

# FITNESSNRG<sup>PT</sup>

INFO 20<sup>th</sup> April 2015

## WELCOME BACK TO TRAINING

Term 2 has started back with loads of enthusiasm. I hope you all enjoyed your Easter break and ready to get back into your training again. Welcome to all new participants. I hope you are enjoying your exercise and feel that it is "your" place to come to train. I feel we have a fantastic group of supportive people who come here. I think you are all amazing ☺

## KIDZ CLASSES

It has been very exciting to bring "Kidz Fitness" into the training room. And even more so to have Jack Milligan as the trainer. Jack is a qualified Cert 3 fitness trainer and will be Cert IV qualified in June. The first session kicked off last Saturday 9am with four very eager young ones. Jack has a great connection with kids and has experience working with school age kids at ASV Academy and Belgrave South Primary School.

If you are interested enrolling your child please don't hesitate to ask for more information.

You can call Jack on 0430 276 907 or Cheryle on 0419 535 720

The cost is \$40 for four sessions.

## RELAY FOR LIFE TOTAL MONEY RAISED \$1793.00

Thanks to everyone who donated money for our FitnessNRG Team to raise money for the Cancer Council. We ran a continuous 400 metre relay 28<sup>th</sup> March from 4pm Sat till 10am Sunday morning at the Knox Athletics track. We managed to complete 357 laps. This event is Australia wide and also international. Our goal was to raise \$1500.00 and we exceeded the amount. Check out the pics on our Facebook page. Go into albums and look at Knox Relay For Life 2015.

<https://www.facebook.com/pages/FitnessNRG-Personal-Training/306117296199477>

## MOTHERS DAY RYANS ROAD CHALLENGE FOR BREAST CANCER

It's on again!!! The Bootcamp Troops will be challenging themselves to run/walk Ryans Road Belgrave Heights on Saturday 9<sup>th</sup> May. We will dress in pink t shirts and the road will have pink ribbons along the way placed on trees to motivate you for the cause. If you don't own a pink t shirt we can supply you with one. FitnessNRG will be collecting donations for the Breast Cancer Foundation on the day and everyone is invited. If you are not enrolled in the current Bootcamp, you are invited to come along and support the troops with a casual fee of \$20. This participation fee will go to the Breast Cancer Foundation. I'm also hoping The Leader Newspaper agrees to come along and do a little story about the event.

I hope you all give it a go ☺



## CAR PARKING

Most of you are aware that we have been asked to inform FitnessNRG members not to park in the car spaces across the road. They are owned by the shops across the road and need to be available for "their" clients... You can however park on the street and the child care centre have kindly offered 5 spaces in their carpark but only after 6.30pm. Please adhere to the first 5 spaces only and don't park where the entry ramp is, so the cleaners can get easy access to the child care building.. To operate FitnessNRG Personal Training, it's important I don't upset the local shop owners so that we can all operate in a co-operative manner. Sorry for any inconvenience. I will inform you if anything changes as I have requested some sort of compromise after 7pm when the shops are usually closed. ☺

# DELAYED MUSCLE SORENESS AFTER EXERCISE

Delayed-onset muscle soreness usually occurs 24 to 36 hours after a workout. The exact cause of muscle soreness isn't clear. It may be due to the build up of energy waste products in the muscle. It may also be due to microscopic tears in muscle fibres.

If your discomfort is mild, you can continue your exercise program. Muscle soreness is most likely to occur after trying a new exercise or activity or with an increase in intensity, frequency or duration of exercise — for example, if you've been running a kilometre a day and you increase to 3 kilometres a day.

Also, certain types of strength training — such as those which emphasize lengthening muscles — are more likely to result in muscle soreness. Soreness usually decreases after a couple of weeks of consistent exercise. To reduce this soreness, avoid working the same muscle groups on consecutive days and add low-intensity exercise, such as walking inbetween your sessions..

**Delayed onset muscle soreness is common after exercise and usually means your muscles are getting stronger.**

No one is immune to muscle soreness. Regular exercisers and body builders alike experience delayed onset muscle soreness.

Anyone can get cramps or **DELAYED ONSET MUSCLE SORENESS (DOMS)**, from weekend warriors to elite athletes, The muscle discomfort is simply a symptom of using your muscles and placing stresses on them that are leading to adaptations to make them stronger and better able to perform the task the next time.

## EASE THOSE ACHING MUSCLES

So what can you do to alleviate the pain?

Several remedies such as ice, rest, massage, heat, and stretching are helpful in the process of recovery.

Keeping the muscle in motion can also provide some relief.

Heat packs can give excellent results to sore muscles. When muscle temperature is increased, blood flow increases, bringing fresh oxygen and healing nutrients to the injured site This increased blood flow also helps to wash away the chemical irritants responsible for pain

Delayed onset muscle soreness usually affects only the body parts that were worked

**It is important to distinguish the difference between moderate muscle soreness induced by exercise and muscle overuse or injury.**