

## RUN AND RIDE SAT 6<sup>TH</sup> AUGUST 2016

Another great morning for the Run and Ride event. It was a brisk 7 degrees. We set up the bikes, mused over the directions and maps whilst we chattered about the previous night. The night before was Micks farewell at the Upwey RSL. On the eve of the event most of us had made a conscious decision to have an easy night knowing the early morning training event was coming up. As we continued setting up there was one person missing. Mick hadn't arrived yet? As it got closer to start time Mick eventually turns up on his bike!!!! He had ridden his bike to Churchill National Park. As he approached we all watched with amazement. Is he crazy? He should be conserving his energy. We all agree Mick is an exceptional athlete, but, was this a tactic to put the boys off. He came to a stop and clambered off his bike, walked about in a confused manner, took his sunglasses off which revealed very blood shot eyes and said he feels affected by the previous night's celebrations admitting he didn't leave the pub till 2am. He had ridden his bike in case he needed to stop for a breath test! We listened to his story and you could see a glint of possible glory in Woz's eyes. Mick continued his story leaning up against the sign, which he did quite a bit that morning, even when the start whistle



was about to blow. Shown in photo to the right.

Check out the photos on FitnessNRG facebook page.



[https://www.facebook.com/FitnessNRG-Personal-Training-306117296199477/photos/?tab=album&album\\_id=882917961852738](https://www.facebook.com/FitnessNRG-Personal-Training-306117296199477/photos/?tab=album&album_id=882917961852738)

The event consisted of a 2km run and an 18km bike ride through bush tracks at Churchill/Lysterfield National Park. It was fantastic to be out there in the morning. Kangaroos and an occasional wallaby watched as the troops made their way through the park. There was also an option to do a walk/run for 8km.

A huge congratulation's to all who came along. You are all winners. The times were taken for how long each event took. The change over time was taken off total time. Everyone who attended the event gets points to go towards "The 2016 Ultimate Hero Award"

**The fastest male on the morning was Warren Dove: 1hr 2min 32 sec**

**Second fastest male is Mick Buick: 1hr 5min 09sec**

**Third male is Craig Milligan: 1hr 6min 41sec**

**The fastest girl on the morning was Allanna Dove: 1hr 39min 03 sec**

**Second fastest is Colleen Weir: 1hr 40min 33sec**

**Third fastest is Cam Radia-George: 1hr 50min 23sec**

Each person will receive 10 points for turning up.

Each male and female who arrive back first will receive 30 points.

2<sup>nd</sup> place arrivals will receive 20 points..

3<sup>rd</sup> Place 10 points

## **DATES TO REMEMBER**

**MON 8<sup>TH</sup> AUG LAST SESSION FOR CURRENT BOOTCAMP**

**SAT 13<sup>TH</sup> AUG NO BOOTCAMP THIS MORNING.**

**SUN 14<sup>TH</sup> AUG "RUN FOR THE HILLS EVENT"  
8AM  
LYSTERFIELD LAKE PARK. BOOK ONLINE AS AN  
INDIVIDUAL AND JOIN THE FITNESSNRG TEAM**

**MON 15<sup>TH</sup> AUG BOOTCAMP STARTS AGAIN**  
3 SESSIONS/WK \$150 FOR 4 WEEKS  
2 SESSIONS/WK \$120 FOR 4 WEEKS  
1 SESSION/WK \$80 FOR 4 WEEKS

**AUG 26<sup>TH</sup> MICK & LINDSEY BUICK LEAVE TO LIVE IN  
RUBICON**

**FRI 16<sup>TH</sup> SEPT LAST DAY OF TERM 3**

**OCT 2016 8 WEEK WEIGHT LOSS CHALLENGE.  
TOTAL OF \$500 IN CASH PRIZES TO BE WON**

**CHECK OUT OUR FITNESSNRG LOCAL BUSINESS OWNERS.....**

*Allanna Dove is a FitnessNRG Bootcamp member. She makes the most beautiful bouquets using chocolates instead of flowers. A great gift idea.*



*My*  
**BOUQUET**  
*Lady*



We're a small family run business that specializes in edible chocolate bouquets.

Our bouquets are hand made and contain only the finest well-known products; they are designed for all occasions' including- weddings, engagements, birthdays, new baby arrivals, thankyou/get well presents and much more.

If you're looking for something a little different or have seen something you like we can work with you to customise your own bouquet to suit your occasion perfectly.

Our beautiful bouquets are available for pick up or delivery (charges may apply). Times are arranged at time of purchase.

Prices range from \$17.00 to \$30.00

Contact me on:

Allanna 0405 141 337



[www.facebook.com/mybouquetlady](http://www.facebook.com/mybouquetlady)

# Amazing Pumice Stone Soap

All natural hand made body & facial exfoliating scrub  
Exfoliates, Cleans and Rejuvenates the skin all at once!

## Amazing Benefits

- \* Keeps skin youthful, smooth and healthy
- \* Fights signs of aging
- \* All natural & environmentally friendly
- \* Anti bacterial & anti fungal
- \* Helps control acne, psoriasis and other skin issues
- \* Increases circulation so your skin glows
- \* Long lasting, each soap lasts around three months



Sunne who is the creator of this product has been passionate about health & wellbeing since her teenage years. She is currently teaching a 30 minute yoga class at FitnessNRG.

She has been making her own natural skin care products for over 15 years, one of these is the Amazing Pumice Stone Soap. Each Pumice Stone Soap is made by Sunne and her family with lots of love.

*We will have a few of these for you to buy in the next coming weeks. I have personally tried it and absolutely love it..... Cheryle*



**Gavin Davies**  
Licensed Plumber

Tap and Toilet Repairs  
Hot Water Units  
Drainage  
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No job too small

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**Plumber**

Some of you may recognise this face. Gavin is a regular NRG Express and Bootcamp participant. You couldn't meet a nicer guy and he is our very first to advertise his business in the FitnessNRG newsletter. He has a great reputation and very reliable so give him a call if you need any plumbing.

If you would like to advertise your business in the next newsletter email a pdf to [fitnessnrg@gmail.com](mailto:fitnessnrg@gmail.com) and we will put it in for you. ☺

*"I called 3 plumbers before I found Gavin. He arrived when he said he would, cleaned up after himself and the price was great."*

Jessica McAllister  
- Tecoma

*"We renovated our bathroom and Gavin gave us a lot of great advice. He worked with us to use the existing fittings and the result is fantastic."*

Dave Thomas - Selby

[www.fitnessNRG.com.au](http://www.fitnessNRG.com.au)

# TUMERIC AND HOW DOES IT HELP OUR HEALTH

Turmeric, also known as curcuma longa, is a very common herb. Often referred to as the “Queen of Spices,” its main characteristics are a pepper-like aroma, sharp taste and golden colour. People across the globe use this herb in their cooking.

According to the Journal of the American Chemical Society, turmeric contains a wide range of antioxidant, antiviral, antibacterial, antifungal, anticarcinogenic, antimutagenic and anti-inflammatory properties. It is also loaded with many healthy nutrients such as protein, dietary fibre, niacin, Vitamin C, Vitamin E, Vitamin K, sodium, potassium, calcium, copper, iron, magnesium and zinc. Due to all these factors, turmeric is often used to treat a wide variety of health problems.

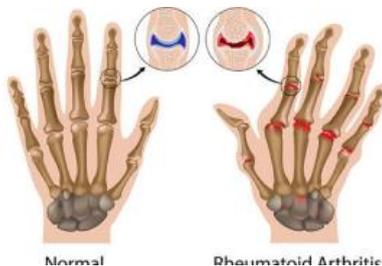
Here are the top 10 health benefits of turmeric

## 1. Assists in the Prevention of Cancer



Turmeric can help prevent prostate cancer, stop the growth of existing prostate cancer and even destroy cancer cells. Multiple researchers have found that the active components in turmeric makes it one of the best protectors against radiation-induced tumours. It also has a preventive effect against tumour cells such as T-cell leukaemia, colon carcinomas and breast carcinomas.

## 2. Assists in Relieving Arthritis



The anti-inflammatory properties in turmeric are great for treating both osteoarthritis and rheumatoid arthritis. In addition, turmeric’s antioxidant property destroys free radicals in the body that damage body cells. It has been found that those suffering from rheumatoid arthritis who consume turmeric on a regular basis experience much relief from the moderate to mild joint pains as well as joint inflammation.

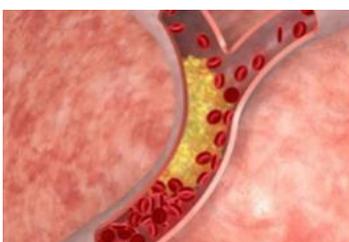
## 3. Can Control Diabetes



Turmeric can be used in the treatment of diabetes by helping to moderate insulin levels. It also improves glucose control and increases the effect of medications used to treat diabetes. Another significant benefit is turmeric’s effectiveness in helping reduce insulin resistance, which may prevent the onset of Type-2 diabetes.

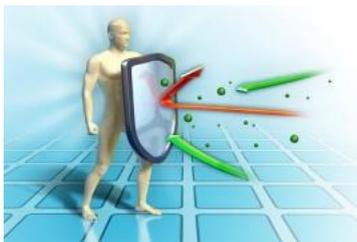
**However, when combined with strong medications, turmeric can cause hypoglycaemia (low blood sugar). It is best to consult a healthcare professional before taking turmeric capsules.**

## 4. Helps Reduce Cholesterol Levels



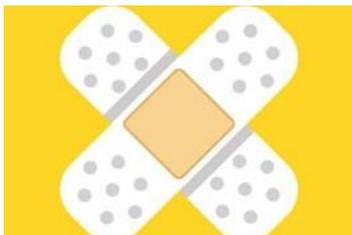
Research has proven that simply using turmeric as a food seasoning can reduce serum cholesterol levels. It is a known fact that high cholesterol can lead to other serious health problems. Maintaining a proper cholesterol level can prevent many cardiovascular diseases.

## 5. Immunity Booster



Turmeric contains a substance known as lipopolysaccharide, which helps stimulate the body's immune system. Its antibacterial, antiviral and antifungal agents also help strengthen the immune system. A strong immune system lessens the chance of suffering from colds, flu and coughs. If you do get a cold, a cough or the flu, you can feel better sooner by mixing one teaspoon of turmeric powder in a glass of warm milk and drinking it once daily.

## 6. Heals Wound



Turmeric is a natural antiseptic and antibacterial agent and can be used as an effective disinfectant. If you have a cut or burn, you can sprinkle turmeric powder on the affected area to speed up the healing process. Turmeric also helps repair damaged skin and may be used to treat psoriasis and other inflammatory skin conditions.

## 7. Weight Management



Turmeric powder can be very helpful in maintaining an ideal body weight. A component present in turmeric helps increase the flow of bile, an important component in the breakdown of dietary fat. Those who wish to lose weight or treat obesity and other associated diseases can benefit from having one teaspoon of turmeric powder with every meal.

## 8. Prevents Alzheimer's Disease



Brain inflammation is suspected to be one of the leading causes of cognitive disorders such as Alzheimer's disease. Turmeric supports overall brain health by aiding in the removal of plaque build-up in the brain and improving the flow of oxygen. This can also prevent or slow down the progression of Alzheimer's disease.

## 9. Improves Digestion



Many key components in turmeric stimulate the gallbladder to produce bile, which then improves digestion and reduces symptoms of bloating and gas. Also, turmeric is helpful in treating most forms of inflammatory bowel disease including ulcerative colitis. **However it is important to bear in mind that people suffering from any kind of gallbladder disease should not take turmeric as a dietary supplement as it may worsen the condition.** It is best to

consume turmeric in raw form when suffering from a digestive problem.

## 10. Prevents Liver Disease



Turmeric is a kind of natural liver detoxifier. The liver detoxifies the blood through the production of enzymes and turmeric increases production of these vital enzymes. These vital enzymes break down and reduce toxins in the body. Turmeric also is believed to invigorate and improve blood circulation. All of these factors support good liver health.

Given the numerous health benefits of turmeric, adding this powerful herb to your diet is one of the best things you can do to improve the quality of your life. You can add turmeric in powder form to curries, stir fried dishes, smoothies, warm milk and even to spicy salad dressings.

**However, turmeric should not be used by people with gallstones or bile obstruction.**

**Adults can take about one to three grams of the dried powdered root per day.**

### **TUMERIC AND LEMON MORNING ELIXIR**

What you'll need...

- 1/2 a lemon, squeezed for juice
- 1/4 - 1/2 tsp turmeric
- 1/2 tsp honey
- 1/4 tsp cinnamon powder
- 1 cup warm water, or milk

Instructions

How to make it...

1. Mix the lemon juice, turmeric and honey into your cup of warm water or milk. You will want to stir these ingredients well. Add cinnamon on top and continue to stir your morning elixir as you drink it — this will ensure that the turmeric does not settle at the bottom of your cup.