

FITNESSNRG[®]

23rd NOVEMBER 2015

DATES TO REMEMBER

FRI 27TH NOVEMBER	5PM - 7PM	FINAL WEIGH IN FOR WEIGHT LOSS CHALLENGE PARTICIPANTS
SAT 28TH NOVEMBER	8.30AM	RUN & RIDE EVENT AT CHURCHILL NATIONAL PARK.
SAT 28TH NOVEMBER		8 WEEK WEIGHT LOSS CHALLENGE ENDS
MON 30TH NOVEMBER		LAST SESSION FOR NOVEMBER BOOTCAMP
WED 2ND DEC- WED 23RD DEC		DEC BOOTCAMP \$125.00 (3 WEEKS)
WEEK ENDING FRI 18TH DEC		LAST WEEK OF POWERBAR, CORE, STEP, AND KIDZ FITNESS CLASSES
MON 4TH JAN 2016 - WED 27TH JAN		4 WK SUMMER BOOTCAMP *SPECIAL \$100* MON AND WED 7PM. NO SATURDAYS ARE SCHEDULED SO YOU CAN HAVE YOUR WEEKENDS FREE.
FEB 1ST - MARCH 24TH 2016		TERM 1 2016 CLASSES BEGIN

BOOTCAMP RUN & RIDE EVENT

This Saturday 28th Nov will be a 2km run and a 20km bike ride. It will be held in the Lysterfield Lake Park area. You will run first, then ride the 20km. Destination instructions will be given on the day . Details are....

DATE	SAT 28 th NOVEMBER
TIME	8.30AM START (Get there earlier to set up and receive your map)
BRING	WATER, BIKE, HELMET, TAKE A MOBILE PHONE
MEET AT	The entrance off Hallam North Rd. The easiest way to get there is to travel down Heatherton Road . Turn right into Hallam North Rd. It gets a bit tricky on Hallam North Rd because the road splits. Remember to keep right and check the road signs.

This event will go towards points for the Ultimate Hero of 2015. No cost for all current Bootcamp and 8 week weight loss members as it is included in the schedule. The cost for those not currently training is \$20. Thankyou. Each person will receive 10 points for turning up. Each male and female who arrive back first will receive 30 points. 2nd place arrivals will receive 20 points.. 3rd Place 10 points. Have fun and ride safely to avoid injury !!! Good Luck!

DECEMBER BOOTCAMP RUNS FROM WED 2ND DEC - WED 23RD DECEMBER COST IS \$125.00

8 WEEK WEIGHT LOSS CHALLENGE

The challenge has flown by and we are into the last week !!!!

You all look amazing. There have been some fantastic drops in weight and increases in fitness levels. You are all so inspiring. The final weigh in is this Friday between 5pm-7pm. If you are unable to make this time please contact me to arrange another time prior to Friday. Remember ...don't have your evening meal prior to your weigh in.

Everyone should have their breakfast, lunch and snacks on the day.

Good Luck to all of you ☺

Did I mention the winner receives \$300. Second place receives \$200 ☺

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.

BEEP TEST On Saturday at Bootcamp the troops did the Beep Test as part of their fitness testing. 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.

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

WATER AND WHY YOU NEED IT

There is no resource more readily available, more vital to human life yet more taken for granted than water. Despite the incredible and immeasurable importance of water, do you realise and appreciate the significance of its role in your life?

There is not one bodily function that is not dependant on water. In fact, 70 percent of the body is water.

The following list gives the percentage of various body parts that are composed of water:

Teeth	10%
Bones	13%
Cartilage	55%
Red Blood Corpuscles	69%
Liver	72%
Muscle Tissue	75%
Spleen	76%
Lungs	80%
Brain	81%
Bile	86%
Plasma	90%
Blood	91%
Lymph	94%
Gastric Juice	96%
Saliva	96%

Some of the more important functions of water are as follows:

1. Water supports and aids every bodily process from digestion and absorption of food and nutrients, to utilisation and excretion. From the moment food enters your mouth, every process to transform it from its original state to blood, bone, muscle and tissue relies on water.
2. As we know, food is broken down to nutrients necessary for life through processes requiring water. Those nutrients are then held in solution and transported to the various body parts in water.
3. Water holds the wastes and toxins that it collects from the cells and carries them to the appropriate organs for elimination.
4. Water is a vital ingredient of all cells and tissues and of all body fluids. For example, saliva, gastric juices and blood are all 90 percent water.
5. Water keeps various mucous membranes of the body soft and lubricated, and it prevents rubbing and friction between tissue surfaces. This enhances the body's ability to move, organs abilities to function and the suppleness of muscles
6. Water is the chief agent in regulating body temperature. This is vital, as an internal temperature change of only a few degrees can mean death.

Keeping all the above points in mind, you can imagine the dramatic effect of dehydration on the body. People who exercise are at an even higher risk as they will lose water through the body's cooling process. Dehydration can cause a decrease in physical performance, so whether you are competing in a sporting competition or trying to exercise regularly for fitness or fat loss benefits, dehydration will seriously hamper your progress.

*Next newsletter will explain When to drink water and How much water should you drink
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