

FITNESSNRG[®]

Hi All

We hope you are enjoying your training throughout these winter months. It's great to see everyone's energy and enthusiasm throughout the cold days. It takes extra effort to get to your training on those cold days and nights. Congratulations to everyone who turns up week in week out.

Did you know you will burn more energy training in cold weather due to the fact the body requires energy to keep you warm.

We are into the last 4 weeks of this term, which means **SUMMER IS COMING!!!!** Which also means **NOW IS THE TIME** to start getting serious about your new body for summer. Yes we all agree we tend to eat that little bit more in the colder weather. We cover up and look for food to keep us warm, sitting in front of a fire or cozy nights in front of the TV. We move less which means we use less energy which means body fat gets stored.

THE 8 WEEK WEIGHT LOSS PROGRAM WILL BEGIN OCTOBER 9TH 2017

This year we want to make it **BIG !!!**

Nutritional Assessments will be available and a chance to win \$\$\$.

Watch out for more details in the coming weeks.

PLUS

YOGA CLASSES WILL BE RETURNING IN TERM 4.

FATHERS DAY BOOTCAMP SESSION IS THIS SAT 2ND SEPT.

- ❖ IT WILL BE AT BIRDSLAND 9.30AM START. MEET INSIDE AT BBQ AREA
 - ❖ BRING YOUR KIDS OR BRING YOUR DAD.
- ❖ WE WILL HAVE TWO TRAINERS ON THE DAY, BUT PLEASE BE AWARE THAT **YOU** WILL NEED TO SUPERVISE YOUNG CHILDREN.
- ❖ ALL CURRENTLY ENROLLED BOOTCAMP TROOPS CAN BRING THEIR FAMILY ALONG FOR A FUN SESSION AT NO EXTRA COST.
- ❖ IF YOU ARE NOT ENROLLED YOU ARE INVITED TO COME ALONG. COST IS \$20 A FAMILY. PLEASE CALL CHERYLE 0419 535 720

SOME INTERESTING FACTS ON WHAT EXERCISE ACTUALLY DOES FOR US

Engaging in regular exercise is one of the best things you can do for yourself. Exercise helps to improve your sense of well-being, to prevent heart disease and several other important medical problems, and to improve your chances of remaining healthy and hale well into your old age.

How Does Exercise Make You Healthy?

Regular exercise has several beneficial effects on your body that can improve the function of your musculoskeletal system, your cardiovascular system, your respiratory system, your metabolism, and even your brain.

Musculoskeletal benefits of regular exercise:

- Increases the size and strength of your muscle fibres.
- Increases the strength of your ligaments and tendons.
- Increases the number of capillaries that supply blood to your skeletal muscles.
- Increases the number and the size of the mitochondria (the power plants) in your muscle tissue, which allows your muscle to burn more energy.

Cardiovascular benefits of regular exercise:

- Improves your overall cardiac function, so that you pump more blood with each heart beat.
- Reduces your blood pressure, especially if you have essential hypertension.
- Improves your overall vascular function.

Respiratory benefits of regular exercise:

- Improves your lung capacity.
- Increases blood flow to your lungs (allowing the lungs to deliver more oxygen into the blood).

Metabolic benefits of regular exercise:

- Increases your muscles' ability to burn fat more efficiently.
- Increases the mobilization of fatty acids into the bloodstream from your fat deposits. (These last two effects of regular exercise "tune" your metabolism into more of a fat-burning machine.)
- Reduces your triglycerides.
- Increases your HDL cholesterol (good cholesterol).
- Reduces insulin resistance.

Other benefits of regular exercise

- Improves your immune function, which reduces your chance of getting some infections.
- Appears to reduce your chances of getting breast cancer, pancreatic cancer, and certain other gastrointestinal cancers.
- Helps prevent gallstones.
- Helps prevent the physical and cognitive declines of aging.
- Reduces your risk of Alzheimer disease.

How Does Exercise Reduce Cardiovascular Risk?

Given all these benefits, it is easy to see how regular exercise can help to prevent cardiovascular disease.

In addition to the direct effects of exercise on the heart, regular exercise improves several important cardiac risk factors. Exercise lowers blood pressure, helps prevent obesity, reduces triglyceride levels, increases HDL cholesterol levels, and improves insulin resistance (and thus helps to prevent or even reverse metabolic syndrome). An exercise routine has even been shown to be helpful in achieving smoking cessation.

So it should not be surprising that countless studies have shown that regular exercise helps to prevent heart disease, and further, helps to reduce the risk of death in both men and women, and in all age groups. Ref: Richard N. Fogoros

Benefits of Boxing.

- Decreases body fat
- Increases muscle tone
- Improves cardio vascular fitness
- Increases endurance & conditioning
- Increases strength & power
- Increase power & agility
- Improves hand eye coordination & footwork
- Relieves stress

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 Cheryle and Jack and Craig 😊