

FITNESSNRG[®]

11th NOVEMBER 2015

SANTA WILL BE ARRIVING AT THE XMAS PARTY SAT 12TH DEC 7PM

**YES THAT'S RIGHT SANTA WILL BE VISITING US ON THE NIGHT ALONG WITH SANTAS HELPERS !!!
SANTA WILL ARRIVE AROUND 11PM..**



TO HELP SANTA ALONG HE WANTS EVERYONE TO BUY A GIFT FROM THE SALVOS AS WELL AS BUY YOUR PARTY OUTFIT. BRING ALL YOUR RECEIPTS TO TRAINING AND PLACE IN SALVO BAG.

IF YOU ARE A GIRL YOU BUY A GIFT FOR GIRL AND IF YOU ARE A BOY YOU BUY A GIFT FOR A BOY.

SPEND BETWEEN \$10-\$15. YOU MAY BUY A FEW ITEMS. WHO KNOWS WHAT YOU CAN FIND AT THE SALVOS. THE REASON IS TO SPEND MONEY SO THAT THE MONEY GOES TO THE LESS FORTUNATE AT CHRISTMAS TIME..

BRING DRINKS AND A SMALL PLATE TO SHARE

I have been asked whether kids can come along. It really is an adult environment and Santa will most likely be frolicking about maybe being a Bad Santa. I really don't want to send out a distorted image of Santa. So it's better if you can have the kids looked after. Sorry guys. It's so you can let your hair down.

All the FitKidz group are invited and Jack will be saying a few words early in the evening (7.30-8.30pm) and giving out encouragement gifts.

BOOTCAMP MOST INSPIRING AWARD

Don't forget to place your votes in the purple box in the gym.

Write the names of two people who have inspired you the most in the Bootcamp sessions in 2015. The person with the most votes will receive an award at the Xmas party. ☺

8 WEEK WEIGHT LOSS UPDATE

We are into the 5th week and you guys look amazing. You are really settling in with the food plans and it shows. !! Don't be discouraged if you lapse for a week. Just jump straight back. A little step backwards is ok if you have already taken big steps forward.

We have two people who have lost 9.4kg.

Don't forget the winner who loses the most % of weight will receive a prize of \$300

The second place will receive \$200

There is a chance for all of you. Knuckle down and train hard. You have 3 weeks to go !!!

By the way you are all winners ☺

LASAGNE

Serves 8

Ingredients

500 g lean mince
1 medium onion, finely diced
1 clove garlic, crushed
1 375 g tin diced tomatoes
2 tablespoons tomato-based pasta sauce
1 large carrot, finely chopped

100 fresh button mushrooms, diced
1 teaspoon dried oregano
1 teaspoon dried basil
1 large cabbage
150 g Parmesan cheese, grated
250 g mozzarella cheese, grated

Nutritional Value per 1/8 slice

Calories : 269
Carbohydrates : 6.5 g
Protein : 28 g
Fat Total : 14.5 g
Fibre : 2 g

Method

Saute onion and garlic in a lightly-oiled, large pan, until softened.
Add beef and cooked until browned.
Add tomatoes, pasta sauce, oregano, basil, mushroom and carrot.
Bring to the boil and reduce to a simmer for approx.. 30 minutes.

Preheat oven to 350 degrees and lightly oil a large, rectangular baking dish.

Gently remove the largest cabbage leaves keeping them intact (you will need enough leaves to cover your baking dish twice)
Blanche cabbage in boiling water until softened, remove and place in iced water, then pat dry with paper towel.

Place a layer of meat sauce to cover the bottom of the baking dish (½ of total amount)
Repeat layers and sprinkle remaining cheese over the top.

Place in oven and cook for approx. 30 minutes, or until cheese is lightly browned and dish is cooked through.

Serve with a tossed salad.

INFLAMMATION The amount of inflammation in your body varies and is dependent on a number of factors - including your activity level, the amount of sleep you get, the degree of stress in your life, and even the foods you eat. What you have to realize is that these factors are cumulative - meaning they build up over time. And the more that any or all of these factors get out of whack, the risk for disease increases.

Early in life, these levels can be so low that you might not even be aware that you have any inflammation in your body. That's because our bodies do a fairly decent job of controlling the inflammation - at least for a while. Then one day you wake up and you're in your 40s and something is just not right. That's when the fear begins to set in, and you think to yourself: What did I do wrong? or What can I do now to help myself?

What Is Inflammation? Inflammation is not a disease or something evil. It's just the body's response to foreign invaders such as infections or others. The inflammation starts in the exact place in which the attack is taking place. However, what causes inflammation? This is something we all ought to know, in order to prevent and keep away from it.

What Causes inflammation

1. Diet. In case you often experience **inflammation** in different parts of the body, it means something is wrong with your diet and you need to make a change. Let's have a look at the types of food that might cause recurrent inflammation:
2. Red meat – there is a molecule, which is especially found in non-human mammals as sugar, that becomes soaked up in the tissues of people who prefer to mostly consume red meats. Scientific tests have shown that the presence of this type of sugar (that human are unable to produce genetically) in the body can trigger an immune system response that is one of the "inflammation" causes.
3. Refined carbohydrates – the body's *inflammation* reaction to carbohydrates may differ from one individual to another. Research shows the more the carbohydrate is processed and refined, the more rapidly it is transformed into blood glucose, increasing the glycemic index. If the glycemic index is increased more insulin is released, causing inflammation.
4. Polyunsaturated vegetable oils – Unlike the omega-3 fatty acids that relieve inflammation, these oils contain omega-6 fatty acids that encourage inflammation. The vegetables you need to avoid or moderately consume are: corn, peanut, soy, and sunflower, since they are high in their content of linoleic acid, an omega-6 fatty acid.
5. Stress. If we are engaged in stressful situations, the body starts releasing through the adrenal glands the stress hormone known as cortisol. Cortisol's role is to raise the blood pressure and also blood sugar levels, in order to help the body survive moments of stress. However, on the long run this is very harmful. Even though cortisol is known as an anti-inflammatory hormone, it suppresses parts of the immune system. This means that while cortisol is doing its designed job, the immune system becomes vulnerable to new infections attacking the body, leading to health issues and inflammation.
6. Environment. We are exposed to chemical dangers everyday: air fresheners, chemical adhesives, glue, cleaning products, pollution, pesticides and so on. Whether we are at work, outside, and even inside our home, we and our loved ones are not protected from these harmful chemicals. Varying from every person's immune system, the effects of these chemicals are harsh or easily supported by our bodies. There is no doubt though, that constant and continuous exposure to these chemicals will someday cause our immune system to respond and trigger inflammation.
7. Menopause. A woman's body undergoes many harsh changes during menopause. One of these changes is the loss of hormones that were available in the early stages of life. Studies have shown that the loss of hormones may lead to chronic inflammation.

<u>Anti-inflammatory foods</u>	<u>Inflammatory foods</u>
Atlantic Salmon (wild)	Sugar, from any source
Fresh whole fruits, vegetables	Processed foods
Bright multi-coloured vegetables	French Fries
Green tea	Fast Foods
Water	White Bread
Olive oil	Pasta
Lean poultry	Ice Cream
Nuts, legumes and seeds	Cheddar Cheeses
Dark green leafy vegetables	Snack foods
Old fashioned oatmeal	Oils such as vegetable and corn
Spices, especially Turmeric and Ginger	Soda, caffeine and alcohol