

## RYANS ROAD BREAST CANCER CHALLENGE SAT 9<sup>TH</sup> MAY



Thanks to each and every one of you above in the photo, for your efforts on Saturday to take on the gruelling Ryan's Road Challenge. The weather was great for the event and you all did an amazing job. We started with a talk to think about the reasons we were doing it and that was to raise money for the Breast Cancer Foundation. It was a privilege to have Lisa Stern in the group who is a survivor and Mick Buick who came along in support for his wife who is also a survivor of Breast cancer. Craig and the Saaarge had tied pink ribbons to trees all along the road to give the participants motivation to push on when it was getting tough. The distance is close to 6km and the hills are cruel. So far we have raised \$435, which is fantastic for such a small group of people. Check out the pics on the FitnessNRG facebook page



<https://www.facebook.com/media/set/?set=a.654450198032850.1073741848.306117296199477&type=1>

Thankyou so much for the support. ☺

### **KIDZ FITNESS CLASSES ARE UP AND RUNNING WED 4PM & SAT 9AM.**

Jack has done a great job instructing these classes. They are designed to improve fitness, body strength, core strength and more importantly confidence. The cost is \$10 a session, \$40 for 4 weeks. They are all held at the training studio.

If you have further questions please call  
Jack Milligan 0430 276 907

## FOODS TO RID YOUR DIET OF

**Rice snacks** - white rice is a source of concentrated carbohydrate, with a high glycaemic index and little dietary fibre. This includes rice cakes, crackers and snacks.

**2 minute noodles** - a packet of 2 minute noodles can contain as much carbohydrate as three slices of bread and up to half your daily sodium requirement.

**Turkish bread** - you probably were not aware that the average serve of Turkish bread contains the equivalent amount of carbohydrate as six slices of bread.

**Biscuits** – a standard sweet biscuit is a mix of white flour, sugar and fat.

**Cordial** - cordial is a mix of sugar, water and colours and even the fruit based ones offer nothing nutritionally.

**Fruit bars** - even if they say that they are 100% fruit, the fact is that fruit bars are packaged into an extremely concentrated food item, without the water, fibre and vitamin content of fresh fruit.

**Chocolate spread** - while advertisers may claim that chocolate nut spreads are low GI and made from heart healthy nuts, if you check the label you will see that the first ingredient is actually sugar.

## RECIPE

### Breakfast Scramble

#### *Ingredients*

Spray olive oil

2 eggs, lightly beaten

½ cup low fat milk

1 cup chopped vegetables (mushrooms, tomato, onion, spinach, capsicum)

20g of reduced fat feta OR goats cheese

2 tablespoons reduced fat cheese

#### *Method*

1. Beat egg with milk. Mix cut up vegetables with feta or goats cheese.
2. Spray hot fry pan with spray oil and coat bottom of pan with egg mix.
3. Once egg is set, add vegetables and mix together. Sprinkle with cheese.

## \*CLASS CHANGE

Please note that the Thursday 7 pm Powerbar class will run on Wednesday night this week 13<sup>th</sup> May at 7pm and also Wednesday 20<sup>th</sup> May 7pm next week . They will “NOT” be running on Thursday night. I hope this doesn't cause any inconvenience.

Next week Bootcamp will run Monday 18th 7pm, “Thursday 21st 7pm” and Saturday 23<sup>rd</sup> May..

**NO BOOTCAMP SESSION WEDNESDAY 20<sup>TH</sup> MAY. IT'S ON THURSDAY INSTEAD !!!!**

**JACK WILL BE THE BOOTCAMP TRAINER ON THURSDAY 21<sup>ST</sup> MAY. THE SAAAARGE CAN'T TAKE BOOTCAMP THAT NIGHT. HE WILL BE READY AND WILLING TO GIVE YOU A GREAT WORKOUT ☺**