

## BOOTCAMP TRAINING

We are into the final week of the May Bootcamp. Girls have certainly dominated in the attendance rate. So.... come on boys, we would love to have you guys join us.

The weather was magnificent for Bootcamp on Saturday morning. Even though the air was brisk, the warmth of the sun was very inviting. A great way to start the weekend.

**JUNE BOOTCAMP BEGINS MONDAY 6<sup>TH</sup> JUNE.**

**BOOTCAMP WILL GO TO THE END OF TERM 2 WHICH MEANS IT WILL RUN FOR 3 WEEKS NOT 4 WEEKS.**

**SESSIONS ARE MON 7PM / WED 7PM / SAT 9.30AM**

**COST IS \$110**

BELOW ARE THE VARIED COSTS FOR THE JUNE / 3 WEEK BOOTCAMP

3 sessions / Bootcamp

Cost is \$110

If you choose 1 session a week / Bootcamp

Cost is \$60

If you choose 2 sessions a week / of Bootcamp

Cost is \$90

If you choose 2 sessions a week / Bootcamp / 1 PT group class

Cost is \$120

No charge if you are an UnlimitedNRG member. It is already included in your membership.



## DATES TO REMEMBER

MON 6<sup>TH</sup> JUNE

\* 3 WEEKS JUNE BOOTCAMP STARTS  
COST \$110  
3 SESSIONS / WEEK MON & WED 7PM SAT 9.30AM

SAT 11<sup>TH</sup> JUNE

NO BOOTCAMP TODAY

MON 13<sup>TH</sup> JUNE

\* QUEENS BIRTHDAY CLASS IS  
7PM BOOTCAMP\*

ALL PT SESSIONS ARE STILL ON  
9.30AM POWERBAR IS "NOT" RUNNING

SAT 25<sup>TH</sup> JUNE

TERM 2 CLASSES AND BOOTCAMP END

MON 11<sup>TH</sup> JULY

TERM 3 CLASSES BEGIN

## CATCH JACK MILLIGANS BAND TEMPUS FRI JUNE 3



TIM SMYTH  
HOLY TRASH  
- My Imagination Tour -

FRI JUN 3  
LAST CHANCE ROCKnROLL BAR  
with THE QUARTERS  
UNICORN ON THE COB  
TEMPUS

238 Victoria St North Melbourne

## NUTS

I enjoy eating nuts and I know that they are good for me but I read the label of the packet and was shocked to see how much fat they contained. Should I replace them with a lower fat snack choice?

While nuts do have a relatively high fat content, the majority of fat found in nuts is unsaturated fat which does not increase blood cholesterol and is also more likely to be burnt as energy than saturated fat. There are a number of studies which have shown that eating 30g of nuts each day may even help to control body weight – the secret is just limiting yourself to 10-15 nuts at a time.

# IM REALLY HUNGRY AT NIGHT. WHAT SHOULD I EAT TO STOP REACHING FOR THE SWEETS?

You have heard that eating before bed is a big-time "no no" for those looking to lose weight. In fact, you've probably even heard that eating late at night will undoubtedly cause you to GAIN weight...even worse!

Well, there's good news, and that good news is that not every food that you eat past 7PM will be automatically deposited to your butt, thighs, and love handles.

In fact, there are certain foods that you can eat as a late-night snack that can actually INCREASE your fatloss results! The key is knowing which foods to eat, and which to avoid, as the evening progresses.

Here's a good rule of thumb: Avoid carbs before bed in favour of slow-digesting high-quality protein.

Carbohydrate consumption causes significant rise in the storage hormone insulin, which also puts the breaks on fat-burning. That's a recipe for disaster in the late evening hours as your metabolism is winding down, but fortunately, slow-digesting protein isn't.

Instead, slow digesting proteins provide your body with a steady flow of amino acids throughout the night to help you recover from exercise and maintain your calorie-burning lean muscle as you lose fat.

Here are some top pre-bedtime choices: .

1. White Meat Animal Protein (not red meat or fish) - White meat protein sources such as chicken and turkey are great pre-bed meal choices because they digest slowly and have a very low insulin release. These sources also promote the release of another hormone, glucagon, which assists the body with breaking down stored carbs and fat within your body to be burned for energy...a double win! Red meat and fish have a significantly higher insulin response so they're best to avoid in the evening.
2. Cottage Cheese - Cottage cheese is very slow digesting and coats the stomach to be assimilated by the body over many hours. As a protein, it also stimulates glucagon release; a solid pre-bedtime choice. Just make sure you're using plain cottage cheese, not the flavoured varieties with added sugars.
3. Green Vegetables - While these aren't considered a protein, they contain virtually no calories, are high in fibre, and they're very filling.
4. A Slow-digesting, Low-carb Protein Shake can be useful.

## TERM 3 GROUP TRAINING COSTS

**UNLIMITED NRG** **COST \$440 FOR TERM 3**

\*INCL ANY PT GROUP CLASS, BOOTCAMP AND REGULAR CHECKS WITH WEIGHT AND MEASUREMENTS.

**ONE PT GROUP CLASS / WEEK** **COST \$135 FOR TERM 3**

\*PT GROUP CLASSES ARE POWERBAR, NRG EXPRESS, STEP AND CORE CLASSES

**KIDZ FITNESS CLASSES WED 3.45PM** **COST \$100 FOR TERM 3**

**HI NRG FOR TEENS WED 4.30PM** **COST \$100 FOR TERM 3**

**BOOTCAMP IS PAID IN 4 WEEK BLOCKS** **COST \$150 FOR 4 WEEKS**