

**TERM 1** has kicked off into full swing. It's great to see all your smiley faces enjoying your exercise. We have had a few sore bodies after the break but hang in there. Your body will adjust. The trick is to keep moving and stretching those sore muscles.

We are now running a PowerBar class Monday mornings 9.30am. It's not too late to join in for the term and if you are an Unlimited NRG member you can jump into this class anytime. Jack is the trainer for this class and he will put you through an awesome workout !!

Don't forget we run an early morning class Tuesday called NRG Express 6am – 7.15 am. You can turn up any time and train for as long as you like before 7.15am. It is a circuit which has everything !!!!

The mini triathlon is on again !!

This event is designed so that anyone can do it. If you don't want to do the whole three legs you can choose, whether you want to run/walk, just ride the bike or switch it up and do both or do the whole three. You will need a mountain bike if you are riding. We can always find spare bikes if you need to borrow one. Please enquire if you do need to borrow a bike. If you know someone who would like to jump into the event let me know. The cost will be \$20 to any casuals who join in on the day.

## \*BOOTCAMP MINI TRIATHLON\*

<b>WHEN</b>	SAT 27 <sup>th</sup> FEB
<b>TIME</b>	8.30AM
<b>WHERE</b>	LYSTERFIELD LAKE PARK
<b>BRING</b>	SWIMMING ATTIRE, BIKE, HAT, WATER, TOWEL AND SUNSCREEN



## CATEGORIES ARE

<b>SWIM APPROX</b>	50 – 100 METRES
<b>BIKE</b>	9.5KM
<b>RUN</b>	3KM

**NO COST FOR FEBRUARY BOOTCAMP TROOPS AND UNLIMITED NRG MEMBERS  
\$20.00 FOR CASUAL ATTENDANCE**

## WHICH ICE CREAMS SHOULD I HAVE IF I HAVE TO??

As a general rule of thumb choose ice creams and desserts with fewer than 100 calories and <20g total sugars

If you enjoy a little ice cream every now and again, here are some of the better choices -

**Paddle Pop** - A single Paddle Pop contains just 80 calories and 2g of fat. How good is that?

**Mango Weis Bar** - Another great low calorie choice with just 111 calories per serve and our favourite Aussie fruit for Summer.

**Skinny Cow Vanilla Ice-Cream Bar** - With just 82 calories and <2g of fat this is another great choice, although it does contain sweetener to keep the calorie content low

**Splice** - With just 77 calories and 1g of fat, you cannot go wrong with this refreshing choice.

## SOME OF THE REASONS WHY WE EXERCISE

*When endorphins are released into your bloodstream during exercise, you feel much more energized the rest of the day*

*Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity,*

*Exercise produces a relaxation response that serves as a positive distraction. It also helps elevate your mood and keep depression at bay*

*Group training starts great friendships. For long-term weight loss, you need to have social support*

*Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), and loss of muscle mass.*

*Your heart and cardiovascular system will function more effectively*

**“With a goal of losing weight and enhancing health, exercise has to become a part of a person's life, not an afterthought”**

## JANUARY SUMMER BOOTCAMP CREW

*Awesome effort guys. 😊*

*As most of you know my printer man is currently unavailable to do the Bootcamp certificates so I thought you would like to see the group pic taken at the last session.*

*You all look amazing and energised even after your training.....Thanks for a great month 😊*

