

14<sup>th</sup> OCTOBER 2014

## WHAT TO DO WHEN YOU INJURE YOURSELF

When you do injure yourself and lets face it, it happens to all of us at some point of our life. It may not even happen whilst exercising. The first few hours are crucial for a successful recovery.

- Ice immediately if possible
- If you don't have access to ice straight away, try to immobilise the area. Don't stretch the area as you may cause further tearing. If it is an ankle keep your shoe on until you can ice it.
- Keep the ice on for as long as you can.. (Until you go to bed that night.) The longer you can keep the ice on the quicker the swelling will reduce..
- Make sure you compress the area with the ice and elevate the injured area. Don't put ice directly on the skin. It is best to wrap the ice in plastic. Then wrap a bandage or tea towel firmly around the ice and injured area. Keep icing for several hours if possible.
- An anti-inflammatory tablet can also be taken if needed. Check with your pharmacist
- A few days after the swelling has gone down massage and lightly the stretch the area. This will help to avoid the formation of scar tissue
- Scar tissue is thick and fibrous. It doesn't have the ability to stretch so re- injury is a common problem. Massage will help to avoid this problem and can also break down pre-existing scar tissue
- Wear a supportive bandage for a few days to protect the injured sight from further damage especially for the ankle and knee area.

## TOP 10 TROLLEY FOODS FOR WEIGHT CONTROL

1. Light Jarlsberg cheese – one of the lowest fat varieties of cheese, with the taste.
2. Rye Cruskits – 2 contain just 6g of total carbohydrate.
3. Go Natural Nut Delight Bars – the highest amount of polyunsaturated fat of all the nut bars.
4. All Bran – a serve of bran a day...
5. Burgen Weight Management Bread – just 21g of total carbs per 2 slices.
6. Wattle Valley Wholegrain Wraps – perfect for the kids lunches.
7. Partner Foods Roasted Broadbeans – a great protein rich snack choice.
8. Chobani Greek Style yoghurt – 12.5g of protein per serve!
9. Birds Eye Steam Fresh Veges in a Bowl – perfect with lunch or dinner.
10. John West Tuna and Beans – light lunch or protein rich snack ready to go.

### DATES TO REMEMBER

Sat 1 <sup>st</sup> November	Last session of current Bootcamp
Mon 3 <sup>rd</sup> November	Bootcamp resumes
Tues 4 <sup>th</sup> November	Cup Day .The 5pm and 6pm class will run in the morning instead
Tues 4 <sup>th</sup> November	Classes on today are 9.30am Powerbar 10.30am Core & Stretch
Sat 22 <sup>nd</sup> November	Bootcamp Fitness Test ( Beep Test )
Fri 28 <sup>th</sup> November	Last Bootcamp session (Night Walk)
Fri 28 <sup>th</sup> November	Final weigh in for all 8 Week Weight Loss Participants
Sat 29 <sup>th</sup> Nov–Sat 6 <sup>th</sup> Dec	No Classes
<b>Sat 13<sup>th</sup> December</b>	<b>FitnessNRG Xmas Party</b> Awards presented on the night
Thurs 18 <sup>th</sup> December	Last term 4 group class
Mon 22 <sup>nd</sup> Dec – Mon 5 <sup>th</sup> Jan	Personal Training and Group sessions available. Bookings are essential

# RECIPE THAI FISH & MANGO SALAD

- 2 small mangoes
- 2 Lebanese Cucumbers
- 1 red capsicum, roasted, peeled and cut into thin strips
- 2 tablespoons fresh mint sprigs
- 2 tablespoons fresh coriander sprigs
- 80ml lime juice
- 1 teaspoon fresh ginger, grated
- 2 tablespoons fish sauce
- 2 tablespoons sweet chilli sauce
- 1 tablespoon grated light palm sugar or brown sugar
- 4 fillets (about 200g) blue eyed cod
- 1 tablespoon peanut oil
- 2 tablespoon unsalted peanuts, roughly chopped

- 1) Peel the mangoes and slice flesh into thin strips. Run a vegetable peeler down the length of the cucumber to form long ribbons and put into a bowl with the capsicum, mint and coriander. Toss, cover and refrigerate while preparing the rest of the salad.
- 2) Put the lime juice, ginger, fish sauce, sweet chilli sauce and palm sugar in a jug and whisk to combine
- 3) Preheat a char grill, lightly brush the fish fillets with the peanut oil and cook over a high heat for 3-4 minutes on each side or until cooked. Place some of the salad on each of the plates and top with fish fillets.
- 4) Drizzle the dressing over the fish and salad. Serve sprinkled with peanuts.

## IS STRESS AFFECTING YOUR WEIGHT

Sometimes the underlying reason is medical or hormonal but also becoming increasingly common is stress as an unidentified reason that people cannot lose weight. The stress hormones, cortisol and norepinephrine are naturally released by the endocrine system during times of high stress as the body redirects hormones and blood towards pathways in the body that will support the body in the flight or fight response. While this may be what is required in times of war and conflict, the issue in modern day life is that these hormones support the fat storage pathways ultimately making it harder and harder to lose weight. Numerous factors can affect these hormones; inadequate sleep, shift work, emotional trauma, chronic fatigue, excessive alcohol consumption as well as our diet and exercise habits. In clinical practice, one of the standard features of clients is the chronic stressed state in which they live, which may in turn be effecting these stress hormone levels long term. There is no quick fix, or avoiding stress in our day to day lives, stress is simply a part of life that we must learn to manage in order to protect our body and our minds long term. If you know that stress is likely to be a daily part of your life, and that you are not managing it particularly well, here are some ideas on ways you can actively work towards better stress management and better hormonal management as a result.

1. **Make sure you are getting enough sleep, at least 7- 8hrs a night.**
2. **Get out in nature without technology at least once each week.**
3. **Learn to meditate – even for just 5-10 minutes a day –**
4. **Actively engage a hobby you enjoy once each week.**
5. **Spend time each day with one person you adore.**
6. **Make sure your Vitamin D is not low, and get some sunlight each day.**
7. **Get your heart rate up for 20 minutes each day through exercise or dancing etc.**
8. **Get into bed before 11pm.**
9. **Get up earlier so you are not rushed and stressed.**
10. **Allocate 10-30 minutes ‘me’ time a day in which you do something you enjoy**

## NRG UPDATE AND OTHER THINGS

The first of the weigh in for some of the 8 Week Weight Lose group went off really well. There were variations of weight lost between 1 ½ kg to an amazing 4kg drop in weight. This was due to the 5 day Detox food plan. Congratulations to those who followed it every step. The omelette for breakfast on the 3<sup>rd</sup> day came along just in time. Everyone should now have the next food plan. I encourage you all to give it 100%. We had terrific results last year. Let's do it again this year. Enjoy the changes in your body and the extra energy you will acquire over the coming weeks.

The annual FitnessNRG Xmas Party will be held on Sat 13<sup>th</sup> December. Put it in your diaries. The winners out of the 8 week weight loss challenge will be announced. There are other awards given out during the night . Don't miss this event. It's a great way to relax and see everyone out of their sweaty exercise gear. Partners are welcome.

The Bootcamp troops participated in a Beep Test at the Bootcamp session on Saturday. This is a cardio vascular endurance test. The aim of the test is to sprint intervals of 20 metres arriving at each cone before or on a beep sound. It progressively gets harder as the beeps sound earlier at each level. This test will be repeated Sat 22<sup>nd</sup> Nov  
Great job to all that did it. Look up your score in the table below to see how you compare.

*For example, if you are a 17 year old male and completed 9 levels and 5 shuttles (a 9/5), you would be classed as "Average" because 9/5 is more than 8/3 in the table but less than 9/10).*

BEEP TEST						
MALES	poor	fair	average	good	very good	excellent
12 - 13 yrs	3/4	5/2	6/5	7/6	8/9	10/9
14 - 15 yrs	4/7	6/2	7/5	8/10	9/9	12/2
16 - 17 yrs	5/1	6/9	8/3	9/10	11/4	13/7
18 - 25 yrs	5/2	7/2	8/6	10/2	11/6	13/10
26 - 35 yrs	5/2	6/6	7/10	8/10	10/7	12/9
36 - 45 yrs	3/8	5/4	6/5	7/8	8/10	11/3
46 - 55 yrs	3/6	4/7	5/6	6/7	7/8	9/5
56 - 65 yrs	2/7	3/7	4/9	5/7	6/9	8/4
> 65 yrs	2/2	2/6	3/8	4/9	6/2	7/2

BEEP TEST						
FEMALES	poor	fair	average	good	very good	excellent
12 - 13 yrs	2/6	3/6	5/2	6/2	7/5	9/3
14 - 15 yrs	3/4	5/3	6/5	7/6	8/8	10/7
16 - 17 yrs	4/2	5/7	7/2	8/5	9/8	11/11
18 - 25 yrs	4/5	5/8	7/3	8/7	10/2	12/7
26 - 35 yrs	3/8	5/3	6/6	7/8	9/5	11/5
36 - 45 yrs	2/7-	3/8-	5/4	6/3	7/5	9/5
46 - 55 yrs	2/5	3/6	4/5	5/4	6/3	8/1
56 - 65 yrs	2/2	2/7	3/6	4/5	5/7	7/2
> 65 yrs	1/5	2/2	2/7	3/5	4/4	5/7