

FITNESSNRG

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GOING PINK FOR BREAST CANCER AWARENESS



Thanks to those who stepped out last Friday night to join the walk for breast cancer awareness. We met at Grants Picnic Ground Kallista. The weather was kind to us being a mild 16 degrees. It was a little chilly when we started walking along the dark tracks amongst the trees .. But, of course that wasn't for long. We warmed up quickly. The walk ended up being a little longer than mapped out.. We missed our turn and ended on a narrow track leading us into a very dark bushy track.. We eventually made it back with an awesome hill near the end. A few sore legs and butt cheeks were reported the next day but it was great to get out there and try something different.

THE BEST EXERCISES FOR FAT LOSS

When it comes to fat loss, slow and steady loses the race. "According to American research published in the journal 'Obesity,' men and women who did 300 hours of cardio over the course of a year lost an average of only 5 pounds," Craig Ballantyne, owner of TurbulenceTraining.com, said. "That's 60 hours of cardio to lose one pound!"

More intense training -- in shorter bursts -- burns calories more quickly and burns more fat overall. And unlike long, slow cardio sessions, intense training keeps you melting fat even after your workout is over, says Martin Rooney, director of the Parisi Speed School and author of "Ultimate Warrior Workouts."

It's not all about adding exercise, though. For fat loss, the two best exercises to eliminate, says Ballantyne, are "the fork to mouth and the 12-ounce curl."

"You can't out-train a bad diet," said David Jack, director of Teamworks Fitness, in Acton, Massachusetts. "If you're training and then eating an extra 400 calories of garbage, that's what your workout burns. It's senseless."

BOOTCAMP REMINDER

There are four more sessions in the current Bootcamp. A group photo will be taken this Saturday at Birdsland after the session. The last session is Monday 19th May. The next Bootcamp will kick off Mon 26th May. The Bootcamp sessions run on a Monday, Wednesday at 7pm and Saturday 9.30am. It runs for 4 weeks. The cost is \$150 for the 12 sessions.. For those doing the 10 weeks promo, you will have the opportunity to try other classes inbetween the weeks break. Look out for a Step/Abs/Butt class. Possibly on Wed 21st May 7pm. Let me know if you are keen to jump in

HOW MANY CALORIES DOES RUNNING 6KM BURN?



Running is an effective form of exercise that enables you to burn calories, reduce stress and improve your health. The best part about running is that almost anyone can do it, regardless of ability or endurance level. All you need is a pair of running shoes.

Calorie Burn

A study published in the journal *Medicine & Science in Sports & Exercise* reports that men burn approximately 124 calories per 10-minute mile and women burn approximately 105 calories per 10-minute mile. At the same pace, men would burn about 461 calories running 6 kilometers and women would burn 391.

Reduce Stress

Along with the calorie burn, running allows you to reduce stress and tension. The combination of the release of endorphins, exerting effort and engaging in a repetitive meditative movement all help to calm your brain and nervous system and promote positive feelings.

Health

The University of Maryland Medical Center states that cardiovascular exercises such as running can help you prevent dangerous medical conditions, including type 2 diabetes, heart disease and stroke.

SNACKS BEFORE DINNER?

Dip, crackers, cheese, nuts, corn chips, potato snacks, pesto – all our favourite snacks to enjoy with a glass of wine after work or at social gatherings. Unfortunately, even though it may not seem as if we are eating a large volume of food, the highly processed, high fat nature of the types of snacks we routinely choose can mean that we eat a meals worth of calories without even noticing. Here are some of our favourite savoury snacks, the calories they contain and some better alternatives to keep the kg's at bay .

High fat options	Calories	Total Fat (g)
Handful of potato chips	100	6
Handful of corn chips	100	5
Handful of peanuts	190	16
4 crackers with French onion dip	150	10
4 crackers with pesto dip	250	20
4 crackers with ¼ round Brie	150	12
Lower fat alternatives		
Handful of roasted chickpeas	100	2
Handful of Lavash crackers	60	1
4 wafers with low fat hommus	100	5
4 Lavash wafers with reduced fat pesto dip	150	10
4 crackers with reduced fat Brie	100	8