



FitnessNRG Info

February 20th 2012

fitnessNRG.com.au

BOOTCAMP TRIATHLON SAT 25TH FEB

9.00 AM

The **Bootcamp Summer Triathlon** is on again this year. It is a challenge that will test you and give you a sense of satisfaction completing your events. It is important that you hydrate and eat a good amount of carbohydrate the day before. On the day eat a breakfast consisting of Protein and Carbohydrate 1-2 hrs prior to the event. The events to choose are listed below. Select at least two of the challenges and please have your selections up on the board in the gym by Wednesday or text me.

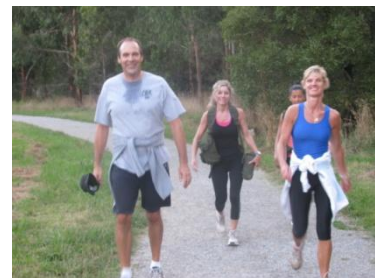
SWIM Approx 150 – 200 metres

RUN 1.4 km or 3 km

BIKE 5.5 km or 9.5 km

12 KM NIGHT WALK FRI 17TH FEB

It was great to see the troops turn up last Friday night for the long walk from Lysterfield across to Birdland. You may notice the amended distance being 12km and not 10km. We set off walking down the tracks in perfect weather conditions. The scenery was quite pleasant as the sun started to set. As the track turned into night time the kangaroos were out in the grass feeding and hardly noticing the troops walk by. Times varied as some ran part of the distance. But it was completed within 2hrs. Great job troops.



TOP 10 TROLLEY FOODS FOR WEIGHT CONTROL

1. Light Jarlsberg cheese – one of the lowest fat varieties of cheese, with the taste.
2. Rye Cruskits – 2 contain just 6g of total carbohydrate.
3. Go Natural Nut Delight Bars – the highest amount of polyunsaturated fat of all the nut bars.
4. All Bran – a serve of bran a day...
5. Burgen Weight Management Bread – just 21g of total carbs per 2 slices.
6. Wattle Valley Wholegrain Wraps – perfect for the kids lunches.
7. Partner Foods Roasted Broadbeans – a great protein rich snack choice.
8. Chobani Greek Style yoghurt – 12.5g of protein per serve!
9. Birds Eye Steam Fresh Veges in a Bowl – perfect with lunch or dinner.
10. John West Tuna and Beans – light lunch or protein rich snack ready to go.

IS STRESS AFFECTING YOUR WEIGHT

Sometimes the underlying reason is medical or hormonal but also becoming increasingly common is stress as an unidentified reason that people cannot lose weight. The stress hormones, cortisol and norepinephrine are naturally released by the endocrine system during times of high stress as the body redirects hormones and blood towards pathways in the body that will support the body in the flight or fight response. While this may be what is required in times of war and conflict, the issue in modern day life is that these hormones support the fat storage pathways ultimately making it harder and harder to lose weight.

Numerous factors can affect these hormones; inadequate sleep, shift work, emotional trauma, chronic fatigue, excessive alcohol consumption as well as our diet and exercise habits. In clinical practice, one of the standard features of clients is the chronic stressed state in which they live, which may in turn be effecting these stress hormone levels long term.

There is no quick fix, or avoiding stress in our day to day lives, stress is simply a part of life that we must learn to manage in order to protect our body and our minds long term. If you know that stress is likely to be a daily part of your life, and that you are not managing it particularly well, here are some ideas on ways you can actively work towards better stress management and better hormonal management as a result.

1. **Make sure you are getting enough sleep, at least 7- 8hrs a night.**
2. **Get out in nature without technology at least once each week.**
3. **Learn to meditate – even for just 5-10 minutes a day –**
4. **Actively engage a hobby you enjoy once each week.**
5. **Spend time each day with one person you adore.**
6. **Make sure your Vitamin D is not low, and get some sunlight each day.**
7. **Get your heart rate up for 20 minutes each day through exercise or dancing etc.**
8. **Get into bed before 11pm.**
9. **Get up earlier so you are not rushed and stressed.**
10. **Allocate 10-30 minutes ‘me’ time a day in which you do something you enjoy**

HEALTHY FOODS TO WATCH OUT FOR

Avocado sure avocado is high in monounsaturated fats but you only need ¼ to get more than enough good fat.

Nuts remember, just 10-15 is a serve, not ½ the packet.

Muesli the grains, nuts and seeds make it a great choice but also an energy dense one so limit your portions.

Olive oil always measure your oil serve and aim for 1tbs per recipe

Coffee a cup or two may have health benefits but 3-4 large milk coffees are simply calories few of us need.

Dried fruit double the sugar of regular fruit.

Rice crackers 10 rice crackers = 21g of carbs = 2 slices Burgen bread.

RECIPE

PUMPKIN AND SNOW PEA CURRY

A vegetarian option is a good idea now and then, and curry makes a great lunchtime leftover.

Ingredients

2 tsp sunflower oil

1 onion, finely sliced

1 clove garlic, crushed

3 tbs Sharwood's Mild Curry paste for Korma

500g pumpkin, skin removed and cut into 2cm pieces

200g low fat natural yoghurt

2 medium tomatoes, chopped

150g snow peas

Method

1. Heat the oil in a medium saucepan on a high heat with the onions and garlic, sauté until soft.
2. Add the curry paste and pumpkin to the pan, and then stir to coat the pumpkin. Add yoghurt, tomatoes and ½ cup water. Bring to the boil, then reduce heat and simmer for 20 minutes or until the pumpkin is tender.
3. Add snow peas and cook for a further 2 minutes. Serve with ½ cup brown rice.

DEADLINE FOR VANUATU BOOTCAMP !!!!!!!

CONFIRMATION AND DEPOSITS DUE 1ST MARCH.

SEPTEMBER 2012

“DONT MISS THIS AMAZING EXPERIENCE”

SAT 22ND SEPT 2012 – THURS 27TH SEPT 2012.



HIKE UP CASCADE FALLS AND ABSEIL DOWN CASCADE FALLS

KAYAKING CHALLENGE !!!!!

TRAIN AMONGST THE LOCALS AND
ALONGSIDE THE VILLAGES.

BUSH TREKS

EXERCISE SESSIONS MORNING AND
AFTERNOON.



ALL MEALS AND **ACCOMODATION** INCLUDING 2 NIGHTS IN HUTS MADE BY THE LOCAL PEOPLE ON A MYSTERY ISLAND AND 3 NIGHTS AT THE BEAUTIFUL BENJOR RESORT

COST \$1495.00

AIRFLIGHTS WILL COST APPROX \$700 RETURN (Pls note you will be responsible for booking and paying for your flights)



TERM 1 CLASSES AVAILABLE

6th FEB – 22nd MARCH

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR</u>
MON	5.00PM	BOXING	GUY
TUES	9.30AM	BOX/CARDIO/BAR	CHERYLE
TUES	5.00PM	POWERBAR	CHERYLE
TUES	7.00PM	POWERBAR	CHERYLE
WED	4.00PM	DANCE CLASSES	NARELLE
THURS	9.30AM	STEP/ABS/BUTTS	CHERYLE