 <sup>TH</sup> MAR 9.30AM	STEP/ABS/BUTTS
THURS 6 <sup>TH</sup> MAR 7.PM	POWERBAR
TUES 11 <sup>TH</sup> MAR 5PM	POWERBAR
TUES 11 <sup>TH</sup> MAR 7PM	CORE
WED 12 <sup>TH</sup> MAR 7PM	BOOTCAMP RESUMES NORMAL TIMES (MON,WED 7PM, SAT 9.30AM)

**ORDERED FITNESSNRG TSHIRTS WILL BE AVAILABLE FOR PICK UP AT THE END OF NEXT WEEK**

## FITNESSNRG MINI TRIATHLON SAT 1<sup>ST</sup> MARCH

If you haven't done so already, check out the photos on the FitnessNRG facebook page. The weather was perfect. We kicked off with the swim. One by one each person took off on their bikes for the 9.5km distance. Some needed a recovery after the ride before taking off on the 3km run. Warren and Craig dumped their bikes and took off without even taking a breath. "Who said it was a competition" ??... Craig was gaining and closing in on Warren. In the meantime Edina's 5.5km walk turned into a 13km 680 metre walk, being lost and taking the wrong turns. She eventually walked through the finishing line with a great big smile saying she really enjoyed it. The Saaarge was relieved !

Congratulations to Warren and Emily. They are on top of the leader board for The 2014 Ulitimate Hero. There will be another event soon. I am open for suggestions.

## RECIPE

### Homemade fish and chips

#### *Ingredients*

200 grams sweet potato

Spray olive oil

2 cups corn flakes

1 egg, beaten

2 tablespoons low fat natural yoghurt

600 grams boneless white fish

½ cup wholemeal flour

#### *Method*

1. Preheat oven to 190°C. Microwave sweet potato until nearly cooked. Cool, and cut into wedges. Spray with olive oil and lay on baking tray.
2. Crush cornflakes. Combine egg and yoghurt in a bowl. Place fish in flour and coat. Dip coated fish in egg mixture and then coat with cornflakes.
3. Place on tray with chips and bake for 15minutes or until crispy and brown.

## HOW DO I MANAGE CALF CRAMPS?

***Q In almost every run I get severe calf cramps; one or both of my calves just lock up. What's the cause of the cramping and how do I prevent it?***

**A** There are a couple of schools of thought on cramping; one suggesting it is hydration and electrolyte based and another suggesting there is a neuromuscular cause involving fatigue. I tend toward the latter in the marathon setting. Bruce Jones did a lot of work on marathon medical problems with the Boston Marathon through the '80s and '90s. In a comparison of medical problems in a hot and cold marathon, he found most problems increased with hot conditions; however, muscle cramping stayed at the same high level in both groups. So, heat is probably not the culprit. If you've hydrated and supplemented well, with various combinations of electrolytes, vitamins and minerals in your training and on race day, fluid balance and electrolyte deficiencies are likely not the primary villain either.

My guess is that you are dealing with "**muscle fatigue**" resulting in severe and painful cramping, generally termed exercise-associated muscle cramping. The onsite treatment is to stretch the cramping muscle.