

BOUTCAMP NIGHT WALK 10.5KM FRIDAY 26TH AUGUST 6.30PM

DATE Fri 26th August

TIME 6.30PM Start

BRING WATER, BACK PACK, TORCH, MOBILE PHONE, LAYERED CLOTHING AND GLOVES?

MEET AT The outside carpark at entrance of Lysterfield Lake Park
Horswood Rd
Lysterfield

CAN I BRING SOMEONE? The answer is "YES" you can. It is a paid session so for any guest you bring it will be \$20 for them which is the charge for 1 Bootcamp session a week.

HOW LONG WILL IT TAKE? Approximately 2 hours.!

Each person will receive 10 points towards the Ultimate Hero 2016 award for turning up.

DATES TO REMEMBER

FRI 26TH AUG

BOUTCAMP NIGHT WALK

SAT 3RD SEPT

**FATHERS DAY BOUTCAMP AT BIRDSLAND.
BOOTCAMPERS CAN BRING YOUR CHILDREN
YOUR DAD OR SOMEONE ELSE'S DAD (n0 ChArGe)☺**

SUN 4TH SEPT

FATHERS DAY

SAT 10TH SEPT

NO BOUTCAMP TODAY

MON 12TH SEPT

LAST BOUTCAMP SESSION FOR TERM 3

FRI 16TH SEPT

END OF TERM CLASSES AND LAST DAY FOR TERM 3

WED 21ST SEPT – WED 28TH SEPT.

WE ARE TAKING A VERY SHORT BREAK .THERE WILL BE NO TRAINING IN THIS 7 DAY PERIOD. SORRY ☺

THURS 29TH SEPT

FITNESSNRG BACK FOR PT TRAINING

**TUES 10AM SEPT 20TH &
THURS 10AM 29THOCT HOLIDAY FITKIDZ TRAINING**

TUES 4TH OCT

**TERM 4 TRAINING COMMENCES PLUS
THE 8 WEEK WEIGHT LOSS CHALLENGE BEGINS.
TOTAL OF \$500 IN CASH PRIZES TO BE WON**

WED 5TH OCT

BOUTCAMP STARTS

RECIPE: CUCUMBER SALAD

Ingredients

1. 500g cucumber
2. 2 spring onion, sliced
3. 1 garlic clove, minced
4. 4 tbsp apple cider vinegar
5. 1 tsp honey
6. 2 tsp dried dill or 2 tbsp chopped fresh dill
7. $\frac{1}{2}$ tbsp salt,
8. $\frac{1}{4}$ tsp black pepper



Instructions

1. Peel and slice cucumber thinly.
2. In a large bowl mix cucumber and green onion.
3. In a small glass mix vinegar, honey, garlic, salt, black pepper and dill.
4. Pour vinegar mixture over cucumber, toss to coat.
5. Adjust taste with more salt and black pepper if needed and serve immediately.

SOME INTERESTING FACTS ON WHAT EXERCISE ACTUALLY DOES FOR US

Engaging in regular exercise is one of the best things you can do for yourself. Exercise helps to improve your sense of well-being, to prevent heart disease and several other important medical problems, and to improve your chances of remaining healthy and hale well into your old age.

How Does Exercise Make You Healthy?

Regular exercise has several beneficial effects on your body that can improve the function of your musculoskeletal system, your cardiovascular system, your respiratory system, your metabolism, and even your brain.

Musculoskeletal benefits of regular exercise:

- Increases the size and strength of your muscle fibres.
- Increases the strength of your ligaments and tendons.
- Increases the number of capillaries that supply blood to your skeletal muscles.
- Increases the number and the size of the mitochondria (the power plants) in your muscle tissue, which allows your muscle to burn more energy.

Cardiovascular benefits of regular exercise:

- Improves your overall cardiac function, so that you pump more blood with each heart beat.
- Reduces your blood pressure, especially if you have essential hypertension.
- Improves your overall vascular function.

Respiratory benefits of regular exercise:

- Improves your lung capacity.
- Increases blood flow to your lungs (allowing the lungs to deliver more oxygen into the blood).

Metabolic benefits of regular exercise:

- Increases your muscles' ability to burn fat more efficiently.
- Increases the mobilization of fatty acids into the bloodstream from your fat deposits. (These last two effects of regular exercise "tune" your metabolism into more of a fat-burning machine.)
- Reduces your triglycerides.
- Increases your HDL cholesterol (good cholesterol).
- Reduces insulin resistance.

Other benefits of regular exercise

- Improves your immune function, which reduces your chance of getting some infections.
- Appears to reduce your chances of getting breast cancer, pancreatic cancer, and certain other gastrointestinal cancers.
- Helps prevent gallstones.
- Helps prevent the physical and cognitive declines of aging.
- Reduces your risk of Alzheimer disease.

How Does Exercise Reduce Cardiovascular Risk?

Given all these benefits, it is easy to see how regular exercise can help to prevent cardiovascular disease.

In addition to the direct effects of exercise on the heart, regular exercise improves several important cardiac risk factors. Exercise lowers blood pressure, helps prevent obesity, reduces triglyceride levels, increases HDL cholesterol levels, and improves insulin resistance (and thus helps to prevent or even reverse metabolic syndrome). An exercise routine has even been shown to be helpful in achieving smoking cessation.

So it should not be surprising that countless studies have shown that regular exercise helps to prevent heart disease, and further, helps to reduce the risk of death in both men and women, and in all age groups. Ref: Richard N. Fogoros

Benefits of Boxing.

- Decreases body fat
- Increases muscle tone
- Improves cardio vascular fitness
- Increases endurance & conditioning
- Increases strength & power
- Increase power & agility
- Improves hand eye coordination & footwork
- Relieves stress

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Life Space 60+ Years Probiotic
60 Caps
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Life Space Baby
Probiotic 60g
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FitnessNRG Price \$31.50



Ocean Essentials 500mg
Red Krill Oil + Curcumin 60 Caps Capsules
\$39.99

FitnessNRG Price \$29.99



Elmore Oil 250mL Twin Pack
\$59.99

FitnessNRG Price \$44.99



Life Space Children Probiotic

60g \$32.99

FitnessNRG Price \$24.99



FitnessNRG Price \$20.15

Elmore Oil Cream Pack

\$26.90



FitnessNRG Price \$20.15

Elmore Oil Sports -50mL Twin Roll on Twin Pack

\$26.90



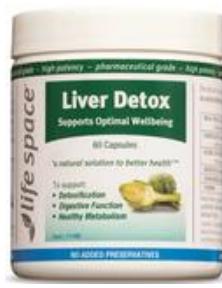
Elmore Oil Arthritis Family
\$65.00

FitnessNRG Price \$48.75



Lifespace Spirulina Energy 100 Tablets
\$29.99

FitnessNRG Price \$22.50



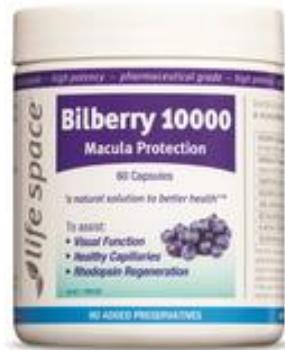
Life Space Liver Detox
60 VegeCaps
\$24.99

FitnessNRG Price \$18.75



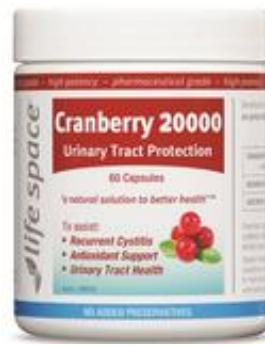
Life Space Immune Boost Liquid 500mL
\$29.99

FitnessNRG Price \$22.50



Life Space Bilberry
60 VegeCaps
\$39.99

FitnessNRG Price \$29.99



Life Space Cranberry 60
VegeCaps
\$24.99

FitnessNRG Price \$18.75

Thanks for reading everyone. I hope you enjoyed the information and can use the articles to improve your health and fitness...

See you in training Cheryle and Jack