

## NEXT BOOTCAMP STARTS MON 26<sup>TH</sup> MAY

The next four week Bootcamp starts again Monday 26<sup>th</sup> May. I have emailed all the 10 week unlimited class participants the schedule. Let me know if you haven't received it. If you are not in that promo let me know if you would like to join in the next Bootcamp. Next month we will be setting off for a night walk Friday the 13<sup>th</sup> and "The Great Race" will be on again.

This Wed there is a one of class at 7pm to replace Bootcamp which is not scheduled this week. It is a Step/Abs/Butt class. There are limited spots so if you want to try it out let me know. It has been described as a challenging workout !!

## ULTIMATE HERO 2014

This year FitnessNRG will be awarding a Boy and Girl an award for being the ultimate hero of 2014. Throughout the year you will have an opportunity to gain points. It could be turning up for events, being in a team which win challenges or by completing events coming first, second or third. The person who is the ultimate achiever in Bootcamp Fitness tests will also be awarded points. The points are awarded by Saaarge..Look out for extra points throughout the year to go towards the "Ultimate Hero Award of 2014". There is a prize and of course bragging rights for a whole year.

The current leaderboard is as follows

BOYS		GIRLS	
Steve	50	Allanna	72
Warren	50	Mandy	61
Craigs on	62	Lauren	40
( But he doesn't count ! Being Sarges Partner in crime )		Anna	30
Jason	30	Michelle	20
Mick	30	Sarah	20
Roland	30	Ange	10
Paul	10	Arna	10
Dan	10	Chris	10
		Carol	10
		Julie-Anne	10
		Purdy	10
		Emily	10

## RECIPE - TASTY TACOS

Burritos are often considered a healthier option than tacos, but if you consider the carb and calorie load of the average burrito wrap, there is nothing wrong with a couple of tacos, as long as they are filled with the right thing!

Serves 4

8 small taco shells  
1 onion, finely diced  
2 cloves garlic, finely diced  
500g extra lean mince  
2 tbsp. tomato paste  
1 cup mushrooms, finely diced  
1 zucchini, finely diced  
1 carrot, finely diced  
3 sticks celery, finely diced  
Can of chopped tinned tomatoes  
2 tbsp. extra light sour cream  
½ cup reduced fat grated cheese  
Lettuce, tomato to serve

1. Cook onions, garlic. Add mince. Cook until brown. Add tomatoes, paste and veges.
2. Simmer and season to taste
3. Serve with warmed taco shells and salad.

# 5 THINGS RUNNERS SHOULD KNOW ABOUT KNEES

If we had a fast-twitch muscle fibre for every time we've heard "running will ruin your knees," we'd be able to outspurt Usain Bolt. And our knees would feel good while we did so, because despite what your potentially well-meaning but definitely ill-informed neighbours, co-workers, and relatives may have told you, there's no evidence that regular running damages knees.

That's not to say that no runners' knees ever bother them. But many knee problems in runners are the result of things going on elsewhere in the body, and most can be overcome with some simple changes.

Here are five things all runners should know about knees.

## 1. Runners don't get arthritis in their knees more often than non-runners.

Those are the facts. Period. If anything, long-term studies have found that runners have less incidence of knee osteoarthritis. One study that followed runners and non-runners for 18 years found that, while 20 per cent of the runners developed arthritis during that time, 32 per cent of the non-runners did. A large study that looked at runners and walkers found that regular runners had roughly half the rate of arthritis as regular walkers. In that second study, the runners with the highest regular mileage had the lowest rate of arthritis.

## 2. The above is true regardless of your age.

Some medical experts have said that loss of cartilage, including in the knees, is a natural part of aging. But there's no evidence that running accelerates that loss. In fact, at least one study found that when people who were at risk of developing arthritis began a moderate running program, the health of their cartilage improved, while the cartilage of a group of similar people who didn't start running didn't improve.

## 3. Supplements won't re-grow knee cartilage.

Despite ad claims, no dietary supplements have been proven to increase knee cartilage. The most popular such supplement, glucosamine, may help with knee osteoarthritis by protecting the articular cartilage, which, among other roles, helps to lubricate the knee joint. A study that looked at vitamin D supplementation in people who had knee arthritis found that they had the same levels of pain and loss of cartilage after two years as did people with arthritis who didn't take vitamin D.

## 4. Runner's knee is usually caused by issues elsewhere.

The most common knee injury among runners is runner's knee. Known clinically as chondromalacia patella or patellafemoral pain syndrome, it's inflammation of the cartilage under your kneecap. There's increasing consensus among sports medicine professionals that many people with runner's knee have a few common biomechanical problems. These include weak hips and glutes, which introduce instability further down the legs; weak quadriceps, which can make it difficult for the kneecap to track properly; and tight hamstrings, which shift some of running's impact to the knees. A good strengthening program, can go a long way to preventing runner's knee.

## 5. There are some simple ways to keep your knees happy.

As noted above, weakness and/or tightness elsewhere in your legs can mean trouble for your knees. So get stronger.

Extra weight places tremendous strain on your knees. The American College of Sports Medicine has said that each additional 450 grams of body mass puts four 1.8 kilograms of stress on the knee. Running's long-term effect on keeping weight lower is thought to be a key reason why, as we saw above, runners might have less incidence of knee arthritis.

Run on level ground to lessen the torque on your knees.

If you have a history of knee pain, including from accidents or other sports, consider switching to more of a forefoot strike. One recent study found that more impact force affects the knees in rearfoot strikers, while forefoot strikers have more impact forces in their ankles.

## DATES TO REMEMBER

MON 19<sup>TH</sup> MAY

LAST SESSION OF CURRENT BOOTCAMP

WED 21<sup>ST</sup> MAY

NO BOOTCAMP TONIGHT. INSTEAD, A STEP/ABS/BUTT CLASS

MON 26<sup>TH</sup> MAY

BOOTCAMP STARTS

WED 4<sup>TH</sup> JUNE

NO BOOTCAMP IS SCHEDULED TONIGHT

FRI 13<sup>TH</sup> JUNE

NIGHT WALK (POINTS ALLOCATED TO THOSE WHO TURN UP)

SAT 21<sup>ST</sup> JUNE

"THE GREAT RACE" (POINTS ALLOCATED)

MON 23<sup>RD</sup> JUNE

LAST SESSION OF BOOTCAMP

SAT 28<sup>TH</sup> JUNE

SCHOOL HOLIDAYS BEGIN

MON 14<sup>TH</sup> JULY

TERM 3 CLASSES START. BOOTCAMP STARTS