



INFO 25th Jan 2016

CHECK OUT THE AWARDS FOR 2015 !!!!

FITNESSNRG AWARDS 2015

***WINNER OF 8 WEEK WEIGHT LOSS CHALLENGE LOST 15.48% OF BODY WEIGHT
13.1KG **JUDY MULLAN****

2ND PLACE LOST 13.47% OF BODY WEIGHT. 8.3KG **SARAH HOPE*

3RD PLACE LOST 12.57% OF BODY WEIGHT. 13.3KG **DARYL ANDREOLA*

2014 ULTIMATE HERO BOY EQUAL POINTS ARE **IAN BRUCE & WARREN DOVE**

2014 ULTIMATE HERO GIRL **CHRIS STONE**

SARGES AWARD **MICHELLE WEINER**

JESS SCAPPICCHIO

LAURA PEELE

BOOTCAMP INSPIRATIONAL AWARD VOTED BY THE PARTICIPANTS

CHRIS STONE

HIGHEST BEEP TEST SCORE AT 12 AWARD **PETER MULLAN**

UPPER BODY STRENGTH AWARD COMPLETING "BRING SALLY UP"

MICK BUICK

LONGEST PLANK AT 23MIN 07SEC **NATHAN BEAMSLEY 11YRS OLD**

2ND LONGEST PLANK AT 20MIN 43SEC **PAUL MULLAN AGE 50+**

Congratulations to all the award winners. You have made a huge impact on FitnessNRG with your determination and goals. Let's bring on 2016 with a jump start.

A special mention to all the people who come along each week to train. You are all part of great friendships started and a positive environment. It does take effort to become fitter and healthier. I admire all of you for giving exercise and a healthier lifestyle a go !!

Cheryle Milligan

EATING FOR RECOVERY AFTER TRAINING

The role of the post-training meal or snack is to refuel, rehydrate and repair. Carbohydrates replenish glycogen stores (carbohydrate stores in muscle and liver); water and sport drinks correct fluid and/or electrolytes lost through sweat; and protein helps repair muscle tissue and red blood cells. Providing adequate nutrition also supports the immune system, decreasing our risk of getting sick. This means that you can train consistently without annoying breaks to recover from colds and flus!

Training is the stimulus for protein and glycogen resynthesis so providing the body with the fuel and building blocks it needs after a training session will allow it to recover quickly and adapt to the training stimulus. This can be seen as the 'window of opportunity' to maximise your speedy recovery by refuelling and rebuilding with carbohydrate and protein. Although this is a great opportunity to maximise the rate at which your body replenishes glycogen and repairs muscle tissue via protein, meeting your overall target or requirement for the day is most important

If your goals are to increase fitness, strength, power, endurance, change your body composition or to turn your body into an energy burning machine by building lean muscle (increase metabolism), then there is a lot to be gained by giving your body the fuel and building blocks it needs to recover fast for your next session! You can imagine if you're lacking in energy and your muscles feel like they are still recovering, you're not going to be able to give it your best effort in your 'harder session' compromising your strength and fitness gains.

What if you're on an energy budget or trying to lose weight during training?

For a speedy recovery the same rules exist but you need to look at your total energy intake. We know weight loss requires an energy deficit (energy out to be higher than energy in) but smart timing of meals and snacks around training is the key. Not only does carbohydrate refuel the glycogen it also stimulates an increase in the hormone insulin, which stimulates the muscle to take up the amino acids (protein).

The easiest way to tick all boxes is to schedule your training so it is followed by a main meal or snack containing both protein and carbohydrate. This time is preferably within about 60 minutes. This way you're not eating additional food and kilojoules. Eating a meal or snack with protein after exercise may also help with satiety (keeping you feeling full).

Some people have a poor appetite immediately after training and a main meal may be difficult. If so, a chilled liquid that is easy to digest may be preferable and then ensuring a main meal is eaten within the next 2-4 hours.

TERM 1 GROUP TRAINING 2ND FEB – 24TH MAR

FitnessNRG provides a selection of training options. We are aware that people prefer different training requirements to others. Some like the personal attention of one on one training or training with friends in a small group and others like a larger group environment. For some it is a financial reason for how they choose.

Our PT training, Term classes and Bootcamp have been running successfully for 8 years. It's important to us that we meet your expectations. 😊

UNLIMITED NRG TERM 1 MEMBERSHIP \$400

Unlimited NRG is a term membership. It came about for those who wanted to have a choice of classes each week choosing from Bootcamp to Core Classes, Powerbar, Step and NRG Express. It gives you flexibility to try everything we offer. You can jump into all them. There is no limit. ! You decide which classes each week. Unlimited NRG runs for the school term. Term 1 starts Mon 2nd Feb till 24th March.

GROUP CLASSES START TUES 2ND FEB-24TH MAR

COST \$120 EACH FOR THE TERM

MON	TUES	WED	THURS	FRI	SAT
*9.30AM POWERBAR	6.15AM NRG EXPRESS	9.30AM STEP/ABS BUTT			
		4.00PM KIDZ FITNESS			
	5.30PM POWERBAR				
	6.30PM EXTREME CORE		7PM POWERBAR		

* New class

TERM 1 BOOTCAMP STARTS MON 1ST FEB

4 WEEKS BOOTCAMP COST \$150

8 WEEKS BOOTCAMP COST \$300

MON	TUES	WED	THURS	FRI	SAT
					9.30AM BOOTCAMP OUTDOOR
7PM BOOTCAMP BOXING		7PM BOOTCAMP OUTDOOR			