

DATES TO REMEMBER

SAT 5TH NOV	LAST SESSION FOR OCTOBER BOOTCAMP
NOV / DEC BOOTCAMP	MON 14 TH NOV - MON 12 TH DEC
FRI 25TH NOV	FINAL WEIGH IN FOR 8 WEEK WEIGHT LOSS <i>All 8 week members can continue training until the end of term. Cost is \$120</i>
SAT 26TH NOV 7PM	FITNESSNRG XMAS PARTY
END OF TERM 4 CLASSES	THURSDAY 15 TH DEC

RECIPE : VEGETABLE QUICHE

Ingredients

- 4 eggs
- 1 ½ cups skim milk
- 3 Tablespoons melted butter/margarine
- ½ cup SR flour
- 1 ½ cups grated low fat cheese
- 2 cups of filling of your choice (try red salmon, chopped tomatoes, corn, capsicum, English spinach leaves, grated zucchini or carrot, mushroom, onion, ham, or left over BBQ chicken).

Method

1. Whisk together the eggs, milk, flour and butter.
2. Fold through the cheese and the fillings.
3. Pour into an ovenproof dish, and bake for 40minutes at 180°C (160°C for fan forced)
4. Serve with a side salad.

XMAS PARTY SAT 26TH NOV 7PM

TIME	7PM
WHERE	87 COLBY DRV BELGRAVE HEIGHTS
BRING	DRINKS + YOUR PARTNER + SMALL PLATE TO SHARE + BATHERS IF HOT
DRESS	SMART CASUAL
WHAT TO EXPECT	<ul style="list-style-type: none"> *WINNER OF 8 WEEK WEIGHT LOSS CHALLENGE ANNOUNCED *ACHIEVEMENT AWARDS *2016 ULTIMATE HERO AWARD BOY AND GIRL * MOST INSPIRING PERSON BOOTCAMP AWARD VOTED BY THE BOOTCAMP TROOPS. *RAFFLE PRIZES DRAWN *MUSIC AND DANCING



SOME INTERESTING FACTS ON ALCOHOL

Alcohol is the second most potent source of calories Partying with alcohol is fun because we like feeling intoxicated, but this intoxication comes with a caloric price tag. One gram of alcohol is 7 calories, which is more than one gram of carbohydrate (4 calories) and protein (4 calories) but less than one gram of fat (9 calories).

We don't burn extra calories to metabolize alcohol Not like we do from digesting carbs, fat and protein. This phenomenon, called the "thermic effect of food", refers to the energy we use to digest food into small, absorbable components. Because alcohol is so easy to absorb, it enters our bloodstream without burning any extra calories.

Your liver does the dirty work Because alcohol is seen as a toxin, the liver prioritizes metabolizing alcohol first (get in line, fat...it's not your turn!) which means you won't be burning calories from other sources while that happens. The liver is only able to clear alcohol at a rate of around one ounce liquor per hour, which is why consuming more than this will leave you feeling tipsy.

Alcohol makes your blood sugar drop, making you want to reach for carbs The liver helps keep our blood sugar steady, but a liver busy at work metabolizing alcohol can't do this effectively, causing your blood sugar drops and stays low until the alcohol is metabolized. This explains why you crave carbs and wake up the next day with a headache.

Alcohol calories that aren't burned will be stored as fat This is true for all extra calories eaten no matter the source, but what makes alcohol calories worse is that they are stored in your liver first. It takes time for the liver to ship out the alcohol-induced fat for proper storage in your fat cells. If the liver doesn't do this fast enough (or if you drink too much, too often) the fat stays stuck in your liver and around your abdomen giving you what we refer to jovially as a "beer belly."

This of course doesn't mean you need to completely dodge all social sips this season. Here are some tips to help prevent you from gaining too much of your holiday cheer:

1. Pour yourself half as much. This will help you limit yourself to one or two drinks per party.

2. Avoid higher calorie mixed drinks like eggnog, margaritas, mudslides, or other sugary mixed drinks—or have one and consider it dessert.

3. Alternate between having alcohol and water to stay well hydrated.

4. Sip slowly and take the time to enjoy your alcoholic beverage.

5. Keep your alcohol budget at or below 200 calories. Pick these lower calorie alcohol alternatives:

- Red or white wine: 5 ounces | Calories: 125, Carbohydrate: 4g
- Light beer: 12 ounces | Calories: 100; Carbohydrate: 5g
- Champagne: 5 ounces | Calories: 100; Carbohydrate: 1g
- Vodka, whiskey, rum or gin: 1.5 ounces | Calories: 96; Carbohydrate: 0g (No coke is added to this calorie amount)

XMAS RAFFLE

WE STILL NEED GIFT DONATIONS FOR PRIZES!!!

THE MORE PRIZES WE GET THE MORE MONEY WE RAISE AND THE MORE CHANCE YOU HAVE TO WIN. WE ARE AFTER ANYTHING YOU CAN OFFER. LOOK BELOW AT WHAT OTHERS HAVE ALREADY DONATED.



TICKETS ARE 2 FOR \$5

ALL THOSE DONATING WILL RECEIVE A FREE RAFFLE TICKET 😊

ALL PROCEEDS OF TICKETS WILL GO TO THE SALVATION ARMY.

THANKYOU TO THE FOLLOWING PEOPLE FOR YOUR DONATIONS

ALLANNA DOVE

“MY BOUQUET LADY” HAMPER

WOZ DOVE

“A SURPRISE”

DAVID AND ALANA BILSTON

“PURE LIFE PHYSIOTHERAPY” VOUCHERS

MARC WEINER

COLGATE GIFT PACK

TREVOR PROWSE

“SWAMP DONKEY” CD/TSHIRT PACK

JO MC GILL

\$200 CHINA TEA SET/ CANDLE HAMPER

JACK MILLIGAN

“TEMPUS” CD/ TSHIRT/ STUBBY HOLDER PACK

FITNESSNRG

2 X \$50 TRAINING VOUCHERS

CRAIG AND CHERYLE MILLIGAN

WEEKEND BREAK AT “MUD BRICK”

MAINTONGOON (LAKE EILDON NATIONAL PARK)

CRAIG AND CHERYLE MILLIGAN

\$200 COSMETIC AND SKIN CARE HAMPER

JASON AND AMANDA BEAMSLEY

ROOF AND GUTTER CLEAN “LEAKLESS ROOFING”

ROLAND AND JO MUNZEL

GEORGE FOREMAN COOKER

DEBBIE LAURENCE

HANDMADE SOAP GIFT PACK