

Welcome to Term 3.

Thankyou for all your support. We hope you feel that FitnessNRG is your place to come to train. The atmosphere is always positive and that's because of "you" who come to train week in week out. We feel very lucky to have such a supportive group of people regardless of fitness level. Your health and fitness is important to us. Please don't hesitate if you have anything to discuss.

Jack has nearly ended his Europe trek and will be back on board instructing Monday 31st July. His trip looks absolutely stunning. Lots of stories to tell when he returns.

BOOTCAMP RUN & RIDE EVENT

On Saturday 5th August the yearly Run and Ride event is on. This is a 2km or 8km run/walk and an 18- 20km bike ride. It will be held in the Lysterfield Lake Park area. You will run or walk first, then ride the 18-20km. Destination instructions will be given on the day. Details are....

DATE SAT 5th August 2017

TIME 9.00AM START (Get there earlier to set up and receive your directions)

BRING **WATER, BIKE, HELMET, TAKE A MOBILE PHONE** **Pls note. If you choose not to ride a bike you can do an 8km walk/run instead.**

MEET AT The entrance is off Hallam North Rd. The easiest way to get there is to travel down Heatherton Road . Turn right into Hallam North Rd. It gets a bit tricky on Hallam North Rd because the road splits. Remember to keep right and check the road signs.

This event will go towards points for the Ultimate Hero of 2017.

No cost for all current Bootcamp members.

You can invite a friend and the cost for those not currently participating in Bootcamp is \$20.

All UnlimitedNRG members are automatically enrolled at no extra cost.

Thankyou.

Each person will receive 10 points for turning up.

Each male and female who arrive back first will receive 30 points.

2nd place arrivals will receive 20 points..

3rd Place 10 points.

Have fun and ride safely to avoid injury !!! Good Luck! ☺

HEART RATE RECOVERY AFTER EXERCISE

Heart Rate Recovery (HRR) is measured 10 and 60 seconds after you finish exercising, to determine how quickly your heart can get back to its resting rate. A healthy heart should be able to relax by at least 25-30 beats per minute within the first 60 seconds after exercising and should be within 10-15 beats of your resting heart rate within the first couple minutes after a workout or intense exercise set.

RECIPE: GLUTEN FREE BANANA NUT BREAD

Ingredients

1. 3 bananas, mashed, or 1 cup
2. 3 eggs
3. 1/2 cup almond butter
4. 1/4 cup coconut oil, melted
5. 1 tsp vanilla extract
6. 1/2 cup almond flour
7. 1/2 cup coconut flour
8. 2 tsp cinnamon
9. 1 tsp baking soda
10. 1/4 tsp salt
11. 1/2 cup chopped walnuts



Instructions

1. Preheat the oven to 350 degrees F. Line a loaf pan with parchment paper. In a large bowl, add the mashed bananas, eggs, almond butter, coconut oil, and vanilla. Use a hand blender to combine.
2. In a separate bowl, mix together the almond flour, coconut flour, cinnamon, baking soda, and salt. Blend the dry ingredients into the wet mixture, scraping down the sides with a spatula. Fold in the walnuts.
3. Pour the batter into the loaf pan in an even layer. Bake for 50-60 minutes, until a toothpick inserted into the center comes out clean. Place the bread on a cooling rack and allow to cool before slicing.

DO YOU EAT ENOUGH FAT?

FAT AND ITS ROLE IN EXERCISE

**In the first 15 minutes we exercise or move, we tend to lean on carbs as our primary energy source.*

**From 15-40 minutes, we lean mostly on proteins as an energy source.*

**From 40 minutes up until 2-3 hours, fats serve as our primary energy source.*

“The Wall,” which is commonly referred to is the point at which you become totally carb depleted. If we are not able to transfer our energy requirements between carbohydrates, proteins, and fats, we can carb deplete much faster. It’s “fat” that allows us to balance macronutrient use for much longer, leading to prolonged energy and a wall happening as far out as possible — without fats, we don’t stand a chance. www.fitnessNRG.com.au

10 HIGH-FAT FOODS THAT ARE ACTUALLY SUPER HEALTHY

Ever since fat was demonized, people started eating more sugar, refined carbs and processed foods instead.

As a result, the entire world has become fatter and sicker.

However, times are changing. Studies now show that fat, including saturated fat, isn't the devil it was made out to be.

All sorts of healthy foods that happen to contain fat have now returned to the "superfood" scene.

Here are 10 high-fat foods that are actually incredibly healthy and nutritious.

1. Avocados

The avocado is different from most other fruits.

Whereas most fruits primarily contain carbs, avocados are loaded with fats.

In fact, avocados are about 77% fat, by calories, making them even higher in fat than most animal foods.

The main fatty acid is a monounsaturated fat called oleic acid. This is also the predominant fatty acid in olive oil, associated with various health benefits.

Avocados are among the best sources of potassium in the diet, even containing 40% more potassium than bananas, a typical high potassium food.

They're also a great source of fiber, and studies have shown that they can lower LDL cholesterol and triglycerides, while raising HDL (the "good") cholesterol.

Even though they are high in fat and calories, one study shows that people who eat avocados tend to weigh less and have less belly fat than those who don't.

Bottom Line: Avocados are a fruit, with fat at 77% of calories. They are an excellent source of potassium and fiber, and have been shown to have major benefits for cardiovascular health.

2. Cheese

Cheese is incredibly nutritious.

This makes sense, given that an *entire* cup of milk is used to produce a single thick slice of cheese.

It is a great source of calcium, vitamin B12, phosphorus and selenium, and contains all sorts of other nutrients.

It is also very rich in protein, with a single thick slice of cheese containing 6.7 grams of protein, same as a glass of milk.

Cheese, like other high-fat dairy products, also contains powerful fatty acids that have been linked to all sorts of benefits, including reduced risk of type 2 diabetes.

Bottom Line: Cheese is incredibly nutritious, and a single slice contains a similar amount of nutrients as a glass of milk. It is a great source of vitamins, minerals, quality proteins and healthy fats.

3. Fatty Fish

One of the few animal products that most people agree is healthy, is fatty fish.

This includes fish like salmon, trout, mackerel, sardines and herring.

These fish are loaded with heart-healthy omega-3 fatty acids, high quality proteins and all sorts of important nutrients.

Studies show that people who eat fish tend to be much healthier, with a lower risk of heart disease, depression, dementia and all sorts of common diseases.

If you can't (or won't) eat fish, then taking a fish oil supplement can be useful. Cod fish liver oil is best, it contains all the omega-3s that you need, as well as plenty of vitamin D.

Bottom Line: Fatty fish like salmon is loaded with important nutrients, especially omega-3 fatty acids. Eating fatty fish is linked to improved health, and reduced risk of all sorts of diseases.

4. Whole Eggs



Whole eggs used to be considered unhealthy because the yolks are high in cholesterol and fat.

In fact, a single egg contains 212 mg of cholesterol, which is 71% of the recommended daily intake. Plus, 62% of the calories in whole eggs are from fat.

However, new studies have shown that cholesterol in eggs doesn't affect the cholesterol in the blood, at least not in the majority of people.

What we're left with is one of the most nutrient dense foods on the planet.

Whole eggs are actually **loaded** with vitamins and minerals. They contain a little bit of almost every single nutrient we need.

They even contain powerful antioxidants that protect the eyes, and lots of choline, a brain nutrient that 90% of people don't get enough of.

Eggs are also a weight loss friendly food. They are very fulfilling and high in protein, the most important nutrient for weight loss. Despite being high in fat, people who replace a grain-based breakfast with eggs end up eating fewer calories and losing weight.

The best eggs are omega-3 enriched or pastured. Just don't throw away the yolk, that's where almost all the nutrients are found.

Bottom Line: Whole eggs are among the most nutrient dense foods on the planet. Despite being high in fat and cholesterol, they are incredibly nutritious and healthy.

5. Dark Chocolate



Dark chocolate is one of those rare health foods that actually taste incredible.

It is very high in fat, with fat at around 65% of calories.

Dark chocolate is 11% fiber and contains over 50% of the RDA for iron, magnesium, copper and manganese.

It is also loaded with antioxidants, so much that it is one of the highest scoring foods tested, even outranking blueberries.

Some of the antioxidants in it have potent biological activity, and can lower blood pressure and protect LDL cholesterol in the blood from becoming oxidized.

Studies also show that people who eat dark chocolate 5 or more times per week are less than half as likely to die from heart disease, compared to people who don't eat dark chocolate.

There are also some studies showing that dark chocolate can improve brain function, and protect your skin from damage when exposed to the sun.

Just make sure to choose quality dark chocolate, with *at least* 70% cocoa.

Bottom Line: Dark chocolate is high in fat, but loaded with nutrients and antioxidants. It is very effective at improving cardiovascular health.

6. Nuts

Nuts are incredibly healthy.

They are high in healthy fats and fibre, and are a good plant-based source of protein.

Nuts are also high in vitamin E and loaded with magnesium, a mineral that most people don't get enough of.

Studies show that people who eat nuts tend to be healthier, and have a lower risk of various diseases. This includes obesity, heart disease and type 2 diabetes.

Healthy nuts include almonds, walnuts, macadamia nuts and numerous others.

Bottom Line: Nuts are loaded with healthy fats, protein, vitamin E and magnesium, and are among the best sources of plant-based protein. Studies show that nuts have many health benefits.

7. Chia Seeds



Chia seeds are generally not perceived as a “fatty” food.

However, an ounce (28 grams) of chia seeds actually contains 9 grams of fat.

Considering that almost all the carbs in chia seeds are fibre, the majority of calories in them actually comes from fat.

In fact, by calories, chia seeds are around 80% fat. This makes them an excellent high-fat plant food.

These aren't just any fats either, the majority of the fats in chia seeds consists of the heart-healthy omega-3 fatty acid called ALA.

Chia seeds may also have numerous health benefits, such as lowering blood pressure and having anti-inflammatory effects.

They are also incredibly **nutritious**. In addition to being loaded with fibre and omega-3s, chia seeds are also packed with minerals.

Bottom Line: Chia seeds are very high in healthy fats, especially an omega-3 fatty acid called ALA. They are also loaded with fiber and minerals, and have numerous health benefits.

8. Extra Virgin Olive Oil



Another fatty food that almost everyone agrees is healthy, is **extra virgin olive oil**.

This fat is an essential component of **the Mediterranean diet**, which has been shown to have numerous health benefits.

Extra virgin olive oil contains vitamins E and K, and is **loaded** with powerful antioxidants.

Some of these antioxidants can fight inflammation and help protect the LDL particles in the blood from becoming oxidized.

It has also been shown to lower blood pressure, improve cholesterol markers and have all sorts of benefits related to heart disease risk.

Out of all the healthy fats and oils in the diet, extra virgin olive oil is the king.

Bottom Line: Extra virgin olive oil has many powerful health benefits, and is incredibly effective at improving cardiovascular health.

9. Coconuts and Coconut Oil



Coconuts, and coconut oil, are the richest sources of saturated fat on the planet.

In fact, about 90% of the fatty acids in them are saturated.

Even so, populations that consume large amounts of coconut do not have high levels of heart disease, and are in excellent health.

Coconut fats are actually different than most other fats, and consist largely of medium-chain fatty acids.

These fatty acids are metabolized differently, going straight to the liver where they may be turned into ketone bodies.

Studies show that medium-chain fats suppress appetite, helping people eat **fewer calories**, and can boost metabolism by up to 120 calories per day

Many studies show that these types of fats can have benefits for people with Alzheimer's, and they have also been shown to help you **lose belly fat**

Bottom Line: Coconuts are very high in medium-chain fatty acids, which are metabolized differently than other fats. They can reduce appetite, increase fat burning and provide numerous health benefits.

10. Full-Fat Yogurt

Real, full-fat yogurt is incredibly healthy.

It has all the same important nutrients as other high-fat dairy products.

But it's also loaded with healthy, probiotic bacteria, that can have powerful effects on your health.

Studies show that yogurt can lead to major improvements in digestive health, and may even help fight heart disease and obesity

Just make sure to choose real, full-fat yogurt and read the label.

Unfortunately, many of the yogurts found on store shelves are low in fat, but loaded with added sugar instead.

It is best to avoid those like the plague.

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 The **FitnessNRG** Team*