

Hi FitnessNRG Members,

We hope you are enjoying your training.

It's great to see your enthusiasm as it gets colder and we hope the enclosure of the outdoor area has helped keep the training area protected from the elements at night time.

Just a reminder that we have been asked not to use the car park spots at the shops across the road. You may however with the permission of the Child Care Centre use their car park after 6.30pm. It gets busy here during the day with traffic and I know at times you can't get one close but the tennis courts up the road are usually free. Thanks everyone. 😊

NUTRITIONAL THERAPY AT FITNESSNRG

It's coming!!! We are about to launch our Nutritional Therapy program. Cheryle is passionate about health and fitness. Not only as a trainer but also with the benefits of nutrition in our everyday lives. Cheryle is a qualified nutritional therapist and will be available soon to assess your deficiencies and guide you to a healthy eating plan. Watch this space!

*The program will not be based on supplements but on a good nutritional food plan especially tailored for you as an individual.

Below are just a few indications of vitamin and mineral deficiency. If you suffer any of the below it could be helped with proper nutrition.

- Reduced night vision
- Sensitivity to bright lights
- Eye cataracts
- Eczema or dermatitis
- Cracked lips
- Lack of energy
- Insomnia
- Dry, flaky skin or itching skin
- Athlete's foot
- Back pains
- Hair Loss
- Joint pain or stiffness
- Arthritis or osteoporosis
- Easy bruising
- Varicose veins
- Loss of muscle tone
- Frequent colds
- Frequent infections
- Easy bruising
- Slow wound – healing
- Tender muscles
- Muscle tremors, cramps or spasms
- Poor concentration
- Nausea or vomiting
- Exhaustion after light exercise
- Poor concentration
- Poor memory
- Constipation
- Rapid heartbeat
- Acne, rashes or skin infections
- Sore tongue
- Dull or oily hair
- Split nails
- Bloodshot, burning or gritty eyes
- Diarrhoea
- Frequent colds or infections
- Dandruff or dry scalp
- Diarrhoea or mushy, watery stools
- Tooth Decay
- Muscle twitching or spasms
- Weak bones
- Exhaustion after light exercise
- Slow wound - healing
- Poor skin elasticity
- Lack of sex drive
- Lack of energy
- Bleeding or tender gums
- Nosebleeds
- Red pimples on skin
- Eye pains
- Lethargy
- Burning feet or tender heels
- Lack of energy
- Anxiety or tension
- Numb, prickly, or tingling legs
- Stomach pains
- Tingling hands
- Sensitivity to bright lights

A GUIDE TO HEALTHY EATING

For many people, knowing which foods are healthiest is a challenge.

It can be hard to keep track of all the different vitamins and minerals, let alone complex information like which have flavanols and which have fiber.

The truth is that **the more color your fresh produce has, the better it is for you**. That's because of one thing: *phytochemicals*.

Phytochemicals are only found in plants. They act to protect us from inflammation. They're also a good way to tell that a fruit or vegetable has lots of nutrients.

A Rundown of the Food Rainbow and What It Means

Yellow/Orange

Carrots, cantaloupe, pumpkin and sweet potatoes. These are just a few of the orange foods that are known for their high levels of **beta-carotene**.

These foods are high in antioxidants and are good for our vision because they contain Vitamin A.

Red

Tomatoes, cranberries, pink grapefruit and watermelon. Most fruits and vegetables that are red contain **lycopene**.

Lycopene lowers the risk of cancer and improves the health of our tissues. Red foods also contain vitamin C and flavonoids can help reduce inflammation and prevent bacteria from attaching to our cells.

Yellow/Green

Avocado, pistachios, kiwi, leafy greens like spinach, and kale. These foods are high in **lutein**, which is good for eye health. Kiwi fruit is also high in vitamin C.

Green

Broccoli, Brussels' sprouts, bok choy and cabbage. Green may be the color we tend to think of most often when it comes to vegetables. There's good reason for us to think that green is one of the healthiest colors a food can be.

Green vegetables get their color from **chlorophyll**, and foods that have a lot of chlorophyll are rich in **isiothiocyanates**. These help the liver move toxins out of our system. They also have vitamin K, folic acid and potassium.

Blue/Purple

Eggplant, blueberries, blackberries, plums and pomegranates. The dark blue and purple colors of these foods comes from **anthocyanin**. That's a powerful antioxidant that is heart healthy and lowers high blood pressure. They also fight blood clots.

Black

Black beans, chia seeds, lentils and mushrooms. Black foods are loaded with **pigment**, and that means that they are **high in antioxidants**.

There are certainly some healthy foods that are not brightly colored. Adding healthy whole foods like quinoa means that you're eating a fair amount of beige food, so make sure that they're included on your plate as well!

MAY / JUNE BOOTCAMP STARTS MON 22ND JUNE

SESSIONS ARE MON & WED 7PM. SAT 9.30AM

BOOTCAMP RUNS FOR 4 WEEKS.

COSTS ARE:

3 SESSIONS / WEEK \$150

2 SESSIONS / WEEK \$120

1 SESSION / WEEK \$80 (\$20 EACH SESSION)

2 SESSIONS / WEEK PLUS 1 PT GROUP \$180



Please note that the Bootcamp sessions are unredeemable. If you would like the flexibility to switch classes between the PT Group classes and Bootcamp each week, the UnlimitedNRG membership would be a better option. Otherwise if you are a Bootcamp member you can jump into a PT Group class as a casual for \$15.00.

*Please be aware we don't offer catch up classes for Bootcamp.

Look below for further details about UnlimitedNRG.

UNLIMITED NRG CLASSES

Unlimited NRG is a membership which came about from requests by you. This exclusive membership gives you the flexibility and full access to choose your classes when you want them - week by week. Unlimited NRG Membership means you can jump into any Bootcamp session or any PT group class on the timetable. It is paid upfront for each term throughout the year and the terms run consecutively with the Victorian school holiday dates. If you are new to Fitness NRG, you can take an Unlimited NRG Membership anytime throughout the term. Existing Fitness NRG members can upgrade with a simple adjustment to their fee. This is a great affordable alternative to one on one Personal Training giving you as many classes as you like each week. . Contact Cheryle 0419 535 720 if you have any questions.

UNLIMITED NRG CLASSES

| MON | TUES | WED | THURS | FRI | SAT |
|---------------------------|---------------------------------------|------------------------------------|---------------------------|-----|---------------------------|
| | | | | | |
| 9.30AM POWERBAR | | 9.30AM STEP/ABS BUTT | | | 9.30AM BOOTCAMP |
| | | | | | |
| | 5.30PM POWERBAR | | | | |
| | 6.30PM CORE AND STRETCH | | 6.30PM POWERBAR | | |
| 7PM BOOTCAMP | | 7PM BOOTCAMP | 7.30PM STRETCH | | |

PERSONAL TRAINING

FitnessNRG provides affordable Personal Training for all ages. We have kept our fees low and they have remained the same since 2008. These sessions are a great way to receive full attention in each training session. It's designed for those who need and want the one on one training for a number of reasons. Some of those reasons are to strengthen and correct bad posture, rehabilitation due to injury, weight loss, tone up, general fitness etc..

You can train with a friend or a partner as well.

Costs are:

| | | |
|---------------------|-------------|-------------|
| One person | 1hr | \$50 |
| One person | ½ hr | \$40 |
| Two people | 1hr | \$60 |
| Three people | 1hr | \$60 |
| Four people | 1hr | \$80 |

* Please note that there are only a number of hours per day available for Personal Training. We know how important your training is to you and it is also important to us.

24 hrs notice is required if you cannot make your Personal training session.

Because of unlimited hours we require 50% payment if you cancel your session at short notice. This is paid when you have your next training session.

e.g. If you do one on training and cancel less than 24hours, your next session will cost \$75.

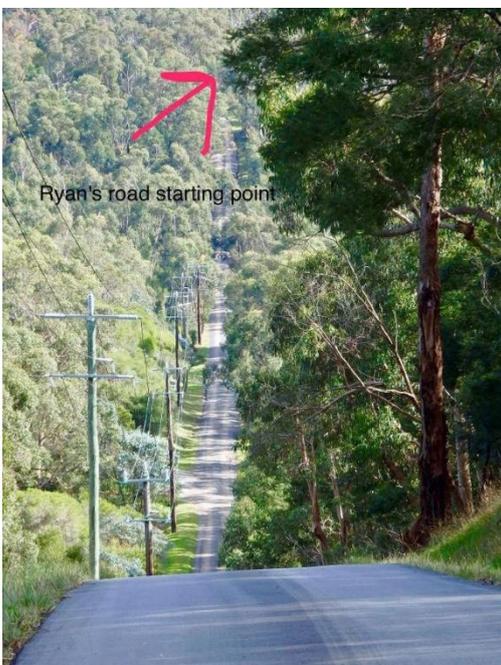
Sorry guys but some people miss out when they need to change their times and at times we don't have one available because a permanent time is taken. Most people want to train in the morning and evening which leaves very little availability sometimes. ☹️

We try very hard to keep you guys happy 😊😊

BOOTCAMP IN PINK FOR BREAST CANCER AWARENESS MAY 13TH 2017



A BIG THANKYOU TO THOSE WHO TURNED OUT FOR "THE LONG WALK". THE WEATHER WAS PERFECT. THERE WAS A SMALL TALK ABOUT BREAST CANCER REMINDING US OF OUR REASON FOR THE LONG WALK. THEN WE WERE OFF. WE WALKED 18KM. THROUGH TRACKS, HILLS, MAIN STREET OF BELGRAVE AND BURWOOD HWY WAS JUST SOME OF WHAT WE DID. THE LAST HILL WAS THE NOTORIOUS RYANS RD. A LOT OF CONVERSATIONS ALONG THE WAY. SOME CHALLENGING HILLS WERE AMONGST THE TRACKS AND THE VIEWS WERE SO AMAZING. YOU GUYS ARE REALLY AWESOME. THANKS FOR BEING A PART OF IT. 😊



AN INTERESTING STUDY ON INTERVAL TRAINING.

The toll that aging takes on a body extends all the way down to the cellular level. But the damage accrued by cells in older muscles is especially severe, because they do not regenerate easily and they become weaker as their mitochondria, which produce energy, diminish in vigor and number.

A study published this month in *Cell Metabolism*, however, suggests that certain sorts of workouts may undo some of what the years can do to our mitochondria.

Exercise is good for people, as everyone knows. But scientists have surprisingly little understanding of its cellular impacts and how those might vary by activity and the age of the exerciser.

So researchers at the Mayo Clinic in Rochester, Minn., recently conducted an experiment on the cells of 72 healthy but sedentary men and women who were 30 or younger or older than 64. After baseline measures were established for their aerobic fitness, their blood-sugar levels and the gene activity and mitochondrial health in their muscle cells, the volunteers were randomly assigned to a particular exercise regimen.

Some of them did vigorous weight training several times a week; some did brief interval training three times a week on stationary bicycles (pedaling hard for four minutes, resting for three and then repeating that sequence three more times); some rode stationary bikes at a moderate pace for 30 minutes a few times a week and lifted weights lightly on other days. A fourth group, the control, did not exercise.

After 12 weeks, the lab tests were repeated. In general, everyone experienced improvements in fitness and an ability to regulate blood sugar.

There were some unsurprising differences: The gains in muscle mass and strength were greater for those who exercised only with weights, while interval training had the strongest influence on endurance.

But more unexpected results were found in the biopsied muscle cells. Among the younger subjects who went through interval training, the activity levels had changed in 274 genes, compared with 170 genes for those who exercised more moderately and 74 for the weight lifters. Among the older cohort, almost *400 genes* were working differently now, compared with 33 for the weight lifters and only 19 for the moderate exercisers.

Many of these affected genes, especially in the cells of the interval trainers, are believed to influence the ability of mitochondria to produce energy for muscle cells; the subjects who did the interval workouts showed increases in the number and health of their mitochondria — an impact that was particularly pronounced among the older cyclists.

It seems as if the decline in the cellular health of muscles associated with aging was “corrected” with exercise, especially if it was intense, says Dr. Sreekumaran Nair, a professor of medicine and an endocrinologist at the Mayo Clinic and the study’s senior author. In fact, older people’s cells responded in some ways more robustly to intense exercise than the cells of the young did — suggesting, he says, that it is never too late to benefit from exercise.

Written By GRETCHEN REYNOLDS

There you go ... Keep your training up everyone. You are NEVER too old. 😊