

# FITNESSNRG

INFO 14<sup>TH</sup> JULY 2014

## WELCOME BACK TO TRAINING

I hope you are ready and energised for Term 3. Welcome to all new participants to FitnessNRG. We hope you enjoy your training and feel like it's "your" place to exercise. Your fellow participants are a great bunch of people, who are supportive and will make your first few sessions an easy and friendly environment to be around.

Its cold out but don't let that keep you away from training. It is well worth the effort and I applaud each and every one of you for your dedication towards a fitter and healthier lifestyle. Yes it does take work and commitment but the benefits certainly make up for all the hard work. ☺

Last year FitnessNRG took off to a retreat in the hills of Bali to enjoy a 5 night 6 day adventure of training, staying in authentic huts at a village in a remote part of Bali. One of the many highlights was the food we ate. The food was made from local produce and was an experience that each of us had never experienced. The flavours were stunning!! Karen, who runs the retreat has written a small book and put a lot of her recipes inside. On the verandah at each hut we had an urn filled with the Lemongrass and Ginger tea. It was refilled every day and was so refreshing! The recipe is below. You can download Karens E Book for \$20 at ...

<http://www.sharingbali.com/ebook-sharing-bali/>

There are a couple of pics of some familiar faces inside ( Sarge and Craig !!) and an insight into Karen and her life. She is an exceptional lady. There is a possibility of revisiting the retreat next year. If you have any questions or if you would like to read our journey, when FitnessNRG visited, there is a copy pinned on the noticeboard in the gym. You can also download it from my website.

<http://www.fitnessnrg.com.au/bali-bootcamp/>

## LEMONGRASS & GINGER TEA

### INGREDIENTS

1 stalk of fresh lemon grass  
2 small chunks yellow ginger, peeled  
1 lime  
pinch fresh ground cinnamon  
1 tea bag (optional)  
boiling water

Cinnamon is a natural sweetener, eliminating the need for processed sugar.

### METHOD

Cut end of lemon grass and remove outer dry leaves.  
Gently bruise the lemongrass with the back of a knife to release the flavours.  
Tie in knot and place in glass with ginger and cinnamon  
Pour in boiling water, add tea bag until light golden colour  
Stir in a squeeze of lime.  
\*add chunks of ice for a refreshing drink on a hot day

### "I exercise to improve my health"

Skeletal muscle is critical for soaking up glucose from food and keeping blood sugar levels in check. Because intense interval training engages a broader range of muscle fibres, it essentially creates a bigger sponge, helping to fend off diabetes. It also strengthens the heart muscle and blood vessels and increases the number of mitochondria (the fuel-burning engines in your muscles), making the body more efficient at metabolising fuel. The result: You have more energy – for exercising and for doing everything else.

## EAT PROTEIN FOR BREAKFAST TO CONTROL APPETITE

Science has confirmed what dietitians have been suggesting for weight management for years: have your toast (or bagel or pancakes) with a side of eggs or yoghurt. The protein will help curb your appetite.

Researchers at the University of Missouri's Department of Exercise Physiology, in conjunction with the food science company Mérieux NutriSciences, found that women who ate a protein-rich breakfast reported feeling fuller and more satiated in the hours between breakfast and lunch than those who consumed mostly carbohydrates or ate no breakfast.

All of the breakfasts served in the study were 1255 kilojoules and contained similar quantities of fibre and fat. The high-protein breakfast – eggs and sausage – had 30 to 39 grams of protein. The low-protein breakfast was pancakes with syrup, which has about 8 grams of protein.

Study subjects who ate the high-protein breakfast also consumed fewer kilojoules at lunch, compared with the low-protein and no-breakfast groups.

The research was presented at the Obesity Society's annual conference and comes on the heels of a study published earlier this year that found that women who reported eating protein had lost weight

### TERM CLASSES START TUESDAY 15<sup>TH</sup> JULY

TUES 5PM	POWERBAR	
TUES 6PM	CORE AND STRETCH	( NOTE ....NEW TIME !)
WED 9.30AM	STEP /ABS /BUTTS	
THURS 7PM	POWERBAR	

### BOOTCAMP STARTS MONDAY 14<sup>TH</sup> JULY

MON 7PM	GYMFANTRY
WED 7PM	BOX & BATTLE
SAT 9.30PM	OUTDOOR

### COSTS

GROUP CLASSES	\$135 EACH FOR THE 10 WEEK TERM
4 WEEK BOOTCAMP	\$150 (THERE ARE TWO BOOTCAMPS IN A TERM)
10 WEEK UNLIMITED NRG MEMBERSHIP	\$300
ONE ON ONE PERSONAL TRAINING PER HR	\$50
PERSONAL TRAIN WITH TWO OR THREE PEOPLE	\$60
PERSONAL TRAIN FOUR PEOPLE	\$80

## ULTIMATE ACHIEVER 2014 POINTS AS OF JULY 14<sup>TH</sup>

### BOYS

Steve	50
Warren	115
Craigs on	102
( But he doesn't count ! Cos he is Sarges Partner in crime )	
Jason	90
Mick	30
Roland	65
Paul	45
Dan	10
Aaron	40
Ian	10

### GIRLS

Allanna	137
Mandy	61
Lauren	60
Anna	30
Michelle P	20
Sarah	70
Ange	30
Arna	25
Chris	30
Carol	10
Julie-Anne	10
Purdy	10
Emily	10
Edina	20