

BOOTCAMP NIGHT WALK FRIDAY 19TH FEB 6.45pm

This Friday the Bootcamp troops are off on a night walk. The distance is approximately 12km. Please take note that we will be leaving the outside car park at Lysterfield Lake Park at 6.45pm. It takes about 2 hours to complete. If you are unsure of meeting place you can follow me from the gym. Be at the gym by 6.15pm.

Bring a back pack with a drink bottle, mobile phone and a torch.

This walk will replace the Saturday Bootcamp session. The session is available to all UnlimitedNRG members and Bootcamp crew. Anyone who is currently Personal Training or enrolled in term classes can come along and pay a casual fee \$!5 ☺

EXERCISES TO IMPROVE YOUR HILL RUNNING

Everyone knows that the hills are unavoidable training "In The Hills" If your muscles lack strength, your form can falter. You might lean too far forward going up and too far backward going down, a combo that wastes energy and increases injury risk, says Jason Fitzgerald, coach and founder of strengthrunning.com. This routine from Fitzgerald will strengthen key muscles that will power you through both the ups and the downs.

Sideways Lunge

Works: The quads and glutes.

To Do: Step to your right, bending your right knee until your hamstring is parallel to the floor. Push off the right foot and return to the starting position, then repeat on the left. Complete 20 total reps, alternating legs. *"This is a regular exercise in the Wednesday 9.30am Step class"*

Squat

Works: The glutes, hamstrings, and quads (quads are the primary muscles used for running uphill).

To Do: While holding dumbbells and keeping your feet shoulder width apart, shift your weight to your heels as you lower into a seated position. Keep your eyes forward and descend until your hamstrings are parallel to the ground before you stand back up. Do 25 reps at a controlled pace. *"A regular exercise in FitnessNRG PowerBar classes."*

Deadlift

Strengthens: The glutes, hamstrings, and calves, which give you stability and control on downhill.

To Do: Stand with feet shoulder width apart. Bend at the waist and knees and pick up a pair of dumbbells from the floor. As you stand up, pinch your shoulder blades together. Then lower back down, tapping the dumbbells on the ground before standing back up. Do 25 reps at a controlled pace. *"A regular exercise in FitnessNRG Powerbar classes"*

Step Up

Develops: Powerful quads for stronger hill climbing.

To Do: Holding dumbbells, place your right foot on a box or step. Drive your weight into your heel as you step up. Squeeze your glutes at the top. Step back down in a controlled manner. Repeat with the left foot. Complete 20 total reps, alternating legs. *"A regular Bootcamp drill"*

Forward Lunge

Builds: Stability and strength that helps you maintain good running form while going up and down.

To Do: Start with your feet pointing straight ahead and holding dumbbells. Step forward with your left foot, then bend the left knee until the hamstring is parallel to the floor. Your right knee should touch or come just above the ground. To avoid injury, make sure the left knee stays behind the toes. Step back up and repeat on the other side. Complete 20 total reps, alternating legs. *"Another awesome exercise performed in a few of FitnessNRG's training programs"*

FIGHT INFLAMMATION WITH FOOD

When your body is under a lot of stress, especially if you're training hard, you can experience chronic inflammation. Inflammation can hinder your performance, increase your risk of injury, and make you more fatigued.

Research suggests that a diet rich in both antioxidants and fibre can reduce inflammation. "By incorporating more anti-inflammatory foods in your diet, you'll help maximise immunity and fuel working muscles," explains Sports Dietitian Teri Lichtenstein.

Try adding the following five anti-inflammatory foods to your diet:

1. Omega-3-Rich Fish

"Most fish, like Salmon, has a high proportion of omega-3 fats, which provides anti-inflammatory benefits including joint protection, cardiovascular benefits and improved cognition. Fish is also an excellent source of protein to refuel and replenish your muscles," says Teri.

Top Tip: Try substituting a meaty burger with a salmon burger.

2. Kale (and other leafy greens)

"Studies have suggested that Vitamin E may play a key role in protecting the body from pro-inflammatory molecules called cytokines," says Teri. "One of the best sources of this vitamin is dark green veggies, such as spinach, kale, broccoli, and collard greens. Dark greens also tend to have higher concentrations of vitamins and minerals – like calcium and iron."

3. Avocados

"Avocados are rich in phytosterols (plant cholesterol), antioxidants and omega-3 fatty acids, all of which have anti-inflammatory properties," says Teri.

Top Tip: Spread an Avocado on a slice of wholegrain bread for breakfast.

4. Strawberries and Raspberries

High in antioxidant and anti-inflammatory phytonutrients (planet derived nutrients): "Most types of berries are antioxidant powerhouses!" says Teri. "And being so delicious they are easy to eat in plenty."

Top Tip: Eat a bowl of whole-grain cereal topped with fresh berries.

5. Extra Virgin Olive Oil

"Extra Virgin Oil contains a high concentration of polyphenols, which have great anti-inflammatory properties," explains Teri. One of these compounds is oleocanthal, which possesses similar anti-inflammatory properties to ibuprofen (pain reliever), according to a study published in 2011.

Top Tip: Pan-fry broccoli in extra virgin olive oil and eat with fresh salmon.

RECIPE SALMON SALAD

Serves 1 - per serve:

400 cal | 24g fat

30g protein | 15g carbs | 6g fibre

Ingredients:

- 1 can salmon
- 12 green beans, blanched
- 1/2 cup raw kale leaves
- 2 tbsp. basil leaves, chopped
- 1 tbsp. parmesan cheese
- 1 small spring onion, green part only, chopped finely
- 1/3 cup sweet potato, steamed
- 10 almonds, roasted or toasted
- 1 1/2 tsp. extra virgin olive oil
- 2 tbsp. lemon juice

Preparation Method:

1. Combine all ingredients in a bowl, dress with the olive oil and lemon juice then serve.