

# FITNESSNRG<sup>PT</sup>

INFO 27<sup>th</sup> FEB 2017

## “CONGRATULATIONS” TO THE SAT 18<sup>TH</sup> FEB TRIATHLON GROUP



These guys did an amazing job on Saturday. The Triathlon began with an approx 100 metre swim. This year we included a water walk which was a little rocky under the feet. Next year we hope to get a few more girls in the water and go in about waist deep. The water was warm and actually a warmer temperature than it was out of the water.

After the swim there was a quick change and then people took off on their bikes for 10km along a dirt track with a hill every now and then. They returned leaving their bikes behind and then racing off to complete a 3 km run. Some chose to do bike and run only and some chose to do the run twice. Everyone put in and it was great to watch.

A big congratulations to these guys who came in the top four. Check out Saarge coming in at 4<sup>th</sup> She says she hopes to catch the boys next year.

Warren Dove	1 <sup>st</sup> place	48.05
Craig Milligan	2 <sup>nd</sup> place	51.29
Peter Sadleir	3 <sup>rd</sup> place	58.27
Cheryle Milligan	4 <sup>th</sup> place	58.33

A special mention to Erin Downie who did the whole triathlon in a great time. Erin had never done anything like this before and did an amazing job. 😊

Check out all the pics on

[https://www.facebook.com/pg/FitnessNRG-Personal-Training-306117296199477/photos/?tab=album&album\\_id=1027271940750672](https://www.facebook.com/pg/FitnessNRG-Personal-Training-306117296199477/photos/?tab=album&album_id=1027271940750672)

Thanks for coming along and giving it a go 😊

[www.fitnessNRG.com.au](http://www.fitnessNRG.com.au)

## DATES TO REMEMBER

<b>SAT 4TH MARCH</b>	<b>LAST SESSION FOR FEBRUARY BOOTCAMP</b>
<b>MON 6<sup>TH</sup> MARCH</b>	<b>MARCH BOOTCAMP BEGINS    <b>COST \$150</b></b> ****NO COST FOR ALL 8 WEEK WEIGHT LOSS AND UNLIMITED NRG MEMBERS****
<b>MON 13<sup>TH</sup> MARCH</b>	<b>LABOUR DAY.</b> <b>CLASSES ON THE DAY ARE 9.30AM POWERBAR AND 7PM BOOTCAMP.</b> <b>PT SESSIONS ARE STILL RUNNING AT USUAL TIMES</b>
<b>SAT 1<sup>ST</sup> APRIL</b>	<b>END OF TERM 1.</b> <b>LAST SESSION FOR MARCH BOOTCAMP</b>
<b>FRI 14<sup>TH</sup> APRIL</b>	<b>GOOD FRIDAY</b>
<b>SAT 15<sup>TH</sup> APRIL</b>	<b>EASTER SAT</b>
<b>SUN 16<sup>TH</sup> APRIL</b>	<b>EASTER SUNDAY</b>
<b>MON 17<sup>TH</sup> APRIL</b>	<b>EASTER MONDAY</b>
<b>TUES 18<sup>TH</sup> APRIL</b>	<b>TERM 2 CLASSES BEGIN</b>
<b>WED 19<sup>TH</sup> APRIL</b>	<b>BOOTCAMP BEGINS</b>

## RECIPE: A GREAT RICE SUBSTITUTE

### What you will need:

Food processor 1 large head of cauliflower

### Directions:

1. Chop cauliflower until it resembles rice.
2. Put in a pot on low heat.
3. Mix occasionally until hot.
4. Turn off heat and let sit

## HOW DO I MANAGE CALF CRAMPS?

**Q** *In almost every run I get severe calf cramps; one or both of my calves just lock up. What's the cause of the cramping and how do I prevent it?*

**A** There are a couple of schools of thought on cramping; one suggesting it is hydration and electrolyte based and another suggesting there is a neuromuscular cause involving fatigue. I tend toward the latter in the running setting. Bruce Jones did a lot of work on marathon medical problems with the Boston Marathon through the '80s and '90s. In a comparison of medical problems in a hot and cold marathon, he found most problems increased with hot conditions; however, muscle cramping stayed at the same high level in both groups. So, heat is probably not the culprit. If you've hydrated and supplemented well, with various combinations of electrolytes, vitamins and minerals in your training and on race day, fluid balance and electrolyte deficiencies are likely not the primary villain either.

My guess is that you are dealing with "**muscle fatigue**" resulting in severe and painful cramping, generally termed exercise-associated muscle cramping. The onsite treatment is to stretch the cramping muscle.

We are a distributor of Life Space products and we can offer you the products at a discounted rate. Please place your order before Friday 3<sup>rd</sup> March.  
All products must be paid for upon ordering.

## 25% OFF LIFE SPACE PRODUCTS



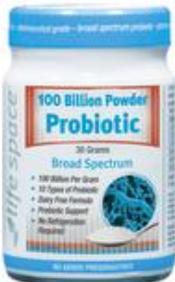
Life Space Probiotic 60 Caps  
Pregnancy Breastfeeding  
~~\$41.99~~

**FitnessNRG Price \$31.50**



Life Space Broad Spectrum Probiotic  
60 Capsules  
~~\$39.99~~

**FitnessNRG Price \$29.99**



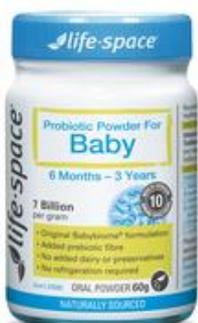
Life Space 100 Billion  
Powder Probiotic 30 Gram  
~~\$47.99~~

**FitnessNRG Price \$35.99**



Life Space 60+ Years Probiotic  
60 Caps  
~~\$39.99~~

**FitnessNRG Price \$29.99**



Life Space Baby Probiotic 60g  
~~\$41.99~~

**FitnessNRG Price \$31.50**



Life Space Children Probiotic Powder  
60G

**\$41.99**

**FitnessNRG Price \$31.50**

The Elmore Oil CREAM is a new convenient way to apply your favourite pain reliever. With the same active ingredients of Tea Tree Oil and Eucalyptus (just like the oil formula) but in a more convenient, no mess cream base, that rubs right in with no residue. Just like the oil, the CREAM relieves muscular aches and pains and is perfect for joint pain, including all forms of arthritis.

Recommended Use Rate: Apply twice a day, or more often if required.  
Ingredients: Actilastin 1000, Tea Tree Oil, Eucalyptus Oil, Vanilla.

*For relief of arthritic pain and muscular aches and pains, including symptomatic relief of lower back pain. Can also increase joint mobility and reduce inflammation and swelling associated with arthritis and gout.*

**FitnessNRG Price \$20.15**



Elmore Oil Cream  
100g

**\$26.90**



**FitnessNRG Price \$20.15**

Elmore Oil Sports -50mL Twin Pack  
Roll on Twin Pack

**\$26.90**



**FitnessNRG Price \$12.00**

Elmore Oil 50ml heat roll-on

**\$15.99**



**FitnessNRG Price \$12.00**

Elmore Oil 50ml heat roll-on

**\$15.99**

The 4 key ingredients in Elmore Oil are blended using a unique process of maturing which enhances the potency of the essential oils and binds them to the vanilla which acts as a circulatory stimulus, carrying the actives to the direct source of the pain fast and effectively. Simply apply Elmore Oil to the painful area, by gently massaging in twice a day for at least 5 days, then as required after that. You will notice an improvement in pain levels from the first time you apply and you will finally enjoy a relaxing nights sleep.

**FitnessNRG Price \$26.20**



Elmore Oil 300ml

**\$34.95**

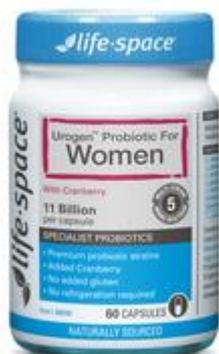
**FitnessNRG Price \$44.99**



Elmore Oil 250mL Twin Pack

**\$59.99**

**FitnessNRG Price \$29.99**



Life-Space Urogen™ Probiotic For Women with Cranberry helps support urinary tract health as well as maintaining healthy vaginal flora. Containing five premium probiotic strains, this probiotic helps to support women's general health and wellbeing.

**Health benefits may include:**

- Supporting urinary tract health
- Maintaining healthy vaginal flora
- Helping to reduce the adhesion of bacteria to the urinary tract
- Helping to reduce the frequency of recurrent cystitis
- Supporting a healthy immune system **\$39.99**

**TEMPTED BY EARLY EASTER EGGS?  
CHECK THIS OUT!**

The supermarket shelves are starting to stock Easter treats. A single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories. If you indulge in Easter treats for the next 4 weeks, you will gain at least 2kg or more. Be strong and leave the treats until Good Friday.



Eggs Selection	kJ	Fat	Exercise units
200g Easter Bunny	3740kJ	50g fat	2 hrs of running
2 Caramello Eggs	500kJ	6 g fat	15 min rowing
1 Crème Egg	718kJ	6g fat	45 min fast walking
100g Deluxe Bunny	2270kJ	33g fat	2 cycle classes
3 mini eggs	560kJ	7.5g fat	15 min skipping
Small hot cross bun (no butter)	600kJ	2 g fat	30min swimming
Large hot cross bun with butter	1200kJ	10g fat	30 minutes jogging
Choc chip hot cross bun	1100kJ	9g fat	30 min boxing class