

CONGRATULATIONS TO MICHELLE PASCOE. !!!!

THE WINNER OF THE FITNESS NRG 8 WEEK WEIGHT LOSS CHALLENGE



Oct 2nd 2016

Nov 25th 2016



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We are very proud to announce the winner being Michelle Pascoe of the FitnessNRG 8 Week Weight Loss Challenge. Michelle followed the program for 8 weeks and worked hard at it. We are absolutely “rapt” for her and wish Michelle a continuing journey in her health and fitness. Michelle is proof that if you stick to your goals you WILL succeed. Well done Michelle ☺

Below is something one of FitnessNRG’s clients sent to encourage and motivate. It shows that we are all human and sometimes slip off the track. It’s whether you get back on it that counts. The 8 Week program encourages people to write down food intake.. Have a read..... Thanks Shellie Jelinek for sharing it.

DON'T QUIT!!!

When you've eaten too much and you can't write it down,
And you feel like the biggest failure in town.

When you want to give up just because you gave in,
And forget all about being healthy and thin.

So What! You went over your limit a bit,
It's your next move that counts..... So don't you quit!

It's a moment of truth, it's an attitude change.
It's learning the skills to get back in your range.

It's telling yourself,
“You've done great up till now.
You can take on this challenge and beat it somehow”.

It's part of your journey toward reaching your goal.
You're still gonna make it, just stay in control.

To stumble and fall is not a disgrace,
If you summon the will to get back in the race.

But, often the strugglers when losing their grip,
Just throw in the towel and continue to slip.

And learn too late when the damage is done,
That the race wasn't over..... they still could have won.

Lifestyle change can be awkward and slow,
But facing each challenge will help you to grow.

Success is failure turned inside out,
The silver tint in a cloud of doubt.

When you're pushing to the brink, just refuse to submit,
If you bite it, you write it....But don't you quit!

- Author Unknown

DATES TO REMEMBER

MONDAY 12TH DEC

LAST BOOTCAMP SESSION FOR 2016

THURSDAY 16TH DEC

LAST DAY FOR TERM CLASSES

PERSONAL TRAINING SESSIONS WILL CONTINUE THROUGHOUT XMAS BREAK AS REQUIRED.

WED 4TH JAN – MON 30TH JAN

SUMMER BOOTCAMP

4 WEEK BOOTCAMP ***SPECIAL \$100***

MON AND WED 7PM.

NO SATURDAYS ARE

SCHEDULED SO YOU CAN HAVE YOUR

WEEKENDS FREE.

MONDAY 6TH FEB 2017

TERM 1 2017 GROUP CLASSES BEGIN

SUMMER BOOTCAMP SPECIAL

WHEN WED 4TH JAN – MON 30TH JAN

SESSIONS MON 7PM WED 7PM

COST \$100



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.

FITNESS NRG XMAS RAFFLE

THANKYOU TO EVERYONE WHO BOUGHT TICKETS AND DONATED RAFFLE PRIZES.

WE RAISED **\$711.00** FOR THE SALVATION ARMY. YOU HAVE ALL BEEN A PART TO HELP THOSE IN NEED OVER CHRISTMAS.



THANKYOU TO THE FOLLOWING PEOPLE FOR YOUR DONATIONS

ALLANNA DOVE	4 X "MY BOUQUET LADY" HAMPERS
WOZ DOVE	WOODEN ROCKING HORSE
DAVID AND ALANA BILSTON	2 X "PURE LIFE PHYSIOTHERAPY" VOUCHERS
MARC WEINER	COLGATE GIFT PACK
TREVOR PROWSE	"SWAMP DONKEY" CD/TSHIRT PACK
JO MC GILL	\$200 CHINA TEA SET/ CANDLE HAMPER
JACK MILLIGAN	"TEMPUS" CD/ TSHIRT/ STUBBY HOLDER PACK
FITNESSNRG	2 X \$50 TRAINING VOUCHERS
CRAIG AND CHERYLE MILLIGAN	WEEKEND BREAK AT "MUD BRICK" MAINTONGOON (LAKE EILDON NATIONAL PARK)
CRAIG AND CHERYLE MILLIGAN	\$200 COSMETIC AND SKIN CARE HAMPER
JASON AND AMANDA BEAMSLEY	ROOF AND GUTTER CLEAN "LEAKLESS ROOFING"
ROLAND AND JO MUNZEL	GEORGE FOREMAN COOKER
DEBBIE LAURENCE	HANDMADE SOAP GIFT PACK
ZAC AND JENNY CONNELLY	5 X CONTROLLERS T SHIRT AND CD PACK
DARYL ANDREOLA	6 BOTTLES OF WINE
ANGE AND ARNA. IAN FIRTH	WINE AND WEIGHT SCALES
MICHELLE WEINER	FUNKY CHAIR
JENNY CONNELLY	\$250 THALGA COSMETICS AND GIRLS BABY CLOTHES
IAN AND CHRIS BRUCE	4 HRS LABOUR, GARDENING OR BABY SITTING
CRAIG AND CHERYLE MILLIGAN	QUEEN SIZE DOONA SET AND CUSHION AND MYSTERY GIFTS
MICK AND LINDSEY BUICK	GOLD CLASS TICKETS WINE AND CHOCOLATE HAMPER
LAURA EISELE	POTTING MIX GARDEN GLOVES AND FERTILIZER
MICHELLE PASCOE	ADIDAS EXERCISE SAND BAG AND WRIST GRIPS
MULLAN FAMILY	TOWEL SET, ROSE CANDLE SET, CANDLE GIFT PACK
PROWSE FAMILY	NATIO BODY BALM, GUITAR MUG, FRAGRANT REEDS

2017 PT GROUP CLASSES START MON 6TH FEB- FRI 31ST MARCH

COST \$120 EACH FOR THE 8 WEEK TERM

KIDZ FITNESS COST \$80 FOR THE 8 WEEK TERM

MON	TUES	WED	THURS	FRI	SAT
9.30AM POWERBAR	6.15AM NRG EXPRESS	9.30AM STEP/ABS BUTT			
		3.45PM KIDZ FITNESS			
	5.30PM POWERBAR		6.30PM POWERBAR		
	6.30PM CORE / STRETCH		7.30PM YOGA		

TERM 1 2017 BOOTCAMP STARTS MON 6TH FEB

[A WEEK AFTER JAN BOOTCAMP ENDS]

4 WEEKS BOOTCAMP COST \$150

2 X SESSIONS / WEEK/ \$120

1 X SESSION / WEEK \$80

MON	TUES	WED	THURS	FRI	SAT
					9.30AM BOOTCAMP OUTDOOR
7PM BOOTCAMP BOXING		7PM BOOTCAMP INDOOR/ OUTDOOR			

UNLIMITED NRG TERM 1 MEMBERSHIP \$400

Unlimited NRG is a term membership. It came about for those who wanted to have a choice of classes each week choosing from Bootcamp to Core Classes, Powerbar, Step and NRG Express.

It gives you flexibility to try everything we offer. You can jump into all of them.

There is no limit. !

You decide which classes each week.

Unlimited NRG runs for the school term. Term 1 starts Mon 6th Feb till 31st - March 2017.



FITNESS NRG GIFT VOUCHERS ARE AVAILABLE NOW !!

GREAT IDEA AS A XMAS GIFT