

# FITNESSNRG<sup>®</sup>

12<sup>th</sup> OCTOBER 2015

## TERM 4 TRAINING

Welcome back to training for term 4. It's great to be back into the training room after my Thailand work/break.. Welcome to all new participants and welcome back to those who have returned after a break. Jack did an remarkable job in my absence. Thank you for all the positive feedback. FitnessNRG can't run without you guys so, thanks heaps for your support.

Don't forget Jack is running the NRG Express early morning class on Tuesday morning. You can turn up any time from 6am - 7.15am and train for as long as you like. If you would like to join the class for the term please enquire. All 8 Week Weight Loss participants can jump in at any time.

## 8 WEEK WEIGHT LOSS CHALLENGE

The challenge has kicked off really well. The 5 day detox is done with some sighs of relief. The first weigh in was on Saturday and there were two people, one male and one female who dropped 4.2kg. Fantastic effort !!!! Everyone dropped weight which is really exciting. We are now in week two. Keep up the good work everyone. We are all in it together. And don't forget the winner receives \$300 and second place receives \$200. Who will it be this year? Good Luck to all of you ☺

## KIDZ FITNESS WEDNESDAYS 4PM

Kidz Fitness is a great class to increase fitness levels in school age children. It is designed to make exercise fun and improve self-esteem. We run the classes in 4 week blocks and the cost is \$40 which is \$10 a class. Jack is the trainer and is very quickly gaining a very good reputation working with young kids having experience teaching drama classes at Belgrave South Primary School and ASV Academy. Please enquire if you have any questions.

## DRINKS AT OSCARS

Thanks to those who came out on Saturday night to celebrate FitnessNRG's 60 Months of Bootcamp. Adam Webb flew in from Sydney which was a nice surprise. Adam joined the Bootcamp crew 2 years ago to get fit and join the army. Which is exactly what he did. We are so proud of him. Jack entertained us with his singing and fantastic guitar work. And I'm pretty sure I saw Paul snoozing in the corner on a couch around midnight. Bootcamp must have tired him out soft .... ☺

## XMAS PARTY SAT 12<sup>TH</sup> DEC 7PM

**BUY YOUR OUTFIT FROM THE SALVOS OP SHOP TO HELP RAISE MONEY FOR THEIR CHARITY THIS XMAS. BRING YOUR RECEIPT TO TRAINING SO WE CAN ADD UP TOTAL AMOUNT SPENT.**

I know it's a busy time of the year and you may have other things on. I hope you can make it to the FitnessNRG Xmas Party. Put it in the diary.

The winner of the Weight Loss Challenge will be announced and lots of other awards are given out on the night. It's very easy and simple. You bring a small plate to share and bring your drinks. We usually end up dancing till early hours and having a lot of laughs. We did the dress theme last year and some of the outfits were awesome. I look forward to seeing what you end up buying this year remembering that we are supporting those less fortunate than ourselves.



# BEEP TEST

On Saturday at Bootcamp the troops did the Beep Test as part of their fitness testing. This will be repeated in 8 weeks. It took a while to get it going due to brain fatigue being on the 5 day detox but we eventually got it underway. It is a physically challenging test, which tests cardio fitness. Well done everyone for giving it a go.. Have a look at Beep Test results below to see where you are. If you can't remember what you did I have your Saturday results. Text me and I will send it.

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

# EASY LUNCH RECIPE

## Tuna and Asparagus Salad

Serves 4

### Ingredients

- 1 x 425g can tuna in springwater
- 2 bunches asparagus, sliced into 7cm lengths
- ½ cup corn kernels
- ½ red capsicum, finely sliced
- 50g mixed lettuce leaves
- ½ cup coriander leaves

- Calories : 198
- Carbohydrates : 9.6 g
- Protein : 30 g
- Fat Total : 3.2 g
- Fat Saturated : 1.1 g
- Fibre : 3.7 g

### Dressing

- 1 tablespoon Dijon mustard
- 1 ½ teaspoons seeded mustard
- 1 tablespoon low-fat natural yoghurt
- 1 ½ teaspoons white wine vinegar
- juice of 1 lemon

### Method

Drain the tuna.. Steam the asparagus for 3-5 minutes until tender then allow to cool. To make the dressing place all ingredients in an airtight jar and shake until combined. Combine all salad ingredients and drizzle with dressing.