

## CHANGES TO CLASSES WEEK 2<sup>ND</sup> JUNE

### PLEASE NOTE THAT THE

- TUESDAY 3<sup>RD</sup> JUNE 7PM CORE CLASS WILL RUN THURSDAY 5<sup>TH</sup> JUNE AT 5PM FOR THIS WEEK ONLY
- THERE IS NO BOOTCAMP SCHEDULED THIS WEDNESDAY 4<sup>TH</sup> JUNE
- SATURDAY 7<sup>TH</sup> BOOTCAMP AT BIRDSLAND WILL RUN AS NORMAL
- QUEEN BDAY MONDAY 9TH JUNE . SESSIONS WILL RUN AS NORMAL

## “CONGRATULATIONS TO CHRIS STONE”

We are very excited and proud. Chris Stone has now lost her target weight of 20 kilos. She jumped into the 8 week weight loss challenge in October 2013 . When Chris had her initial assessment she said her goal was to lose 20 kilos and more. She set her target for 20 kilos and went for it. Chris has now reached her goal. It has taken a lot of hard work and commitment. Chris has left a huge impression on people she has trained with at FitnessNRG. Well done Chris !!

Weight loss occurs when we change habits. It is a change of lifestyle. Eating healthy and exercise is the way to go. We can still enjoy our food and alcohol but it needs to be in moderation, having a plan and going for it. Avoid the unrealistic fad diets which you can't sustain. The best time to start is "NOW". It could mean having smaller servings or reducing snacks. Just go for it and believe in yourself. It needs to be a solid decision to do so. More on that at the end of this newsletter.!

The next FitnessNRG 8 Week Weight Loss Challenge will be in October 2014 . Cash prizes to be won..... Watch this space..... **'Never lose sight of the fact that it is not that you are starting something new but it is that you are stopping something old'**

## RECIPE – BREAKFAST HIGH PROTEIN OATMEAL

### Ingredients

- 2/3 cup Old Fashioned Oats
- 1/3 cup Milk
- 1/3 cup Water
- 1 Banana, smashed
- 1/4 teaspoon Ground Cinnamon
- pinch of Salt
- 6 tablespoons 100% Egg Whites
- 1 cup Blueberries

### Directions

Bring oats, milk, water, and banana to boil, whisking consistently to prevent sticking. When oatmeal begins to thicken, stir in cinnamon and salt. Whisk in egg whites quickly to prevent scrambling. Stir to incorporate; remove from heat. Pour into bowls and top with blueberries.

### Nutrition Information

**Makes:** 2 | **Serving Size:** 1/2 of recipe

**Per serving:** Calories: 240; Total Fat: 3g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 3mg; Sodium: 167mg; Carbohydrate: 44g; Dietary Fiber: 6g; Sugar: 17g; Protein: 11g

**Nutrition Bonus:** Potassium: 404mg; Vitamin C: 34%; Iron: 50%

## EXERCISES FOR GOOD POSTURE Prevent injury with these moves

As you run, it pays to remember your grandmother's advice to straighten up. Good posture – chest upright, head looking forward (not at the ground), relaxed shoulders, arms at a 90-degree angle – plays a key role in performance. Running with your upper body slumped or leaning too far forward throws off your alignment, says Stephanie Weigel, a running coach. “You end up putting excess force on your lower body, particularly your knees, with each stride.” Your legs can't extend fully and your hip flexors contract, which makes your stride less efficient. Slouching also closes off your diaphragm, which forces you to breathe more shallowly, decreasing oxygen intake and causing side stitches. Counteract poor posture, says Weigel, by improving your core and upper-body strength with these three moves at least twice per week.

### 1. BOSU BALANCE

Improves lower-body stability and strengthens your core

**To Do:** Do 10 to 12 reps of biceps curls or triceps extensions while standing on a Bosu ball. The ball's instability compels you to use your legs and core muscles to balance, says Weigel, and the stronger your core is, the straighter you stand naturally.



### 2. PILATES ROLL-UPS

Promotes core strength and hamstring flexibility

**To Do:** Lie on your back, arms behind your head, legs straight, feet flexed. Contracting your abs and keeping your chin tucked and your arms by your ears, curl up slowly, as though “peeling” your spine off the mat. Once you're upright, stretch your hands toward your feet. Pause, then curl back down. Imagine your spine in a “C” position, keeping your belly button pressed toward your lower back. That's one rep; do 10 to 12.



### 3. SHOULDER RAISE

Aligns your shoulders and lets you “feel” the shoulder position that helps prevent upper-body fatigue

**To Do:** Stand with your back against a wall, heels and shoulders touching the wall, arms hanging at your sides. Raise your arms up slowly to a “T” position to a count of 10. Maintain contact with the wall. Lower them back down and repeat 15 to 20 times.



## HOW TO BECOME LEANER

**1. Set the big goal and go for it.** If your goal doesn't excite you and scare you at the same time, your goal is too small. If you don't feel fear or uncertainty, you're inside your comfort zone. Puny goals aren't motivating. Sometimes it takes a big challenge of some kind to get your blood boiling.

**2. Align your values with your goals.** I understood my values and made a decision to be congruent with who I really was and who I wanted to be. When you know your values, get your priorities straight and align your goals with your values, then doing what it takes is easy.

**3. Do the math.** Stop looking for magic. A fit and toned body does not come from any particular type of exercise or foods per se, it's the calories burned vs calories consumed that determines fat loss or fat gain. You might do better by decreasing the calories consumed, whereas I depended more on increasing the calories burned, but either way, it's still a math equation. Deny it at your own risk.

**4. Get social support.** Support and encouragement from your friends can help get you through anything. Real time accountability to a training partner or trainer can make all the difference.

**5. Be consistent.** Nothing will ever work if you don't work at it **every day**. Sporadic efforts don't just produce sporadic results, sometimes they produce zero results.

**6. Persist through difficulty and self doubt.** If you think it's going to be smooth sailing all the way with no ups and downs, you're fooling yourself. For every sunny day, there's going to be a storm. If you can't weather the storms, you'll never reach new shores.

**7. Redeem yourself.** Non-achievers sit on the couch and wallow in past failures. Winners use past failures as motivational rocket fuel. It always feels good to achieve a goal, but nothing feels as good as achieving a goal with redemption.