

Hi to everyone

What a great start to Term 4.

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 third week now. The first week was a detox and everyone did so well!! If you have ever done the FitnessNRG detox you know how mentally challenging it can be. The first week saw every single person lose scale weight. This loss is mainly gut inflammation and toxins. There is also fluid loss, a little body fat and muscle loss. It was a great way to kick start the next stage of healthy eating.

The second weigh in we saw amazing results again with everyone commenting how great they felt. The comments and photos of meals cooked on the messenger group has been a great support. Each person received a recipe book and it's terrific to see delicious healthy meals are being cooked. You can't go wrong with the video instructions on every recipe in the book.

The changes in everyone 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. Keep up the good work everyone. ☺

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

DATES TO REMEMBER

FRI 2nd NOV 6.30PM

BOOTCAMP NIGHT WALK
LOCATION TO BE ADVISED

**TUESDAY 6TH NOV
CUP DAY**

THE CLASSES THIS DAY ARE
9.30AM POWERBAR
10.30AM CORE / YOGA
(Come along in a race day theme. Pls note:
There are no PT sessions or classes
scheduled after 12pm today)

**SAT 10TH NOV 9.30AM
BOOTCAMP AT BIRDSLAND**

LAST BOOTCAMP SESSION FOR OCT/NOV

MON 12TH NOV- MON 17TH DEC

5 WEEK BOOTCAMP STARTS
(LAST ONE FOR 2018.)

FRI 30TH NOV

LAST WEIGH IN FOR 8 WEEK CHALLENGE GROUP

SAT 1ST DEC 7.30PM

XMAS PARTY
NO BOOTCAMP TODAY



MON 3RD DEC

LAST SESSION FOR 8 WEEK MEMBERS
For a small fee (\$60) 8 Week Challenge Group can continue training until Mon 17th Dec

MON 17TH DEC

END OF TERM 4

XMAS PARTY!



- **SAT DEC 1ST 7.30PM**
- **DRESS TO IMPRESS**
- **BYO DRINKS AND A PLATE**

TO SHARE

- **AWARDS**
- **DANCING**
- **FUN**
- **BRING PARTNERS**

FITNESSNRG ARE HAVING A XMAS PRIZE DRAW

WE NEED GIFT DONATIONS FOR PRIZES!!!

THE MORE PRIZES WE GET THE MORE MONEY WE RAISE FOR OUR ANNUAL FUND RAISER FOR THE SALVATION ARMY AND **THE MORE CHANCE YOU HAVE TO WIN. WE ARE AFTER ANYTHING YOU CAN OFFER. WINE. GIFT PACKS. VOUCHERS. CANDLES. CHOCOLATES. GIFTS THAT YOU WANT TO RE GIFTANYTHING !!!!!**

WE RAISED \$535 LAST YEAR AND \$711 THE YEAR BEFORE. OUR GOAL IS TO BEAT THAT THIS YEAR.

TICKETS ARE 2 FOR \$5

ALL THOSE DONATING WILL RECEIVE A FREE RAFFLE TICKET 😊

ALL PROCEEDS OF TICKETS GO TO THE SALVATION ARMY.

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 \$150. The work involved is very thorough and detailed to get you on the right track. There are times in our life that we need to rethink what is important. Sometimes we spend more money on maintaining our homes and cars than we do on ourselves. Being healthy and vital ensures we give ourselves the best chances of reducing our risks to illness and diseases.

If there are ongoing appointments after the assessment is completed, the 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.

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