

**TERM 1** has kicked off into full swing. It's great to see all your smiley faces enjoying your exercise. We have had a few sore bodies after the break but hang in there. Your body will adjust. The trick is to keep moving and stretching those sore muscles.

## THE MINI TRIATHLON IS ON AGAIN!!

This event is designed so that anyone can do it. If you don't want to do the whole three legs you can choose, whether you want to run/walk, just ride the bike or switch it up and do two or do the whole three. You will need a mountain bike if you are riding. We would really like to encourage anyone who wants to do the swim. You can walk the water if you want to. It's all about giving it a go and having some fun. Please note the people walking will be in the shallow part. Everyone's times will be taken on the day, particularly for those who want to compare their times with previous triathlons.

If you know someone who would like to jump into the event they are very welcome. Let us know prior if you bring someone.

Please note. The cost is \$20 to any casuals who join in on the day and who are not currently enrolled in training.

## \*BOOTCAMP MINI TRIATHLON\*

<b>WHEN</b>	SAT 18 <sup>th</sup> FEB 2017
<b>TIME</b>	8.30AM
<b>WHERE</b>	LYSTERFIELD LAKE PARK
<b>BRING</b>	SWIMMING ATTIRE, BIKE, HAT, WATER, TOWEL AND SUNSCREEN



## CATEGORIES ARE

<b>SWIM APPROX</b>	50 – 100 METRES
<b>BIKE</b>	9.5KM
<b>RUN</b>	3KM

**NO COST FOR FEBRUARY BOOTCAMP TROOPS AND UNLIMITED NRG MEMBERS OR 8 WEEK WEIGHT LOSS GROUP.**

**\$20.00 FOR CASUAL ATTENDANCE**

## WHICH ICE CREAMS SHOULD I HAVE IF I HAVE TO??

As a general rule of thumb choose ice creams and desserts with fewer than 100 calories and <20g total sugars

If you enjoy a little ice cream every now and again, here are some of the better choices -

**Paddle Pop** - A single Paddle Pop contains just 80 calories and 2g of fat. How good is that?

**Mango Weis Bar** - Another great low calorie choice with just 111 calories per serve and our favourite Aussie fruit for Summer.

**Skinny Cow Vanilla Ice-Cream Bar** - With just 82 calories and <2g of fat this is another great choice, although it does contain sweetener to keep the calorie content low

**SplICE** - With just 77 calories and 1g of fat, you cannot go wrong with this refreshing choice.

## SOME OF THE REASONS WHY WE EXERCISE

*When endorphins are released into your bloodstream during exercise, you feel much more energized.*

*Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity,*

*Exercise produces a relaxation response that serves as a positive distraction. It also helps elevate your mood and keep depression at bay*

*Group training starts great friendships. For long-term weight loss, you need to have social support*

*Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), and loss of muscle mass.*

*Your heart and cardiovascular system will function more effectively*

**“With a goal of losing weight and enhancing health, exercise has to become a part of a person's life, not an afterthought”**

## 8 WEEK WEIGHT LOSS CHALLENGE

Keep up the good work guys. The 5 day detox is done so now you will continue onto your food plans. If you haven't received the food plans please come and pick them up.

We are very proud and confident this program works. We have based the challenge on a lifestyle which you can carry forward into your lives well after it is over. There is never a quick fix but slowly we can change our habits leading to healthier happy lifestyles. The choices of classes we have on the timetable are a mix so you can change it up and enjoy a cross section of exercise sessions.

Remember it's up to you.

Work hard and you will succeed. Don't forget to bring your books at your weigh ins. 😊

**\*ALL FITNESSNRG CLOTHES ON RACK IS NOW REDUCED TO \$15 EACH. GRAB SOMETHING BEFORE IT GOES!!!!**

## RECIPE: CHRIS'S SUPER EASY HOMMUS

1x 400g tin of chick peas  
1 small clove of garlic  
1 tablespoon tahini  
1 lemon  
Extra virgin olive oil

1. Drain and tip the chickpeas into a food processor
2. Peel and add the garlic, then add the tahini, a good squeeze of lemon juice and 1 tablespoon of oil.
3. Season with a pinch of sea salt, then pop the lid on and blitz.
4. Use a spatula to scrape the hommus down the sides of the bowl, then blitz again until smooth.
5. Have a taste and add more lemon juice or a splash of water to loosen, if needed, then transfer to a serving bowl.
6. Serve with dry crunchy veges such as carrots, cucumbers, radishes or peppers or some warm flatbread.

## BEETROOT HOMMUS

400 gram canned chickpeas drained and rinsed  
80ml (1/3 cup) lemon juice  
50 gram unhulled tahini  
2 tbsp extra-virgin olive oil  
1 clove garlic, finely chopped  
1 beetroot, coarsely grated (about 150 gram)

1. Process chickpeas, lemon juice, tahini, olive-oil, garlic until smooth.
2. Add beetroot, process until smooth and season to taste.

### HOW DOES YOUR MAXIMUM PUSH-UP RATE?

	AGE				
RATING	20-29	30-39	40-49	50-59	60+
Excellent	>54	>44	>39	>34	>29
Good	45-54	35-44	30-39	25-34	20-29
Average	35-44	25-34	20-29	15-24	10-19
Fair	20-34	15-24	12-19	8-14	5-9
Poor	<20	<15	<12	<8	<5