

## NRG UPDATE

There are 3 and a half more weeks to go in Term 3. It ends Friday 18<sup>th</sup> September. It is flying by so hopefully that means warmer weather is approaching us.

Bring it on !!!

I think we all agree Winter should leave us for now.

Okay some news !!!

It is 99.9% certain that I will be working for the month of September in Phuket Thailand running the fitness program at Club Med. For those that remember I have done this before and I feel very privileged to be asked every year. So this year I will go for a short time again.

Okay soooooo **Training is still on.** I am lucky to have Jack on board to run things while I'm gone. He has grown up in the business so you can feel confident he will look after you.

Please please support the training. We still need you to come along and do your sessions to keep FitnessNRG going. Sorry if I sound like I'm begging haha.....

**BOOTCAMP DATES SAT 5<sup>TH</sup> SEPT – WED 30<sup>TH</sup> SEPT      COST \$150**  
**TERM 3 UnlimitedNRG PARTICIPANTS                              COST \$75**

I will kick off the Bootcamp starting Sat 5<sup>th</sup> September. Jack will take the remaining 11 sessions throughout until the last session on Wed 30<sup>th</sup> September. He will be repeating all the fitness tests we did 4 weeks ago on separate days as we did before.

The September schedule will be available this week.

## UnlimitedNRG AND TERM 3 GROUP CLASS PARTICIPANTS

All UnlimitedNRG participants can continue their training after September 18<sup>th</sup> and jump into the remaining Bootcamp. It would normally be \$90 to jump in half way but I can give it to you for less because you are awesome Cost is \$75

## BIGGEST LOSER 8 WEEK CHALLENGE STARTS OCT 5<sup>TH</sup> - NOV 27<sup>TH</sup>

It's on again !!! This is an 8 week challenge to find out how many kilos you can drop before Christmas. Cash prizes are given out to first and second place. It's not really a competition but an opportunity for you to learn the skills on how to be successful managing your weight. Food plans, manuals, weekly weigh ins, unlimited classes are all included .This program works. If you want to be a part of this fantastic challenge. Book in Now so that you are committed.

## BOOTCAMP CELEBRATES 60 MONTHS !!!



**KEEP SATURDAY OCT 10<sup>TH</sup> FREE**  
**THE PLAN IS TO HAVE A FEW DRINKS AT OSCARS IN BELGRAVE**

**A CERTAIN YOUNG TALENTED MAN IS PLAYING THERE. JACK MILLIGAN**



## FOAM ROLLING MOVES

Have you ever used a foam roller? Do you even know what a foam roller is? Foam rolling is ideal because it simulates a deep tissue massage by working out the tension in your hard working muscles and providing a release for the outer sack of your muscles, also known as the fascia; hence the technical name for foam rolling: self-myofascial release (or SMR).

Like a deep tissue massage, foam rolling is not always the most relaxing activity. Especially if you have never foam rolled before, or haven't done so in a while, you might experience a painful sensation in order to get those muscles to release—don't worry, it becomes easier and less painful over time. "As a runner, I am very familiar with tight calves and quads, and the aches and pains that can occur in the hips and knees," says Runtastic fitness coach Lunden Souza. "But, in using a foam roller you can reduce aches and pains, decrease muscle soreness, prevent injury and give your muscles the desired release before and after you go for a run." Here are her tips for runners who want to start foam rolling. When foam rolling a particular muscle, you want to initially roll over the muscle area approximately 1 inch per second. It's important to note that this may not be possible when you are first starting out. Rolling over the muscle at such a slow pace is done to identify the areas of the muscle that are most tender and sensitive. To those areas (choose 2-3 per muscle), you can apply pressure for 20-30 seconds to ensure proper release. Make sure you hold that pressure for the entire duration or it will not be effective. You don't have to put pressure directly on the sore or tender area, near the area will also do.

### What areas should a runner focus on?



**Calves** You can do both together if your calves are very sensitive, or completely avoid lifting your body off of the ground (for some, just setting their calves on a foam roller is enough pressure). Progress to one at a time for a deeper release. Turn the foot (the side of the calf you are foam rolling) side to side to target the inner and outer sides of the calf muscle (gastrocnemius and soleus).



**IT-Band** In my experience as a trainer, this is usually the most painful area to foam roll for the majority of my clients. This particular area you may not be able to roll very far. Don't be discouraged, you will progress faster than you think.



**Quads** You can do both together if your quads are very sensitive. Progress to one at a time for a deeper release. Progress even further by bending the knee of the leg you're foam rolling.



**Piriformis** Make sure the foam roller is only on one side. Cross the same foot as side you are foam rolling over the opposite knee. Roll from the low back, all the way over the glute until it meets the hamstring. You will find the piriformis in the middle of the glute muscle as you are rolling over it, this is usually the most tender area as well.