

Hi All,

**BOOTCAMP RESUMES THIS MONDAY 12<sup>TH</sup> NOV.** This is a 5 week Bootcamp to bring us to the end of term. Please note UnlimitedNRG are automatically enrolled. The 8 Week Weight Loss group are enrolled until Monday 3<sup>rd</sup> Dec. For a small fee the 8 Week Group can continue until the end of term. Let me know if you are continuing after 3<sup>rd</sup> Dec.

If you are NOT in UnlimitedNRG or the 8 Week Weight Loss Group costs are:

3 x sessions /week \$180

2 x sessions/week \$150

1 x session /week \$100

We are 5 weeks away till the end of another year of training. A big THANKYOU to each of you who come to training week in week out. You have created such a positive and energetic atmosphere. The feedback we get is that you are all so supportive and encouraging toward each other.

**THE ANNUAL FITNESSNRG CHRISTMAS PARTY IS ON SATURDAY DEC 1ST 7PM. WE HOPE YOU CAN COME ALONG AND RELAX WITH YOUR GYM BUDDIES. DETAILS BELOW IN NEWSLETTER.**

The 8 Week Weight Loss challenge has been an amazing journey this year. The private messenger group which was created to give support gave everyone a chance to express how they were going physically and emotionally. It has been a learning journey for most of us and a privilege to read the descriptive words of challenge and personal feelings. To change our mind set, it can bring up many emotional feelings. We need to remind ourselves that no one is perfect. We all have our struggles. FitnessNRG try to create a positive environment so that each person feels involved and that we are all here to be the best we can BE.

## **DATES TO REMEMBER**

<b>SAT 10<sup>TH</sup> NOV 9.30AM</b>	LAST BOOTCAMP SESSION FOR OCT/NOV BOOTCAMP IS AT BIRDSLAND
<b>MON 12<sup>TH</sup> NOV- WED 19<sup>TH</sup> DEC</b>	5 WEEK BOOTCAMP STARTS (LAST ONE FOR 2018.)
<b>FRI 30<sup>TH</sup> NOV</b>	LAST WEIGH IN FOR 8 WEEK CHALLENGE GROUP
<b>SAT 1<sup>ST</sup> DEC 7PM</b>	 <b>FITNESSNRG XMAS PARTY. NO BOOTCAMP IS SCHEDULED FOR TODAY</b>
<b>MON 3<sup>RD</sup> DEC</b>	LAST SESSION FOR 8 WEEK MEMBERS <b>For a small fee (\$60) 8 Week Challenge Group can continue training until Wed 19<sup>th</sup> Dec</b>
<b>WED 19<sup>th</sup> DEC</b>	END OF TERM 4
<b>JAN 7<sup>TH</sup> - JAN 30<sup>TH</sup></b>	SUMMER BOOTCAMP

# XMAS PARTY

## SAT 1<sup>ST</sup> DEC 7PM



<b>TIME</b>	7PM
<b>WHERE</b>	87 COLBY DRV BELGRAVE HEIGHTS
<b>BRING</b>	DRINKS + YOUR PARTNER + SMALL PLATE TO SHARE + BATHERS IF HOT
<b>DRESS</b>	TO IMPRESS (Feel free to be creative)
<b>WHAT TO EXPECT</b>	*ACHIEVEMENT AWARDS  * 8 WEEK WEIGHT LOSS AWARDS  * MOST INSPIRING PERSON BOOTCAMP AWARD VOTED BY THE BOOTCAMP TROOPS.  *RAFFLE PRIZES DRAWN

# SUMMER BOOTCAMP

**\*SPECIAL\***

<b>WHEN</b>	MON 7 <sup>TH</sup> JAN – WED 30 <sup>TH</sup> JAN
<b>SESSIONS</b>	MON 7PM WED 7PM
<b>COST</b>	\$100



# FITNESSNRG ARE HAVING A XMAS PRIZE DRAW



**BUT ....**

**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. LOOK BELOW AT WHAT OTHERS HAVE ALREADY PLEDGED TO DONATE.**

**TICKETS ON SALE NOW!!! 2 FOR \$5**

**ALL THOSE DONATING WILL RECEIVE A FREE RAFFLE TICKET ☺**

**ALL PROCEEDS OF TICKETS GO TO THE SALVATION ARMY.**

**THANKYOU** TO THE FOLLOWING PEOPLE SO FAR FOR YOUR DONATIONS

**JENNY CONNELLY**

**LEMON TREE WITH 18 SCRATCHIE TICKETS.**

**THIS IS A SEPARATE PRIZE DRAW \$5 A TICKET**

**CRAIG MILLIGAN**

**2 X GOLD CLASS TICKETS**

**DEB LAURENCE**

**NAIL BEAUTY VOUCHER**

**FITNESSNRG**

**2 X NUTRITION ASSESSMENT VOUCHERS**

**MARC AND MICHELLE WEINER**

**COLGATE GIFT PACK**

**MICHELLE WEINER**

**POT PLANTS**

## HOW BODY WEIGHT CAN BE DECEIVING

You can actually weigh the same and steadily be gaining body fat over time. Past **age 30**, muscle loss occurs at **3–5%** per decade, accelerating to more than **15%** per decade after age 50. Bone, another weighty tissue, also **decreases in density** due to aging. That's why **experts** recommend strength training at least twice per week to help offset aging-related changes.

### THE BENEFITS OF BUILDING MUSCLE

1. **It creates a leaner physique.**  
Muscle is more compact and holds its shape better than fat.
2. **It boosts metabolism.**  
Muscle burns **slightly more calories** than fat and having more muscle mass is **linked to lower insulin resistance** since skeletal muscle can take in extra glucose when blood sugar levels are high.
3. **It improves mobility.**  
Muscle powers every activity you do, helping you achieve more physical feats.

## HOW TO MAINTAIN MUSCLE MASS DURING WEIGHT LOSS

Muscle is denser and may not show up favorably on the scale, but you should strive to preserve — and even build more — muscle as part of your weight-loss plan. Sadly, weight comes off as **both fat and muscle**. As rule of thumb, **one quarter** of your weight loss comes from lean (Read: muscle) tissue. You can shift this ratio in your favor by:

1. **Eating more protein.**  
The **recommended daily allowance** (RDA) for protein is 0.8 grams per kilogram of body weight, but you can benefit from going higher if you're cutting calories for weight loss. **Research** recommends protein intake at 1.25 times the RDA for sedentary individuals and 1.5 times the RDA for active individuals.
2. **Exercising in addition to improving your diet.**  
You may know resistance training (aka: weightlifting) helps build and preserve muscle even as you lose weight. Endurance exercise counts, too. **Two studies** of middle-aged adults found **exercising** for about one hour 3-4 times a week helped preserve more lean muscle mass during weight loss compared to diet-only plans.
3. **Keeping an eye on your body-fat percentage.**  
It can be helpful to track progress quantitatively. Body-fat percentage indicates what percent of your total body weight is coming from fat. To get an idea of your number you can use a smart scale. It uses "bioelectrical impedance," or a stream of electricity, to approximate body-fat percentage. FitnessNRG uses a bio impedance scan which has been a great asset helping people understand that scale weight alone is more complex than we realise. We need to take into account water levels, muscle and body fat percentages.

### THE BOTTOM LINE

Don't be discouraged if you're putting in the hard work to eat better and exercise more but aren't seeing much movement on the scale. Body weight paints an incomplete picture of your health and physique. Instead, focus on **signs of progress** that aren't just a number on the scale such as how much energy you have, how much farther you can run and how well your clothes fit.