

Hi to everyone

What a week it's been in the training room!! The gym has been a buzz of enthusiasm. It's great to see you all back and motivated. The 8 Week Weight Loss Challenge is into its second week now. I can actually see changes already. Especially in your faces. You look healthier and brighter. Eating nutritious and high anti-oxidant foods will improve your health and give you more energy.

We trained in candle light at Bootcamp on Monday night. We had no electricity due to the wind damage but the gym was jumping. Thanks for being committed to your exercise.

Just a reminder that Bootcamp this Saturday 15th will be at barracks. Jack will take your session. Monday night Bootcamp will not run but the missed session will be added to the schedule. Thanks guys for your understanding. I never like to cancel a class, but Craig and I will be attending a funeral in Queensland. Everything is back to normal on Tuesday.

Train Hard Expect Success ☺

DATES TO REMEMBER

CUP DAY TUESDAY 1ST NOV

THE CLASSES THIS DAY ARE

***9.30AM POWERBAR**

***10.30AM CORE / STRETCH**

SAT 22ND OCT

NO BOOTCAMP

FRI 28TH OCT

BOOTCAMP NIGHT WALK/RUN

***LOCATION TO BE ADVISED**

SAT 26TH NOV

FITNESSNRG XMAS PARTY

TERM 4 PT GROUP TRAINING

WELCOME BACK TO TRAINING FOR TERM 4.

WELCOME TO ALL NEW PARTICIPANTS AND WELCOME BACK TO THOSE WHO HAVE HAD A BREAK.

WE HOPE YOU ENJOY YOUR TRAINING AND FEEL IT IS YOUR PLACE TO COME TO.

8 WEEK WEIGHT LOSS CHALLENGE

The challenge has started with loads of enthusiasm.. The 5 day detox has ended.

Congratulations to everyone who got through those 5 five days. The first weigh we saw someone with a loss of 6kgs after the Detox. This loss is mainly gut inflammation and toxins. There is also fluid loss and a little body fat and muscle loss. It's a great way to kick start the next stage of healthy eating. Keep up the good work everyone. ☺

EASY LUNCH RECIPE Tuna and Asparagus Salad

Serves 4

Ingredients

1 x 425g can tuna in spring water
2 bunches asparagus, sliced into 7cm lengths
½ cup corn kernels
½ red capsicum, finely sliced
50g mixed lettuce leaves
½ cup coriander leaves

Calories	:	198
Carbohydrates	:	9.6 g
Protein	:	30 g
Fat Total	:	3.2 g
Fat Saturated	:	1.1 g
Fibre	:	3.7 g

Dressing

1 tablespoon Dijon mustard
1 ½ teaspoons seeded mustard
1 tablespoon low-fat natural yoghurt
1 ½ teaspoons white wine vinegar
juice of 1 lemon

Method

Drain the tuna.. Steam the asparagus for 3-5 minutes until tender then allow to cool. To make the dressing place all ingredients in an airtight jar and shake until combined. Combine all salad ingredients and drizzle with dressing.

XMAS PARTY SAT 26TH NOV 7PM

PUT THIS DATE IN YOUR DIARY

AWARDS ARE GIVEN OUT ON THIS NIGHT.

PLUS IT'S A FUN WAY TO FINISH OFF THE YEAR OF TRAINING WITH YOUR GYM BUDDIES.

I HOPE YOU CAN ALL MAKE IT

DETAILS ABOUT IT SOON



WATER AND WHEN TO DRINK IT ... WHEN is an easy one. Your body will tell you when you need to drink, which is when you are thirsty. You need to be able to recognise the first indication of thirst as a warning that dehydration is imminent, and then act accordingly. Many people have taught themselves to ignore this feeling and may have desensitized themselves to the initial signs of thirst.

As a general rule, you should aim to drink a glass of water :

1. When you get up, before you eat or drink anything else.
2. 10 to 15 min before each meal
3. Any other time when thirst strikes

Water may have a detrimental effect if consumed while you are eating or directly after eating. Because water leaves the stomach so quickly, it is fine to drink it before eating. Drinking water with or straight after a meal dilutes the gastric juices and carries them right out of the stomach. Drinking while eating may cause you to swallow only partially masticated food. Both of these situations will disrupt the digestive process and quite possibly lead to digestive complaints.

Ideally, drinking should not happen during eating or within two hours of the completion of a meal. I understand, however, that practically this may be difficult to avoid consistently.

INFLAMMATION The amount of inflammation in your body varies and is dependent on a number of factors - including your activity level, the amount of sleep you get, the degree of stress in your life, and even the foods you eat. What you have to realize is that these factors are cumulative - meaning they build up over time. And the more that any or all of these factors get out of whack, the risk for disease increases.

Early in life, these levels can be so low that you might not even be aware that you have any inflammation in your body. That's because our bodies do a fairly decent job of controlling the inflammation - at least for a while. Then one day you wake up and you're in your 40s and something is just not right. That's when the fear begins to set in, and you think to yourself: What did I do wrong? or What can I do now to help myself?

What Is Inflammation? Inflammation is not a disease or something evil. It's just the body's response to foreign invaders such as infections or others. The inflammation starts in the exact place in which the attack is taking place. However, what causes inflammation? This is something we all ought to know, in order to prevent and keep away from it.

What Causes inflammation

1. Diet. In case you often experience **inflammation** in different parts of the body, it means something is wrong with your diet and you need to make a change. Let's have a look at the types of food that might cause recurrent inflammation:
2. Red meat – there is a molecule, which is especially found in non-human mammals as sugar, that becomes soaked up in the tissues of people who prefer to mostly consume red meats. Scientific tests have shown that the presence of this type of sugar (that human are unable to produce genetically) in the body can trigger an immune system response that is one of the "inflammation" causes.
3. Refined carbohydrates – the body's *inflammation* reaction to carbohydrates may differ from one individual to another. Research shows the more the carbohydrate is processed and refined, the more rapidly it is transformed into blood glucose, increasing the glycemic index. If the glycemic index is increased more insulin is released, causing inflammation.
4. Polyunsaturated vegetable oils – Unlike the omega-3 fatty acids that relieve inflammation, these oils contain omega-6 fatty acids that encourage inflammation. The vegetables you need to avoid or moderately consume are: corn, peanut, soy, and sunflower, since they are high in their content of linoleic acid, an omega-6 fatty acid.
5. Stress. If we are engaged in stressful situations, the body starts releasing through the adrenal glands the stress hormone known as cortisol. Cortisol's role is to raise the blood pressure and also blood sugar levels, in order to help the body survive moments of stress. However, on the long run this is very harmful. Even though cortisol is known as an anti-inflammatory hormone, it suppresses parts of the immune system. This means that while cortisol is doing its designed job, the immune system becomes vulnerable to new infections attacking the body, leading to health issues and inflammation.
6. Environment. We are exposed to chemical dangers everyday: air fresheners, chemical adhesives, glue, cleaning products, pollution, pesticides and so on. Whether we are at work, outside, and even inside our home, we and our loved ones are not protected from these harmful chemicals. Varying from every person's immune system, the effects of these chemicals are harsh or easily supported by our bodies. There is no doubt though, that constant and continuous exposure to these chemicals will someday cause our immune system to respond and trigger inflammation.
7. Menopause. A woman's body undergoes many harsh changes during menopause. One of these changes is the loss of hormones that were available in the early stages of life. Studies have shown that the loss of hormones may lead to chronic inflammation.

<u>Anti-inflammatory foods</u>	<u>Inflammatory foods</u>
Atlantic Salmon (wild)	Sugar, from any source
Fresh whole fruits, vegetables	Processed foods
Bright multi-coloured vegetables	French Fries
Green tea	Fast Foods
Water	White Bread
Olive oil	Pasta
Lean poultry	Ice Cream
Nuts, legumes and seeds	Cheddar Cheeses
Dark green leafy vegetables	Snack foods
Old fashioned oatmeal	Oils such as vegetable and corn
Spices, especially Turmeric and Ginger	Soda, caffeine and alcohol