

8 WEEK CHALLENGE GROUP

We are now into the 5th week of the challenge. There have been some fantastic results. I am so happy with what I'm seeing on the scales when I am weighing you and I'm sure you are too. It really does take time and dedication. I encourage you to keep up the enthusiasm. The food plans are a guide but don't forget the drink calories. Before you know it, you can be consuming two days worth of calories in just a few hours.. Be mindful. Don't forget My Fitness Pal is excellent for keeping track of your calories.

BOOTCAMP 10KM SHERBROOKE FOREST TREK FRIDAY 21ST MARCH 6.30PM

The Bootcamp troops are off on a scenic trek through the Sherbrooke Forest Friday 21st March.. We are meeting on the corner of Terry's Lane and Sandell's Road Tecoma. Please note the session is starting at 6.30pm. If you have a catch up class, this will be a good opportunity to jump in. Please arrive 10mins early.

RECIPE - CHICKEN SAN CHOI BAU

A great way to enjoy Asian foods without the carbs

500g chicken breast

1 tablespoon sesame or sunflower oil

1 tablespoon honey

2 teaspoons white vinegar

1 cup snow peas, finely chopped

1 cup grated carrot

½ cup Spring onions, finely chopped

½ cup water chestnuts, finely chopped

½ cup cashew nuts, chopped

12 large lettuce leaves

1) Poach chicken over medium heat for 15-20 minutes. Remove chicken from pot and let cool, then shred.

2) Mix oil, soy, honey and vinegar. Add chicken and allow to marinate for 30-60 minutes in fridge.

3) Add vegetables and serve in lettuce cups.

Total Calories = 320 Carbs = 15g Protein = 25g Fibre = 4g

HEALTHY FOODS TO WATCH OUT FOR

Avocado sure avocado is high in monounsaturated fats but you only need ¼ to get more than enough good fat.

Nuts remember, just 10-15 is a serve, not ½ the packet.

Muesli the grains, nuts and seeds make it a great choice but also an energy dense one so limit your portions.

Olive oil always measure your oil serve and aim for 1tbs per recipe

Coffee a cup or two may have health benefits but 3-4 large milk coffees are simply calories few of us need.

Dried fruit double the sugar of regular fruit.

Rice crackers 10 rice crackers = 21g of carbs = 2 slices Burgen bread.

DATES TO REMEMBER

WED 12 TH MAR 7PM	BOOTCAMP RESUMES
FRI 21 ST MAR 6.30PM	10KM SHERBROOKE FOREST TREK
SAT 22 ND MAR	NO BOOTCAMP TODAY
WED 2 ND APRIL	END OF 8 WEEK CHALLENGE. LAST WEIGH IN
THURS 3 RD APRIL	LAST DAY OF TERM 1 CLASSES
SAT 5 TH APRIL	NO BOOTCAMP TODAY
SUN 6 TH APRIL	DAY LIGHT SAVINGS END. MOVE CLOCK BACK 1 HR AT 3AM
WED 9 TH APRIL	LAST BOOTCAMP SESSION
FRI 18 TH APRIL	GOOD FRIDAY
SUN 20 TH APRIL	EASTER SUNDAY
TUE 22 ND APRIL	TERM 2 CLASSES BEGIN
WED 23 RD APRIL	BOOTCAMP RESUMES

***T SHIRTS ARE COMING !!!!
BIG APOLOGY FOR THE DELAY
ORDERED FITNESSNRG TSHIRTS WILL BE AVAILABLE FOR PICK UP NEXT WEEK***

LEARNING TO BREATHE

If you have not been breathing properly during stretching or other physical activities, it might seem a little awkward at first. Once you learn how to breathe properly, the process becomes second nature. The whole trick to breathing properly, is knowing when to breathe in (inhale) and when to breathe out (exhale).

The easiest way to remember how to breathe during a stretch is to exhale as you are moving into the stretch and inhale as you return to your original position. For example, try doing a simple leg stretch. Sit on the floor with your legs straight out in front of you and try to reach towards your toes while inhaling. It's not very easy, is it? Now, try the stretch again as you exhale. You will find that as you release the air from your lungs, you can stretch a lot farther.

Exhaling occurs whenever you are moving weight. Sometimes it is away from your body (as with leg presses or push-ups) and sometimes it is towards your body (as with bicep curls or lateral pull-downs). This is the same during a stretch; your body is the weight that you are moving. When you move into the stretch, you are moving the weight of your body, so you should breathe out. As your muscles return to their original positions, you should breathe in.

If you get confused in the beginning, that is all right. The important thing to remember is to breathe no matter what. Holding your breath will not help you at all, and you will find yourself tiring faster. For your body to get the maximum results, you have to consciously make an effort to do everything you can to increase internal performance