

DATES TO REMEMBER

MON 2ND NOV 7PM

LAST SESSION FOR OCTOBER BOOTCAMP

CUP DAY CLASSES
TUES 3RD NOV

9.30AM POWERBAR
10.30AM CORE & STRETCH

*** PLS NOTE THAT NRG EXPRESS WILL NOT RUN ON CUP DAY BUT WILL RUN THURS NOV 5TH 6AM-7.15AM**

WED 4TH NOV

NOVEMBER BOOTCAMP STARTS 7PM.
COST \$150. ALL 8 WEEK WEIGHT LOSS
MEMBERS ARE AUTOMATICALLY ENROLLED

FRI 30TH OCT 6.30PM

BOOTCAMP NIGHT WALK. MEET AT HALLAM NORTH RD
ENTRANCE OF CHURCHILL NATIONAL PARK

RECIPE ASIAN STEAK WITH MANGO

NUTRITIONAL INFORMATION

Per Serving

- Calories 287 calories
- Fat 15 g
- Sat Fat 2 g
- Carbohydrate 21 g



INGREDIENTS

1. Steak (1 inch thick)
2. Salt and black pepper
3. 1 teaspoon grated lime zest
4. 3 tablespoons fresh lime juice
5. 1 tablespoon honey
6. 1 tablespoon chopped pickled ginger (found in the international aisle of the market)
7. 2 teaspoons low-sodium soy sauce
8. 3 tablespoons canola oil
9. 1 large head romaine lettuce, cut into strips (about 7 cups)
10. 1 mango, cut into thin strips
11. 1 red pepper, thinly sliced
12. 1/2 cup fresh basil leaves, sliced
13. 2 spring onions, thinly sliced
14. 1 teaspoon toasted sesame seeds

DIRECTIONS

1. Heat a large skillet over high heat. Season the steak with 1/4 teaspoon each salt and black pepper. Cook 4 to 5 minutes per side for medium-rare. Let rest at least 5 minutes before slicing.
2. Meanwhile, in a large bowl, whisk together the lime zest and juice, honey, ginger, soy sauce, oil, and 1/4 teaspoon salt. Add the lettuce, mango, pepper, basil, and spring onions and toss to combine. Gently fold in the steak and sprinkle with the sesame seeds.

XMAS PARTY SAT 12TH DEC 7PM

BUY YOUR OUTFIT FROM THE SALVOS OP SHOP TO HELP RAISE MONEY FOR THIS CHARITY THIS XMAS. BRING YOUR RECEIPT TO TRAINING SO WE CAN ADD UP TOTAL AMOUNT SPENT.



I know it's a busy time of the year and you may have other things on. I hope you can make it to the FitnessNRG Xmas Party. Put it in the diary.

The winner of the Weight Loss Challenge will be announced and lots of other awards are given out on the night.

It's very easy and simple. You bring a small plate to share and bring your drinks. We usually end up dancing till early hours and having a lot of laughs. We did the dress theme last year and some of the outfits were awesome. I look forward to seeing what you end up buying this year remembering that we are supporting those less fortunate than ourselves.

BOOTCAMP MOST INSPIRATIONAL AWARD

Okay I am after your votes. Each year the Bootcamp troops vote who they think has been the most inspirational person they have trained with in 2015. Every person who has participated in Bootcamp this year votes for two people. There is a purple box in the gym. Write the names of your 2 most inspiring people down and place in the box. If you are unable to do so please email or text me your votes. Remember It may not be the most fittest in the group but a person you consider as your most inspiring .I can't wait to see the results. There is only one winner.

THE ULTIMATE HERO'S OF 2015 AWARD

This award is determined by a points system. There is a Male and a Female winner. Throughout the year points are given to everyone who attends the FitnessNRG fitness events. They are given to the highest Bootcamp achiever each month and also given to individuals when we have Bootcamp team games at Cardinia Reservoir. Who will it be this year? You have to come to the Xmas Party to find out ☺

8 WEEK WEIGHT LOSS UPDATE

Everyone is doing so well in this challenge. The weigh ins have been really exciting with one person achieving a 6.7kg loss already. Everyone is settling into their calorie food plans now. Initially it was a little difficult but it gets easier once your body adjusts to the changes. Keep up the good work everyone. You are all looking fantastic.

There is no weigh in on Saturday morning but you can weigh in on Monday 2nd Nov 6.30pm-6.50pm and 8pm.

LIFE SPACE HEALTH PRODUCTS

FitnessNRG is now a supplier of Life Space products. They are an excellent and high quality product made in Australia. If you would like to order any of their products please let me know by 1st Nov. All orders must be paid for when ordering. Check out www.healthy-lifespace.com I can sell them to you for 25% off their website cost. I've also given some examples of their products in this letter.

25% OFF LIFE SPACE PRODUCTS

www.healthy-lifespace.com



Life Space Probiotic 60 Caps
Pregnancy Breastfeeding
\$41.99

FitnessNRG Price \$31.50



Life Space Broad Spectrum Probiotic
60 Capsules
\$38.99

FitnessNRG Price \$29.25



Life Space 100 Billion
Powder Probiotic 30 Gram
\$47.99

FitnessNRG Price \$35.99



Life Space 60+ Years Probiotic
60 Caps
\$38.99

FitnessNRG Price \$29.25



Life Space Baby
Probiotic 60g
\$41.99

FitnessNRG Price \$31.50



Ocean Essentials 500mg
Red Krill Oil 60 Capsules
\$36.99

FitnessNRG Price \$27.75



Elmore Oil 250mL Twin Pack
\$59.99

FitnessNRG Price \$44.99



FitnessNRG Price \$29.99

Ocean Essentials Krill +
Curcumin
60 Capsules
\$39.99



FitnessNRG Price \$20.15

Elmore Oil Cream Pack

~~\$26.90~~

~~\$26.90~~



FitnessNRG Price \$20.15

Elmore Oil Sports -50mL Twin Roll on Twin Pack



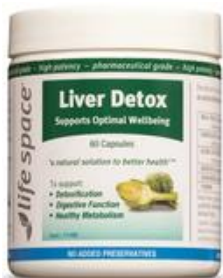
Elmore Oil Arthritis Family
~~\$65.00~~

FitnessNRG Price \$48.75



Lifespace Spirulina Energy 100 Tablets
~~\$29.99~~

FitnessNRG Price \$22.50



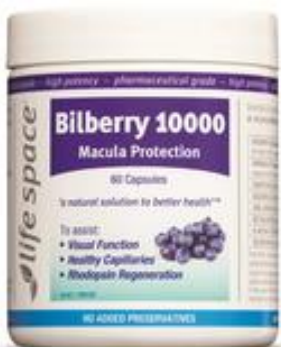
Life Space Liver Detox 60 VegeCaps
~~\$24.99~~

FitnessNRG Price \$18.75



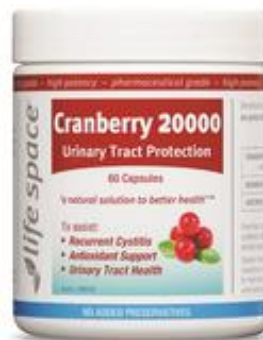
Life Space Immune Boost Liquid 500mL
~~\$29.99~~

FitnessNRG Price \$22.50



Life Space Bilberry 60 VegeCaps
~~\$39.99~~

FitnessNRG Price \$29.99



Life Space Cranberry 60 VegeCaps
~~\$24.99~~

FitnessNRG Price \$18.75