

8 WEEK WEIGHT LOSS UPDATE

The first week of detox is over and now the calorie controlled food plans will begin. The 5 day detox will help to reduce inflammation in the gut. Craig was the first to be weighed and measured. He lost 3.9kg of weight and 5.3cm around the waist. He says he doesn't feel bloated any more. He also said he feels healthier, more energetic and back on track. This time the 8 Week Weight Loss program has a Paleo food plan as an option. Good luck to those who are doing it. Enjoy this exciting journey.

UNLIMITED NRG AND 8 WEEK WEIGHT LOSS CLASSES

MON	TUES	WED	THURS	FRI	SAT
	6.15AM NRG EXPRESS CIRCUIT				
9.30AM POWERBAR		9.30AM STEP/ABS BUTT			9.30AM BOOTCAMP
	5.30PM POWERBAR				
	6.30PM CORE AND STRETCH		6.30PM POWERBAR		
7PM BOOTCAMP		7PM BOOTCAMP	*7.40PM YOGA		

* Yoga 7.40pm Thursday is a new class on the timetable. It is a beginner style yoga with great stretches to compliment your exercise schedule. It runs for 30min. It is included in the UnlimitedNRG membership and the 8 Week Weight Loss program. If you would like to try it out the cost is \$15 as a casual or \$125.00 for the term. Spots are limited so please enquire whether there is room.

RECIPE EGGPLANT BOLOGNESE

Ingredients

1. 750g eggplant, diced
2. 250g ground beef
3. 2 tbsp extra virgin olive oil
4. Salt and freshly ground pepper
5. 1 large onion, chopped
6. 3 cloves garlic, minced
7. 2 bay leaves
8. 4 sprigs thyme
9. 1 tbsp tomato paste
10. 1/2 cup red wine
11. 2x 440g can whole peeled plum tomatoes
12. 6 leaves fresh basil,



Instructions

1. Heat the olive oil in a large pan over medium-high heat. Add in the onion and beef and sprinkle with salt and pepper. Cook for 8-10 minutes until the meat is browned. Stir in the eggplant, garlic, bay leaves, and thyme and sauté for an additional 15 minutes.
2. Once the eggplant is tender, stir in the tomato paste. Add the wine and scrape any browned bits off the bottom of the pan. Stir in the tomatoes and slightly crush with a spoon. Bring the mixture to a boil, then reduce the heat and simmer for 10 minutes, stirring occasionally. Adjust salt to taste. Serve warm garnished with fresh basil

ZUCCHINI PASTA

Ingredients

1. 4 medium zucchini
2. 2 cups cherry tomatoes
3. 3 tbsp pesto
4. Salt and freshly ground black pepper, to taste
5. Extra virgin olive oil (optional)
6. Pine nuts, for topping (optional)

Directions

1. Use a julienne peeler to slice the zucchini into noodles, stopping when you reach the seeds. Set aside.
2. If roasting tomatoes, place onto a rimmed baking sheet and drizzle with olive oil. Sprinkle with salt and pepper and bake at 400 degrees F for 15-20 minutes.
3. Combine the zucchini noodles and pesto, tossing until well coated. Top with tomatoes and pine nuts to serve.
4. If cooking zucchini noodles, simply add to a skillet and sauté over medium heat for 4-5 minutes.



STRETCHES FOR TIGHT CALF MUSCLES

This article is for Kerry and for anyone else who has tight calf issues.

Stretching the calf muscles regularly can help to improve flexibility.

The calf muscles mainly consist of the larger gastrocnemius muscle and the soleus muscle which is located deeper and lower down the leg. To effectively stretch both these muscles stretches should be done with the knee bent as well as straight.

Gastrocnemius stretch



To stretch the big gastrocnemius muscle the back leg must be kept straight. Stand with the leg to be stretched at the back and hands on a wall at shoulder height. Bend the front knee and lean forwards, keeping the back knee straight and pushing the heel down into the floor.

When you can feel a stretch, hold for 20 seconds. If the stretch eases, lean further forwards until you can feel it again. But do not push too far in the early stages. Perform 3 repetitions and repeat this 3-5 times a day.

Soleus muscle stretch



To stretch the deeper soleus muscle the knee of the leg to be stretched needs to be bent. This is because the soleus muscle attaches below the knee and bending the knee allows the gastrocnemius muscle to relax leaving the soleus on stretch.

Lean against a wall with the leg to be stretched at the back. Bend the knee keeping the heel in contact with the ground until a stretch is felt. Hold for 15 to 20 seconds and repeat three times. If a stretch is not felt then another method is to place the ball of foot against the wall and bend the front knee until a stretch is felt.

Stretching on a step



As flexibility increases or if you have particularly flexible calf muscles it may be better to stretch using a step. Lower the heel off the step dropping down until a stretch is felt.

Hold for 15 to 20 seconds for 3 repetitions and repeat 3 to 5 times a day. The soleus muscle can be stretched similarly but with the knee of the leg to be stretched kept bent.

Plantar fasciitis night splint



The plantar fasciitis night splint is an excellent way of increasing the flexibility of the calf muscles, particularly if conventional stretching exercises do not seem to be working as fast as you might like.

The splint is worn over night and helps prevent the calf muscles tightening up. In effect a very gentle prolonged stretch is applied. The calf muscles are particularly prone to tightening up over night while you are asleep and the night splint is a very effective way of preventing this from happening.

REGISTER FOR THE “*RUN FOR THE HILLS 2016*” AND RUN WITH THE FITNESSNRG TERM



Last year FitnessNRG ran in this event supporting this great fundraiser organised by Trish Flanagan. We really hope you will join us on the day. You can choose which distance and whether to walk or run.

Register online as an individual and we will meet and start as a group. If you register before July 31st you will receive a bib with your name. Cost is \$30 as an individual. Under 15 years \$15.

When: Sunday 14th
August 2016

Where: Lysterfield
Lake, Melbourne VIC,
Australia

Distance: Walk or
Run the 5.5km or
10.5km around the
lake

Race Day

Bib Collection 8am

Race Start: 9am



Run for the Hills was started in 2015 to create a local fun run event for the whole family with funds raised to support community projects. Last year, together we raised \$8000 after costs and split this between Very Special Kids and the South Belgrave Sporting Precinct.

This year the money raised from the Fun Run will go towards the development of our local sporting precinct at the South Belgrave Recreation Reserve. We are also working with the South Belgrave CFA and all the money from the BBQ and drinks sold on the day will go to the CFA.

Every bit of effort counts and any amount you raise is so appreciated.

Let's run, and together make a difference for our local community!