

**EGGS** One egg provides six grams of protein, nearly a quarter of your daily need for selenium, and 11 percent of your daily need for vitamin B12, a nutrient that many vegetarian runners fall short on. The key is to eat the whole egg – not just the white – since most of those nutrients are found in the yolk. Vegetables add nutrients such as vitamin C, vitamin A and even iron. Pair the frittata with a whole-grain muffin for a quick and convenient source of complex carbs as well as a surprising amount of protein.

## **RECIPE VEGETABLE AND EGG FRITTATA**

Makes: 4 servings

Total time: 35 minutes

1 tablespoon olive oil

1/2 onion, sliced

Salt and ground black pepper

6 cups of any chopped or sliced raw or cooked vegetables, drained of excess moisture if necessary

1/4 cup fresh basil leaves, or 1 teaspoon chopped fresh tarragon or mint leaves (optional)

3 eggs

1/2 cup freshly grated Parmesan cheese

Heat the oil in a skillet over medium heat.

When the oil is hot, add the onion, sprinkle with salt and pepper to taste, and cook for 3 minutes, or until it's soft.

Add the vegetables, raise the heat, and cook, stirring occasionally, until they soften, anywhere from a couple of minutes for greens to 15 minutes for sliced potatoes. Adjust the heat so the vegetables brown a little without scorching. (If you're starting with pre-cooked vegetables, add them to the onions and give a couple of good stirs before proceeding to the next step.)

When the vegetables are nearly done, reduce the heat to low and add the basil, if using. Cook, stirring occasionally, until the pan is almost dry, up to another 5 minutes for wetter ingredients like tomatoes or mushrooms.

Meanwhile, beat the eggs with salt and pepper to taste, along with the Parmesan.

Pour over the vegetables, using a spoon if necessary to distribute them evenly.

Cook undisturbed for 10 minutes, or until the eggs are barely set. (You can set them further by putting the pan in a 175°C oven for a few minutes or by running it under the grill for a minute or two.)

Cut into wedges and serve hot, warm, or at room temperature.

## **ACHILLES TIGHTNESS**

Achilles tightness may lead to tendon problems. The stretching literature suggests that stretching well away from exercise will make a difference in your tendon length. If you run at 6pm, for example, you should stretch during the day prior to running..

Try doing toe raises with eccentric heel drops off the end of a stair or on an incline board. This may improve your strength and help overcome any discomfort in your tendon. Poor mobility in any of the joints along the kinetic chain (Pelvis, Foot, Knees or Ankles) will potentially put extra stress on the Achilles tendon and increase the sensation of tightness. A 0.48cm lift under the heel may also take away the tight sensation. You can place it under the shoe insole.

## **TWO MORE WEEKS TILL THE END OF TERM CLASSES**

Well, 8 weeks of term has flown by. I hope you have enjoyed the sessions. Thankyou, for coming along each week. You ALL train hard and it is clear that you regard exercise as an important element to your lifestyle. As most of you are aware it is my passion and I get a thrill watching you all progress with your fitness and also the positive energy you bring to classes. I hope you all continue in Term 2. Please put your name on the board in the gym if you would like to continue to secure your spot. Term 2 runs from Tues 22<sup>nd</sup> April till Thurs 26<sup>th</sup> June for 10 weeks. The cost for one term class is \$135. Thankyou

## **8 WEEK CHALLENGE**

Final weigh in is at 6pm Wed 2<sup>nd</sup> April. Please bring your books. I will need them to calculate your overall result. I have seen some awesome changes within the last 8 weeks. Its great to see you embrace proper eating and exercise. I hope you continue your journey It is a lifestyle change, though, not just a short term fix. As soon as you switch across you will enjoy the benefits of extra energy levels, being fitter and feeling comfortable in your own skin. Great job everyone.. The next 8 week challenge will be in October.

## **PERSONAL TRAINING**

Personal Training will continue during school holidays. Please let me know if you are going away. Just a reminder, If you cant make your session, let me know the day before so I can readjust my schedule ...Thanks everyone. I hope you are enjoying your training and reaching your goals .

## **DATES TO REMEMBER**

<b>WED 2<sup>ND</sup> APRIL</b>	<b>END OF 8 WEEK CHALLENGE. LAST WEIGH IN</b>
<b>THURS 3<sup>RD</sup> APRIL</b>	<b>LAST DAY OF TERM 1 CLASSES</b>
<b>SAT 5<sup>TH</sup> APRIL</b>	<b>NO BOOTCAMP TODAY</b>
<b>SUN 6<sup>TH</sup> APRIL</b>	<b>DAY LIGHT SAVINGS END. MOVE CLOCK BACK 1 HR AT 3AM</b>
<b>WED 9<sup>TH</sup> APRIL</b>	<b>LAST BOOTCAMP SESSION</b>
<b>FRI 18<sup>TH</sup> APRIL</b>	<b>GOOD FRIDAY</b>
<b>SUN 20<sup>TH</sup> APRIL</b>	<b>EASTER SUNDAY</b>
<b>TUE 22<sup>ND</sup> APRIL</b>	<b>TERM 2 CLASSES BEGIN</b>
<b>WED 23<sup>RD</sup> APRIL</b>	<b>BOOTCAMP RESUMES</b>

## **FITNESSNRG RUN CORE CLASSES ON A TUESDAY NIGHT AT 7PM.**

THE CLASSES ARE A MIX OF PILATES, YOGA AND FUNCTIONAL CORE STRENGTHENING AND STRETCHING. CORE MUSCLES ARE THE MUSCLE'S YOU RELY ON IN EVERY SINGLE ACTIVITY OF YOUR DAY, WHETHER IT'S SITTING ON A CHAIR OR EXERCISING.. COME ALONG AND GIVE IT A GO!