



16th OCTOBER 2017

Hi to everyone

What a week it's been in the training room.!!

The gym has been a buzz of enthusiasm. It's great to see you all back into training and motivated.

8 WEEK WEIGHT LOSS CHALLENGE

The 8 Week Weight Loss Challenge is into its second week now. The first week was a detox and everyone did so well !! If you have ever done the detox you know how mentally challenging it can be. The first weigh ins are nearly done and every single person lost scale weight. This loss is mainly gut inflammation and toxins. There is also fluid loss and a little body fat and muscle loss. It's a great way to kick start the next stage of healthy eating. Keep up the good work everyone. ☺

You all need to stay focused as you begin the next phase of your food plan.

The changes are already being noticed. Especially in your faces. You look healthier and brighter. Eating nutritious and high anti-oxidant foods will improve your health and give you more energy.

Read further in newsletter to get more tips on managing your nutrition. ☺

DATES TO REMEMBER

FRI 3RD NOV 6.30PM

BOOTCAMP NIGHT WALK/RUN
*LOCATION TO BE ADVISED

CUP DAY TUESDAY 7TH NOV

THE CLASSES THIS DAY ARE
*9.30AM POWERBAR
*10.30AM CORE / STRETCH

NO BOOTCAMP IS SCHEDULED

MON 13TH NOV
WED 15TH NOV
SAT 18TH NOV

NO YOGA IS SCHEDULED

7.30PM THURS 16TH NOV

UNLIMITEDNRG AND 8 WEEK WEIGHT LOSS MEMBERS CLASSES AVAILABLE IN
BOOTCAMP BREAK ARE:

MON 13 TH	9.30AM POWERBAR
TUES 14 TH	5.30PM POWERBAR
TUES 14 TH	6.30PM CORE (30MIN)
WED 15 TH	9.30AM JACKS CHOICE
THURS 16 TH	6.30PM POWERBAR

(IF YOU ARE AN UNLIMITEDNRG OR 8 WEEK WEIGHT LOSS MEMBER YOU ARE WELCOME TO USE THE GYM DURING THE BOOTCAMP BREAK IF YOU CANNOT MAKE ANY CLASSES ABOVE.)
PLS CONTACT JACK TO ARRANGE A TIME 0430 276 907

Please note: Only those who are in UnlimitedNRG or the 8 Week Weight Loss program are eligible to use the gym and please also note the gym won't be staffed. Thanks ☺

NOV/DEC BOOTCAMP STARTS

MON 20TH NOV – SAT 16TH DEC (4 WKS \$150)

SAT 2ND DEC

FITNESSNRG XMAS PARTY

NUTRITIONAL ASSESSMENTS

At FitnessNRG we offer **Nutritional Assessments**. Deficiencies in vitamins and minerals can present itself in many ways. Examples are:

cracked lips	muscle cramps
eczema	white marks on nails
swollen abdomen	exhaustion
frequent colds	dry skin
lack of energy	flaky skin
premature greying hair	plus many many more.....

If you are interested to know whether you are deficient in important nutrients then give it a go. The assessment shows you what foods to eat each day to overcome any deficiencies you may have and the adversaries affecting your vitamins and minerals. The first step is to make an appointment and fill in assessment forms.

The cost for the assessment is charged per hour at \$50/hr. It usually takes 2hrs to work on each presentation. Sometimes it takes longer but the charge will stay capped at 2hrs.

If there are ongoing appointments, fee is charged at PT prices.

(Ongoing appointments are optional)

\$40 for 30 min

\$50 for 60 min

EASY LUNCH RECIPE Tuna and Asparagus Salad

Serves 4

Ingredients

1 x 425g can tuna in spring water	Calories	: 198
2 bunches asparagus, sliced into 7cm lengths	Carbohydrates	: 9.6 g
½ cup corn kernels	Protein	: 30 g
½ red capsicum, finely sliced	Fat Total	: 3.2 g
50g mixed lettuce leaves	Fat Saturated	: 1.1 g
½ cup coriander leaves	Fibre	: 3.7 g

Dressing

- 1 tablespoon Dijon mustard
- 1 ½ teaspoons seeded mustard
- 1 tablespoon low-fat natural yoghurt
- 1 ½ teaspoons white wine vinegar
- juice of 1 lemon

Method

Drain the tuna.. Steam the asparagus for 3-5 minutes until tender then allow to cool. To make the dressing place all ingredients in an airtight jar and shake until combined. Combine all salad ingredients and drizzle with dressing.



TICKETS what's what???



gold ticket (this is the one you want)



\$50 adult - incl. bacon & egg roll, drink, fruit, 2 x firefighters & a GOLD BIB
\$25 kids - incl. sausage, drink, fruit, 2 x firefighters & a GOLD BIB

silver ticket



\$40 adult - incl. bacon & egg roll, drink, 1 x firefighter & a SILVER BIB
\$20 kids - incl. sausage, drink, 1 x firefighter & a SILVER BIB

bronze ticket



\$30 adult - Entry Only
\$15 kids - Entry Only

ALL proceeds go to the Belgrave South & Heights Fire Brigade
& Belgrave South Primary School

* firsttrainfitness.com.au/runforthehills

XMAS PARTY SAT 2ND DEC 7PM

PUT THIS DATE IN YOUR DIARY

AWARDS ARE GIVEN OUT ON THIS NIGHT.

**PLUS IT'S A FUN WAY TO FINISH OFF THE YEAR
WITH YOUR GYM BUDDIES.**

I HOPE YOU CAN ALL MAKE IT

DETAILS ABOUT IT SOON



WATER AND WHEN TO DRINK IT WHEN is an easy one. Your body will tell you when you need to drink, which is when you are thirsty. You need to be able to recognise the first indication of thirst as a warning that dehydration is imminent, and then act accordingly. Many people have taught themselves to ignore this feeling and may have desensitized themselves to the initial signs of thirst.

As a general rule, you should aim to drink a glass of water :

1. When you get up, before you eat or drink anything else.
2. 10 to 15 min before each meal
3. Any other time when thirst strikes

Water may have a detrimental effect if consumed while you are eating or directly after eating. Because water leaves the stomach so quickly, it is fine to drink it before eating. Drinking water with or straight after a meal dilutes the gastric juices and carries them right out of the stomach. Drinking while eating may cause you to swallow only partially masticated food. Both of these situations will disrupt the digestive process and quite possibly lead to digestive complaints.

Ideally, drinking should not happen during eating or within two hours of the completion of a meal. I understand, however, that practically this may be difficult to avoid consistently.

INFLAMMATION

The amount of inflammation in your body varies and is dependent on a number of factors - including your activity level, the amount of sleep you get, the degree of stress in your life, and even the foods you eat. What you have to realize is that these factors are cumulative - meaning they build up over time. And the more that any or all of these factors get out of whack, the risk for disease increases.

Early in life, these levels can be so low that you might not even be aware that you have any inflammation in your body. That's because our bodies do a fairly decent job of controlling the inflammation - at least for a while. Then one day you wake up and you're in your 40s and something is just not right. That's when the fear begins to set in, and you think to yourself: What did I do wrong? or What can I do now to help myself?

What Is Inflammation? Inflammation is not a disease or something evil. Is just the body's response to foreign invaders such as infections or others. The inflammation starts in the exact place in which the attack is taking place. However, what causes inflammation? This is something we all ought to know, in order to prevent and keep away from it.

What Causes inflammation

1. Diet. In case you often experience **inflammation** in different parts of the body, it means something is wrong with your diet and you need to make a change. Let's have a look at the types of food that might cause recurrent inflammation:

2. Red meat – there is a molecule, which is especially found in non-human mammals as sugar, that becomes soaked up in the tissues of people who prefer to mostly consume red meats. Scientific tests have shown that the presence of this type of sugar (that human are unable to produce genetically) in the body can trigger an immune system response that is one of the “inflammation” causes.

3. Refined carbohydrates – the body's *inflammation* reaction to carbohydrates may differ from one individual to another. Research shows the more the carbohydrate is processed and refined, the more rapidly it is transformed into blood glucose, increasing the glycemic index. If the glycemic index is increased more insulin is released, causing inflammation.

4. Polyunsaturated vegetable oils – Unlike the omega-3 fatty acids that relieve inflammation, these oils contain omega-6 fatty acids that encourage inflammation. The vegetables you need to avoid or moderately consume are: corn, peanut, soy, and sunflower, since they are high in their content of linoleic acid, an omega-6 fatty acid.

5. Stress. If we are engaged in stressful situations, the body starts releasing through the adrenal glands the stress hormone known as cortisol. Cortisol's role is to raise the blood pressure and also blood sugar levels, in order to help the body survive moments of stress. However, on the long run this is very harmful. Even though cortisol is known as an anti-inflammatory hormone, it suppresses parts of the immune system. This means that while cortisol is doing its designed job, the immune system becomes vulnerable to new infections attacking the body, leading to health issues and inflammation.

6. Environment. We are exposed to chemical dangers everyday: air fresheners, chemical adhesives, glue, cleaning products, pollution, pesticides and so on. Whether we are at work, outside, and even inside our home, we and our loved ones are not protected from these harmful chemicals. Varying from every person's immune system, the effects of these chemicals are harsh or easily supported by our bodies. There is no doubt though, that constant and continuous exposure to these chemicals will someday cause our immune system to respond and trigger inflammation.

7. Menopause. A woman's body undergoes many harsh changes during menopause. One of these changes is the loss of hormones that were available in the early stages of life. Studies have shown that the loss of hormones may lead to chronic inflammation.

<u>Anti-inflammatory foods</u>	<u>Inflammatory foods</u>
Atlantic Salmon (wild)	Sugar, from any source
Fresh whole fruits, vegetables	Processed foods
Bright multi-coloured vegetables	French Fries
Green tea	Fast Foods
Water	White Bread
Olive oil	Pasta
Lean poultry	Ice Cream
Nuts, legumes and seeds	Cheddar Cheeses
Dark green leafy vegetables	Snack foods
Old fashioned oatmeal	Oils such as vegetable and corn
Spices, especially Turmeric and Ginger	Soda, caffeine and alcohol