

FITNESSNRG[®]

INFO 7th AUGUST 2017

DATES TO REMEMBER

SAT 12TH AUG 9.30AM

LAST SESSION OF JULY / AUG BOOTCAMP.
BOOTCAMP IS AT BARRACKS.
JACK IS YOUR TRAINER.

CLASSES MON 14TH AUG – SAT 19TH AUG

MON 14TH AUG

9.30AM POWERBAR

TUES 15TH AUG

5.30PM POWERBAR

6.30PM CORE / STRETCH

PLS NOTE THIS CLASS TONIGHT IS

30MIN. FOR THOSE WHO PAID FOR THE TERM PLEASE ALSO
JUMP IN ANOTHER CLASS TO MAKE UP THE WHOLE CLASS.

WED 16TH AUG

9.30AM "JACKS CHOICE"

MON 21ST AUG

5 WEEK AUG / SEPT BOOTCAMP BEGINS. COST \$180. THIS
BOOTCAMP IS SCHEDULED FOR 5 WEEKS NOT 4 WEEKS TO FIT
IN WITH THE TERM.

BRING SOMEONE WHO HASN'T TRAINED AT FITNESSNRG AND
JOIN THIS MONTHS BOOTCAMP FOR \$90 EACH.

THAT'S ½ PRICE!!!

ALL NEW MEMBERS NEED TO DO A 1 HR FITNESS
ASSESSMENT. COST \$50

SAT 2ND SEPT

FATHERS DAY BOOTCAMP AT BIRDSLAND.

ALL ENROLLED IN BOOTCAMPER OR UNLIMITEDNRG MEMBERS
CAN BRING THEIR CHILDREN OR DAD. SUPERVISION OF YOUR
OWN CHILDREN IS REQUIRED THROUGHOUT THE SESSION.
THANKYOU.

(n0 ChArGe foR YOUr dAd OR ChiLD) ☺

SUN 3RD SEPT

FATHERS DAY

FRI 22ND SEPT

END OF TERM 3 CLASSES.

***MON 9TH OCTOBER**

***8 WEEK WEIGHT LOSS CHALLENGE BEGINS*
FURTHER DETAILS COMING SOON**

MON 9TH OCT

TERM 4 PT GROUP CLASSES BEGIN. 10 WEEKS \$150 EACH
CLASSES ARE:

MON 9.30AM POWERBAR

TUES 5.30PM POWERBAR

TUES 6.30PM CORE / STRETCH

WED 9.30AM STEP / ABS / BUTTS

THURS 6.30PM POWERBAR

MON 9TH OCT

5 WEEK BOOTCAMP BEGINS. MON WED 7PM. SAT 9.30AM

3 SESSIONS / WK COST \$180

2 SESSIONS / WK COST \$150

1 SESSION/ WK COST \$100

RUN AND RIDE SAT 5TH AUGUST 2017

On Saturday 5th August the Bootcamp troops had a Run and Ride event as part of their training. They had a choice of either a 2km walk/run and a 20km bike ride or an 8km walk/run. The weather, although a chilly 7 degrees was kind to us bathing us in sunshine just at the right time. The troops took off down the awesome tracks of Churchill National Park. The bikers ventured further into Lysterfield Lake Park. Unfortunately Craig got a flat tyre in the last 3km of the bike leg but was determined to stay on the bike right until the end powering his way up the hill to the finish line with a very flat back tyre. ☹️ You all did a great job. Watching you pushing through to the end was great to view. All your times have been emailed to you including last year's results. Well done 😊



BRAIN SUPERFOODS – We try to eat well to simply give our bodies the best nutrition possible to keep them in the best nick long term. So, if you are forgetting to drink antioxidant rich green tea despite the research that shows its beneficial effects on brain functioning as we age, here are a few other brain superfoods that should be at the forefront of our diet minds as we get older.

1. Atlantic salmon
2. Red Meat
3. Walnuts
4. Eggs
5. Oysters
6. Carrots, red capsicum, broccoli
7. Kiwi fruit, all berries
8. Green tea
9. Dark chocolate
10. Red Wine

KNEE HEALTH - One of the best things you can do for knee health is simply maintaining an active lifestyle. “Your joints thrive on movement,” “Always try to remember that some activity is better than no activity.” Low-impact activities, like swimming, brisk walking, or cycling, and considering taking health supplements that provide glucosamine and chondroitin can strengthen and lubricate knees. On the flip side, too much movement can be hard on your joints. So if you’re one of those people who just can’t quit their HIIT habit or long-distance runs, there are some simple moves and stretches you can try that will help alleviate pain.

Since multiple muscles overlap the knee joint—including your calf, thigh, hamstrings, quadriceps, gastrocnemius, and soleus—and work together to flex, extend, and stabilize the knee, the exact source of pain isn’t always obvious. “This means you want to think about stretching all the tissues around the knees,” says Lauren Williams, a certified personal trainer and head coach at New York City’s athletic-based training studio Tone House. Try to do these stretches after every workout to keep your knees healthy now and in the future.

1. Wall Calf Stretch



Calf muscles often get neglected during our stretching efforts. However, for those who run, do high-impact workouts, or spend a lot of time on their feet, calf stretches are very necessary. Calves can get extremely tight from impact and need to be stretched to relieve any pain that might travel up the knee. Find a wall you can lean against. Facing the wall, flex your right foot and position your heel right where the floor meets the vertical surface. Your toes should be elevated, while your heel remains on the floor. Keeping your heel on the ground and your leg as straight as possible, lean toward your front leg, holding the stretch at its deepest point. Lean in for five seconds at a time before releasing, working to deepen the stretch. Repeat the same stretch with your left leg. Aim for 10 to 15 reps on each leg—or more, if you’re still experiencing tightness.

2. Calf Smash With Lacrosse Ball



This move allows you to work out tension in both your calf and your hamstring. Sit on the ground and pull your right foot close to your butt so your knee is bent. Wedge a lacrosse ball (or yoga/massage ball) below your right knee, sandwiching it between your calf and hamstring. Create a “compression force” by pulling your shin toward you, then rotate your foot in alternating circular movements to help create space in your knee joint. Continue until you feel tightness in these areas being relieved, then switch legs.

3. Half-Kneel Hip and Quad Stretch



This stretch not only feels amazing, but it also works double-duty for your hip and quad muscles. Kneel on one knee (feel free to put down a towel or mat) with your other foot planted flat on the ground in front of you. Make close to a 90-degree angle with both of your legs. Lean forward toward your front leg, stretching the front of your hip downward. Next, grab the ankle of your leg planted on the ground, and pull it toward your rear for a deep hamstring and hip stretch down the front leg, all the way to your knee. Move in and out of this stretch for 10 to 15 reps or more, depending on your level of tightness.

4. Quad Foam Roller Stretch



Stretching your quads is vital, as they get adaptively short from all the sitting most of us do every day and are often under constant tension. To get this large muscle group back to functioning at its best, use a foam roller. Lie facedown and with a foam roller under your right leg, right under your quad. Put the majority of your bodyweight on your leg, and roll slowly. Instead of simply rolling up and down, roll your leg from side to side too, focusing pressure on the tighter spots of your muscles. Switch legs. Continue rolling until this feeling is no longer painful. If that’s impossible (as it might be for some runners!), do it for at least five minutes.

5. Wall Hamstring Stretch



Our hamstring muscles affect the knee more than we think and can be the source of discomfort or pain. Lie faceup with your left leg flat on the ground, foot flexed. Take your right leg and prop it up on a wall or table, or use a resistance band. This stretch should radiate down the back of your leg, beginning in your knee. Once you find the deepest point of the stretch, alternate in five-second sequences between contracting and relaxing the foot of your right leg. If you have greater flexibility, hold the ankle of your right leg and pull it toward you. Aim for 10 to 15 rounds of five-second holds, and continue if you still feel tight. Repeat with your left leg.

6. Straight-Leg Raise



Easy strengthening exercises, like leg raises, put little to no strain on your knee but also activate and strengthen quadriceps. Lie faceup with one knee bent and the other leg the ground in front of you. Lift your straight leg up approximately one foot, rotating your leg outward (the entire leg rotates outward, so toes point on a diagonal instead of straight up to the ceiling). Do 3 sets of 10 to 15 reps, alternating legs. As you get stronger, add ankle weights up to 10 pounds.