

CHECK OUT JACK MILLIGANS ORIGINAL BAND "TEMPUS".
THURSDAY MARCH 17TH

COME ALONG AFTER POWERBAR CLASS WHICH WILL START AT 6.30PM THAT NIGHT
PURCHASE TICKETS FROM JACK FOR \$10. YOU COULD WIN THE LUCKY DOOR PRIZE

Flanagan's
Irish Bar

SAINT PATRICK'S DAY

17 MARCH 2016

DOORS OPEN AT 7PM

TICKETS \$10 - INCLUDE FREE FOOD PLATTERS

**GREEN BEER, GUINNESS, LEPRECHAUN
"POT OF GOLD" LUCKY DOOR PRIZE**

LIVE MUSIC FROM 8PM - 12AM

TEMPUS
SPOOK THE BANSHEE
FALLEN ENDS
BEAT MECHANICS 12AM - LATE

ALH Group
All events are subject to change without notice. All events are subject to change without notice. All events are subject to change without notice.

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**FITNESSNRG T SHIRTS TOPS AND SINGLETs ARE COMING!
THESE ARE A LIMITED SUPPLY AND COST \$30 EACH OR
2 FOR \$50.....**

FOODS TO RID YOUR DIET OF

Rice snacks - white rice is a source of concentrated carbohydrate, with a high glycaemic index and little dietary fibre. This includes rice cakes, crackers and snacks.

2 minute noodles - a packet of 2 minute noodles can contain as much carbohydrate as three slices of bread and up to half your daily sodium requirement.

Turkish bread - you probably were not aware that the average serve of Turkish bread contains the equivalent amount of carbohydrate as six slices of bread.

Biscuits – a standard sweet biscuit is a mix of white flour, sugar and fat.

Cordial - cordial is a mix of sugar, water and colours and even the fruit based ones offer nothing nutritionally.

Fruit bars - even if they say that they are 100% fruit, the fact is that fruit bars are packaged into an extremely concentrated food item, without the water, fibre and vitamin content of fresh fruit.

Chocolate spread - while advertisers may claim that chocolate nut spreads are low GI and made from heart healthy nuts, if you check the label you will see that the first ingredient is actually sugar.

DATES TO REMEMBER

MON 14TH MARCH	LABOUR DAY. CLASSES ON THE DAY ARE 9.30AM POWERBAR AND 7PM BOOTCAMP
THURS 17TH MAR	POWERBAR WILL BE AT 6.30PM NOT 7PM TONIGHT JACKS BAND “TEMPUS” PERFORMING AT STAMFORD HOTEL
THURS 24TH MAR	BOOTCAMP NIGHT WALK. LAST SESSION FOR MARCH BOOTCAMP.
THURS 24TH MAR	LAST DAY OF TERM CLASSES SCHOOL HOLIDAYS BEGIN
FRI 25TH MAR	GOOD FRIDAY NO CLASSES
SAT 26TH MAR	EASTER SATURDAY NO CLASSES
SUN 27TH MAR	EASTER SUNDAY
MON 28TH MAR	EASTER MONDAY NO CLASSES
SUN 3RD APRIL	TURN CLOCKS BACK 1HR AT 3AM
MON APRIL 4TH	APRIL BOOTCAMP STARTS
MON 11TH APRIL	TERM 2 CLASSES BEGIN

WHY ARE MUSCLES SORE?

It is natural for your muscles to feel sore the next day after exercising. By increasing the intensity, you increase the stress on your muscles. The sore muscles then need to recover to increase their endurance and strength. So basically, muscle recovery leads to improved muscle function. Let's look at this process in greater detail.

By exercising hard, you stress your muscle tissue beyond what it is used to. Your muscles begin to burn, which indicates muscle damage. Because of this damage, your muscles feel sore the next day. Muscle soreness is delayed because damage to the muscles consists of small microscopic tears in the muscles after they have undergone lengthening contractions. Inflammation sets in after 24 to 48 hours, which then causes the soreness.

It used to be thought that next-day muscle soreness was caused by a build-up of lactic acid in the muscles. Lactic acid in the muscle's tissue is completely washed out 30 to 60 minutes after physical activity. With most muscle soreness occurring 24 to 48 hours after exercising, the cause of sore muscles cannot be lactic acid build up in the muscles.

Muscle biopsies taken immediately after physical exertion show disruption of z-band filaments holding the muscle fibers together as they slide over each other during a contraction. Next-day muscle soreness (DOMS) is solely caused by damage to the muscle fibers themselves.

CAN YOU AVOID SORE MUSCLES?

You can only avoid sore muscles by doing everything at the same pace and intensity as you have always done it, which is basically unnatural. Muscles must be stressed enough to strengthen them but not too much to cause them injury. Normal healthy muscles need to be tested through physical activity so sore muscles cannot be avoided.

Here are some tricks to help you avoid the type of sore muscles that cause injury.

- Warm up properly before any physical activity.
- Gradually increase either the intensity or the duration of your workout, not both at once.
- Be aware of your fitness level and don't overtrain, particularly in the early stages of any exercise routine.
- Use correct posture and positioning when exercising.
- Don't increase both intensity and duration during the same week.
- Finish your exercise session with a thorough cool-down and stretch



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Plumber

"I called 3 plumbers before I found Gavin. He arrived when he said he would, cleaned up after himself and the price was great."

*Jessica McAllister
- Tecoma*

"We renovated our bathroom and Gavin gave us a lot of great advice. He worked with us to use the existing fittings and the result is fantastic."

Dave Thomas - Selby

Some of you may recognise this face. Gavin is a regular NRG Express and Bootcamp participant. You couldn't meet a nicer guy and he is our very first to advertise his business in the FitnessNRG newsletter. He has a great reputation and very reliable so give him a call if you need any plumbing.

If you would like to advertise your business in the next newsletter email a pdf to fitnessnrg@gmail.com and we will put it in for you. 😊

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