

DATES TO REMEMBER

MON 12TH NOV- WED 19TH DEC	5 WEEK BOOTCAMP (LAST ONE FOR 2018.)
FRI 30TH NOV 4PM -6PM	LAST WEIGH IN FOR 8 WEEK CHALLENGE GROUP
SAT 1ST DEC 7PM	 FITNESSNRG XMAS PARTY. NO BOOTCAMP IS SCHEDULED FOR TODAY
MON 3RD DEC For a small fee (\$60) 8 Week Challenge Group can continue training until Wed 19 th Dec	LAST SESSION FOR 8 WEEK MEMBERS
THURS 13TH DEC 8.30PM	FITNESSNRG DRINKS AT SOOKIS. 8.30PM ONWARDS. JACK'S BAND "THE COLBYS" PERFORMING. Info at bottom of newsletter.....
WED 19th DEC	END OF TERM 4
JAN 7TH - JAN 30TH	SUMMER BOOTCAMP

XMAS PARTY SAT 1ST DEC 7PM

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



ALCOHOL AND CALORIES

With party season in full swing, so too is a significant increase in the number of liquid calories we are drinking. If you consider that a single extra night of drinking each week can result in another kilogram of body weight by the end of December, it is easy to see how weight gain is a common side effect of frequent partying.

Here are the most common alcoholic drink choices, the calories they contain and some tips to cut down your intake.

Standard Drink | Calories | Kilojoules | Training Hours

Crown Lager | 150 | 630 | 1hr on bike

Hahn Superdry | 100 | 415 | 1hr walk

Coopers Premium Light | 85 | 350 | 10mins skipping

Pure Blonde | 105 | 445 | 20min rowing

Bourbon & Coke | 120 | 500 | 30min X Trainer

Bourbon & Diet Coke | 70 | 290 | 10 flights stairs

Bundaberg & Coke Pre Mix | 275 | 1150 | 30min run

Smirnoff | 210 | 880 | 20min boxing

Ruski | 220 | 990 | 60mins cardio

Champagne | 85 | 355 | 20mins stepper

½ bottle wine | 280 | 1170 | HIIT class

Cosmo | 150 | 630 | PowerBar class

Vodka Lime and Soda | 90 | 350

All figures are based on rough estimates only.

Tips for alcohol success

1. On big drinking days, do extra exercise
2. Order spirits in a tall glass with lots of ice
3. Count your glasses and aim for 1 an hour
4. Eat before you go out
5. Aim for 1 glass of water in addition to your alcohol each hour
6. Decide how much you will drink before you go out
7. Ditch carbs on nights you are planning to drink
8. Swap cocktails in favour of spirits
9. Always ask for low calorie mixers including soda, diet coke or lime juice
10. Avoid pre mixed drinks altogether

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. 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

THIS IS A SEPARATE PRIZE DRAW \$5 A TICKET

LEMON TREE WITH 18 SCRATCHIE TICKETS.

CRAIG MILLIGAN

2 X GOLD CLASS MOVIE TICKETS

DEB LAURENCE

\$35 NAIL BEAUTY VOUCHER (LOLI NAIL SALON)

FITNESSNRG

2 X NUTRITION ASSESSMENT VOUCHERS

FITNESSNRG

EXERCISE FITBALL

FITNESSNRG

MEDITERRANEAN SCIENCE AND COOKBOOK

MARC AND MICHELLE WEINER

COLGATE GIFT PACK

MICHELLE WEINER

POT PLANTS

WOZ AND ALLANNA DOVE

2 X GIFT PACK WITH PHOTO ALBUMS, FRAMES PLUS MORE

WOZ AND ALLANNA DOVE

BEAUTY AND MAKE UP PACK WITH TEDDY AND CHOCOLATES

WOZ AND ALLANNA DOVE

NATIO SPA PRODUCTS AND TEDDY HAMPER

WOZ AND ALLANNA DOVE

ELIZABETH ARDEN FRAGRANCE (RED DOOR) HAMPER

WOZ AND ALLANNA DOVE

LUXURY BAYLISS AND HARDING BEAUTY BATHROOM PACK

WOZ AND ALLANNA DOVE

GORGEOUS ROCKING HORSE MADE BY WOZ

IAN AND CHRIS BRUCE

2 X CONNOR PARK 2013 DURIF WINE

NAOMI AND JON TILLER

TASMANIAN ARRAS SPARKLING BRUT ELITE

LUMI BIBART

CUP CAKES

DARYL ANDREOLA

"A MYSTERY GIFT"

SIGNS YOU ARE NOT GETTING ENOUGH MAGNESIUM

It can be tough to tell whether or not we're giving our body everything it needs. We all try to eat a balanced, clean diet — but is it enough?

If you are an adult female, for instance, you require around 320 milligrams of magnesium daily. To put this in perspective, one cup of cooked quinoa provides around 118 milligrams — so it's completely achievable. Once you begin to acknowledge the nutrients you need, it's easy to adjust your diet accordingly.

If you have not been giving your body enough magnesium, there's no better time than the present. This is particularly true if you're experiencing any of the following six symptoms.

1. Muscle cramps and twitching

Magnesium is a key element of muscle relaxation. If you are deficient, you may find that your muscles remain in a constant state of contraction. This may not just lead to muscle cramps, but also muscle spasms and facial tics.

It is also important to note the role that calcium plays in relation to magnesium. If magnesium levels are low, higher levels of calcium will flow into cells. This will lead to hyper stimulation and in turn, cramping and twitching.

2. Increased feelings of anxiety

Many can relate to anxiety-related conditions, as they are the most common affective disorders within the general population. Magnesium has long been associated with such conditions and unfortunately, this can become a vicious cycle. Stress can magnify a deficiency, and a lack of magnesium can worsen stress.

The overall process is complex, based on key neurotransmitters and associated receptor activity in the brain. However, when it all boils down, these effects are based on an imbalance. When magnesium levels are imbalanced, this impacts GABA and glutamate levels, leading to neuronal hyper excitability — a.k.a. feeling anxious!

3. Cravings — specifically for chocolate

When you *crave* something, this is often your body's way of telling you that you are in need of certain nutrients. Some experts believe that chocolate cravings may actually be based on magnesium deficiencies. And no, that does not mean that you should go and eat a chocolate cake by yourself.

Even if you feel like chocolate cake, your body isn't telling you to go and eat that. It's telling you that you may need to increase your magnesium intake — a mineral found in dark chocolate. Believe it or not, just one square of dark chocolate can provide you with nearly one-quarter of your recommended daily intake.

Top tip: Opt for quality dark chocolate that is at least 75 percent cocoa.

4. Poor sleep

Tossing and turning lately? You may need a big helping of magnesium. As discussed, a deficiency may impact stress levels, which in turn, impact sleep quality. In fact, chronic insomnia is one of the core, central symptoms when dealing with a magnesium deficiency. If you do not get enough on a day-to-day basis, you will prevent your brain from “winding down” at night.

5. Constipation

Sensing a theme here in terms of magnesium and relaxation? Well, if you are struggling to go to the washroom, a lack of magnesium may be the underlying issue. If you do not consume enough magnesium, your digestive tract will contract more than normal. As you would expect, this can lead to constipation. Combine this with another common issue in S. — dehydration — and you’ll really struggle to pass waste.

6. An irregular heartbeat

Your heart is a muscle. As discussed, low magnesium levels will impact muscle contractions. This can result in irregular heartbeats as your heart battles to contract and relax in harmony.

From acid reflux to migraines, there are so many tell-tale signs — you just need to be willing to listen. If you believe that you are deficient in magnesium, focus on incorporating more spinach, chard, pumpkin seeds, almonds, black beans, dark chocolate and figs into your diet.

After all, spiritual leader, Sonia Choquette said it best, “To listen to your body and respect how it feels is a powerful act of self-love.”

SUMMER BOOTCAMP

SPECIAL

WHEN	MON 7 TH JAN – WED 30 TH JAN
SESSIONS	MON 7PM WED 7PM
COST	\$100



XMAS DRINKS AT SOOKI LOUNGE.

We will be heading down to Sooki Lounge after Core/Yoga Thursday 13th December to watch FitnessNRG trainer, Jack and his band "The Colby's" perform. We would love to get as many FitnessNRG crew down to Sooki Lounge to have our last Xmas drinks together. If you can't make the party on Dec 1st why not chill with Saaarge and crew at Sookis. Hope to see you there ☺



The Colby's



Thursday December 13th
Sooki Lounge, Belgrave

Special Guests to be announced soon!!

Doors open @ 8 pm
Strictly 18+

\$10 entry!!

Presented by SoundUnder



@thecolbysmusic



/thecolbysmusic