



INFO 1st April 2014

A REMINDER OF CALORIES AT EASTER TIME

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 3 weeks, you will gain at least 1- 2kg or more. Be strong and leave the treats until Good Friday..

Eggs Selection	kJ	Fat	Exercise units
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

DATES TO REMEMBER

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
SAT 5 TH APRIL	DAY LIGHT SAVINGS END. MOVE CLOCK BACK 1 HR AT 3AM SUN 6TH APRIL
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

RECIPE ZUCCHINI & POMEGRANATE SALAD

Serves 2 or 4 as a side

2 zucchinis, shaved into ribbons

1 Lebanese cucumber, cut into strips

1 red capsicum

½ cup pomegranate seeds

100g reduced fat feta

1 tablespoon red wine vinegar

1 tablespoon olive oil

1) Mix olive oil and red wine vinegar. Dress salad ingredients and top with crumbled feta and seeds. Add chicken or prawns for a low carbohydrate meal.

DO YOU WANT TO KEEP UP YOUR TRAINING DURING THE TERM BREAK ?

I have had requests to put on some classes during the term break. So..... If you would like to jump into the following classes please put your name down. The cost is \$15 for a class

Wed	9 th	April	7pm	Boxing
Thurs	10 th	April	7pm	PowerBar
Wed	16 th	April	7pm	Boxing
Thurs	17 th	April	7pm	PowerBar

BEST SHOE TESTED BY RUNNERS WORLD

Finding the right pair of shoes is a highly subjective exercise, but we've simplified the task by reviewing 22 top new models. Below are our top three award-winners.

EDITOR'S CHOICE: Adidas Supernova Glide 6 A\$190

"I love the cushioning in this shoe," says wear-tester Nikki Perschy, summing up the feedback of many wear-testers. That's thanks to Boost foam, which Adidas told us last year will be going into many of its performance-running shoes. If this shoe is any indication, that's very good news. The Glide has always been a sturdy trainer, but it was never all that exciting. Boost has given it new life. The new midsole material offers better cushioning than traditional foams, is resistant to temperature changes – it doesn't get hard in cold weather – and feels a little springy underfoot. The change to Boost also allowed Adidas to scrap the crash pad found on earlier versions; the new midsole compresses enough for a smooth heel-first landing.



BOTTOM LINE: Top-of-the-line cushioning built for the long run.



BEST UPDATE: Brooks PureFlow 3 A\$199.95

After two years on its initial platform, the Pure line gets an overhaul. Fans of earlier versions will be happy to know that, even with major changes, the shoe tested functionally the same as version 2 both in RW Shoe Lab tests and on real-world runners. The midsole foam is still a high-quality material that offers excellent cushioning, given how close to the ground it positions your foot, but the overall width of the sole has been reduced to make the landing even smoother. Pods of rubber on the outsole have been reshaped, giving the forefoot slightly more flexibility than in previous versions. The upper, too, received a number of modifications that contributed to improved fit, including a change to the direction the "burrito" tongue opens – it's now fixed at the arch and wraps to the outside.

BOTTOM LINE: A bargain-priced shoe that handles a lot of kilometres.

BEST BUY: Skechers GORun Ride 3 A\$129.95

When we distributed this round of shoes to our wear-testers, we nearly had to strong-arm a few into trying the Ride 3. Less than 48 hours later, messages started rolling in to the @RWGearGuy account on Twitter. One wrote, "I was totally wrong to scoff at the Skechers last night. Ran an hour in them and they felt great." Said another, "I hate the look, material, name (GORun? Don't tell me what to do, shoes!), but damn, I like how they feel on the run!" And just how do they feel on the run? Surprisingly soft for such a thin midsole. They don't have much rubber underfoot and will likely wear out faster than beefier models. Then again, these shoes cost 130 bucks.



BOTTOM LINE: A serious shoe that costs less