

FITNESSNRG^{PT}

INFO 29th April 2014

WELCOME BACK TO TRAINING

Term 2 has started with loads of enthusiasm. I hope you all enjoyed your Easter break. So now, it's down to training hard and working off some of the Easter calories. There was one person in particular who managed to lose some weight during the break.

Great job Chris !!

Most of you have read Chris's journey on a recent flyer. Thanks to all of you for making FitnessNRG a fun place to train and supporting one another. What can I say ? You are all fantastic!

BOOTCAMP RUN AND RIDE

This Saturday 3rd May will be a 2km run and a 20km bike ride. It will be held in the Lysterfield Lake Park area. You will run first, then ride the 20km. Destination instructions will be given on the day . Details are....

DATE SAT 3RD MAY
TIME 8.30AM START (Get there earlier to set up and receive your map)
BRING WATER, BIKE, HELMET, TAKE A MOBILE PHONE
(In case you need to speak to me during the event or if you lose your way)
MEET AT The entrance is off Hallam North Rd highlighted on your map. The easiest way to get there is to travel down Heatherton Road . Turn right into Hallam North Rd. It gets a bit tricky on Hallam North Rd because the road splits. Remember to keep right and check the road signs.

This event will go towards points for the Ultimate Hero of 2014. **ALL PAST MEMBERS OF FITNESSNRG ARE INVITED.** The cost for casual participation is \$20. Thankyou.

No fee for all current Bootcamp and 10 week members as it is included in the schedule. Each person will receive 10 points for turning up. Each male and female who arrive back first will receive 30 points. 2nd place arrivals will receive 20 points.. 3rd Place 10 points.

Please remember "Its not a Competition" Its just a bit of fun so ride safely to avoid injury !!! Good Luck and Have Fun !

HAVE YOU BEEN INJURED WHILST RUNNING? IT COULD BE YOUR SHOES.

Any time a runner experiences a new ache or pain, always, always take a look at your running shoes. Shoes are our most important piece of gear (for obvious reasons) and therefore, they are our first line of defense against injuries. So, examine your shoes carefully for wear and tear. It may be time to replace them!

How old are they? The life span of most shoes is approximately 400 to 800km. I know this is a wide range, but there are many variables. Some of the variables impacting their breakdown are a runner's body weight, running surfaces and weather. Try writing the purchase date of your shoes in your diary to help you keep track of when to replace them. Next up, are they the correct shoe for you? Did you get a shoe fit from a running store professional when you purchased them? And, just to make things even more complicated, our needs can change from time to time as we increase mileage, change running surfaces, or even with age, so it's wise to return to your running store and have another shoe fit periodically.

In the meantime, if injury occurs apply RICE, which is rest, ice, compression and elevation.

RECIPE

CURRY CHICKEN SALAD WITH APPLE AND CELERY

This curry chicken salad is the ultimate busy persons lunch.

When you make a standard sandwich, you need to take out the meat, the cheese, the veggies, the condiments, the bread. You build the sandwich, and then you need to put away the meat, the cheese, the veggies, the condiments, the bread.

Surely I cannot be the only person who finds this to be a lot of work, especially when I'm rushing to pack something on my way out the door .

Once this salad is prepared, you just pile a couple scoops on a slice of bread or into a pita, and you're done.

And, it's pretty easy to prepare, especially if you get one of those pre-cooked chickens from the grocery store. You just need some time for chopping and stirring, and a big bowl. It makes enough for a week's worth of lunches, and you'll be getting a nice protein and fibre fix every time you have a serving.

What you'll need:

5 cups shredded chicken or turkey

2 cups diced red apple

2 cups chopped celery

¼ cup diced red onion

1 cup nonfat or lowfat Greek yoghurt

¼ cup mayonnaise

1 tablespoon curry powder

¼ teaspoon red capsicum

Salt and pepper to taste

How to make it:

Mix apple, celery, red onion, and meat in a large bowl.

In a small bowl, mix the yoghurt, mayo, curry powder, and red capsicum.

Add the contents of the small bowl to the large bowl, and combine well.

Add salt and pepper to taste.

2014 ULTIMATE HERO POINTS SO FAR.....

Allanna	32 Points
Craig	32 Points
Lauren	30 Points
Mandy	21 Points
Mick	20 Points
Michelle	20 Points
Jason	20 Points
Warren	10 Points
Steve	10 Points
Emily	10 Points
Chris	10 Points
Anna	10 Points