



6<sup>th</sup> Jan 2020

**As we start the New Year, our thoughts are with all that have been impacted by the recent fires. It has been a topic of discussion all throughout the news and social media. FitnessNRG would like to help by giving FREE group classes in January and February for those who have been evacuated, lost homes or volunteered in the recent fires.**

Have you made your New Year Resolution ?. With extra time during the holiday period we start to reflect upon ourselves and think of ways to improve our health or lose those kilos that creep up each year. Once we decide to take that step then commitment comes next.

All it takes is to start. Once you begin your journey towards health and fitness you never look back. Yes .... It can be a struggle at first but the more you push towards a fitter, healthier person, you will start to enjoy the feelings of more energy, brighter skin, positive attitude, happiness, better relationships, toned muscles, self confidence, weight loss, being stronger.....The list goes on!.

**So why not start your year by jumping into the FitnessNRG Summer Bootcamp.**

Summer Bootcamp training is during the month of January on a Monday and Wednesday evening. You can train twice a week for 4 weeks. There are four different types of training including boxing, NRG Fit, circuit and outdoor sessions. ( Timetable is now available online at [www.fitnessnrg.com.au](http://www.fitnessnrg.com.au) or open attachment with email)

The cost is \$110. Please note sessions are not redeemable. All **new members** to FitnessNRG need to undergo a 1 hr fitness assessment before commencing. The assessment involves cardio fitness testing, core strength test, upper body strength test, blood pressure and flexibility test. We also do body measurements and bioelectrical impedance analysis which reads bodyweight, body fat %, muscle mass in kg's, water %, body type, visceral fat reading and biological age. We discuss any previous or existing injuries you may have so that we can modify your exercise if needed. These assessments are a great start to anyones physical journey so that you/we can gauge improvements as you go. The assessment cost is \$60 and can be shared with a friend or family member for \$70 (\$35 each). Any member of FitnessNRG can book these at anytime.

We welcome all the new faces who have jumped into Bootcamp and to those who have started Personal Training. Remember to listen to your body and ease your way slowly to increase your level of fitness. Don't go too hard too soon.

We hope you enjoy your sessions and feel this is **"YOUR"** place to train.



## 5 WAYS TO RUN SAFE IN HOT TEMPS

### Monitor your heartrate

Your heart rate shouldn't be going up by more than about 10 beats per minute from what it would typically be on an easy day when running. If it stays consistently higher, you may be entering a dehydrated state.

### Slow down to finish the session

Most of the time, it makes more sense to slow down and get the entire run in, rather than cut it short because of the heat. Only stop short of your target distance if you experience severe cramping, dizziness or nausea, which are the warning signs of heatstroke.

### Listen to your hamstrings

In most runners the first sign of dehydration is evident in the hamstrings. So pay close attention on longer runs. If your hammies start getting tighter than usual; this is a good signal you're not taking in enough electrolyte fluids.

### Time your drinking

It takes 20 minutes to absorb fluid prior to exercise, and drinking large amounts quickly before you head out the door will only cause your system to flush out that fluid rather than absorb it properly. Nursing it over a 30-minute period is optimal before you hit the road.

## WATER AND WHEN TO DRINK IT

WHEN is an easy one. Your body will tell you when you need to drink, which is when you are thirsty. You need to be able to recognise the first indication of thirst as a warning that dehydration is imminent, and then act accordingly. Many people have taught themselves to ignore this feeling and may have desensitized themselves to the initial signs of thirst.

Our body requires approximately 2 litres of water per day to function at our best. When we exercise and sweat this means we need even more water to replace what is lost in perspiration.

As a general rule, you should aim to drink a glass of water :

1. When you get up, before you eat or drink anything else.
2. 10 to 15 min before each meal
3. Any other time when thirst strikes
4. We should aim carry a water bottle at all times.
5. Sipping water throughout the day will ensure we drink adequate amounts of water.

### WATER AND HYDRATION

*One of the best ways to limit the effects of dehydration during exercise is to start ahead of the game and drink enough before it. "Checking your urine pre-exercise is an easy way to see if you're prepared," says Anthony Meade, Adelaide-based sports dietician. "If it's clear and copious, maybe you're drinking too much. If it's the colour of iced tea, you need to drink more. If it's a pale lemonade or straw colour, you're probably adequately hydrated."*

# DATES TO REMEMBER

**MON 6<sup>TH</sup> JAN – WED 29<sup>TH</sup> JAN 2020**

**\*SUMMER BOOTCAMP\***

SESSIONS ARE MON 6.30PM WED 7PM

COST: \$110



**FEB 3<sup>RD</sup> 2020**

**\*TERM 1 CLASSES BEGIN**

**\*FEB BOOTCAMP BEGINS**

**\*8 WEEK WEIGHT LOSS (DITCH THE XMAS KILOS) PROGRAM BEGINS**

ALL PROGRAMS ARE EXPLAINED IN DETAIL FURTHER IN NEWSLETTER.

## TERM 1 2020 PT GROUP CLASSES START MON 3<sup>RD</sup> FEB – THURS 26<sup>TH</sup> MAR

**COST \$130 EACH FOR THE 8 WEEK TERM**

PT group classes are an affordable alternative to one on one personal training. They are a small group providing excellent workouts. PT group classes provide weigh in checks at the start of term and at the end of term. If you don't like large groups and can't afford PT training, this is a great way of training.

Check out the UnlimitedNRG membership also, on the next page of the newsletter.

MON	TUES	WED	THURS	FRI	SAT
		9.30AM <b>STEP/ABS BUTT</b>			
	5.30PM <b>POWERBAR</b>		6.30PM <b>POWERBAR</b>		
6.30PM <b>NRG FIT</b>	6.30PM <b>CORE / YOGA</b>		7.15PM <b>YOGA</b>		

## TERM 1 2020 BOOTCAMP

**STARTS MON 3RD FEB COST \$165 (12 X 1 HR SESSIONS)**

Bootcamp runs in 4 - 5 week blocks. Bootcamp has a variety of different training styles. Check the Bootcamp schedule on our website [www.fitnessnrg.com.au](http://www.fitnessnrg.com.au) for current classes. It is a great all-rounder providing NRG FIT classes which are a HIIT training class. Boxing, circuit, outdoor walks, toning with weights and core strengthening.

You do not have to fit to jump in.

You just need to start. !!

MON	TUES	WED	THURS	FRI	SAT
				<b>OCCASIONAL NIGHT WALK</b>	9.30AM <b>OCCASIONAL</b> <b>CHECK TIMETABLE</b>
6.30PM <b>BOOTCAMP NRG FIT</b>		7PM <b>BOOTCAMP INDOOR/ OUTDOOR</b>			

## UNLIMITED NRG TERM 1 MEMBERSHIP

**TERM 1 MON 4<sup>th</sup> FEB – THURS 26<sup>TH</sup> MAR**

**COST \$320 FOR 8 WEEKS**

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 Yoga.

It gives you flexibility to try everything we offer. You can jump into all of them.

There is no limit !

You can decide which classes to come to each week.

Unlimited NRG in Term 1 will run for 8 weeks.

### TERM 1 UNLIMITED NRG CLASSES

MON	TUES	WED	THURS	FRI	SAT
		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>OCCASIONAL</b> <b>CHECK TIMETABLE</b>
	5.30PM <b>POWERBAR</b>		6.30PM <b>POWERBAR</b>		
	6.30PM <b>CORE / YOGA</b>		7.15PM <b>YOGA</b>		
6.30PM <b>BOOTCAMP NRG FIT</b>		7.00PM <b>BOOTCAMP</b>		<b>OCCASIONAL NIGHT WALK</b>	

## 8 WEEK WEIGHT LOSS – DROP THE XMAS KILOS CHALLENGE

4<sup>TH</sup> FEB – FRI 27<sup>TH</sup> MAR COST \$495

Includes all the classes in UnlimitedNRG, a manual, food plans, recipes, plus weigh in each week. This is a great way to kick start your training and drop those Xmas kilos. If you need that extra support and push, this is a great offer to take up. 😊.

### \*BOOTCAMP MINI TRIATHLON IS COMING\*

**WHEN** FEB 2020  
**TIME** 8.30AM  
**WHERE** LYSTERFIELD LAKE PARK



#### CATEGORIES WILL BE

**SWIM APPROX** 50 – 100 METRES. OPTION TO WALK AND NOT SWIM IN THE WATER  
**BIKE** 9.5KM  
**RUN** 3KM

OPTION TO CHOOSE WHICH CATEGORY TO DO. YOU DON'T HAVE TO DO THE WHOLE THREE. MORE DETAILS TO COME!!

## FITNESS NRG XMAS RAFFLE

THANKYOU TO EVERYONE WHO BOUGHT TICKETS FOR OUR ANNUAL FUND RAISER.

WE RAISED A TOTAL OF **\$535.00** FOR THE SALVATION ARMY. (WHICH COINCIDENTLY IS THE EXACT SAME AMOUNT RAISED IN 2017) YOU HAVE ALL BEEN A HUGE PART TO HELP THOSE IN NEED OVER CHRISTMAS.

1<sup>ST</sup> PRIZE WINNER RECEIVED \$530

CHRIS BRUCE

2<sup>ND</sup> PRIZE WINNER WON A \$100 FITNESSNRG VOUCHER

GAVIN DAVIES

3<sup>RD</sup> PRIZE WINNER OF A HAMPER

PAUL MULLAN

Thanks for reading. We hope to see you very soon .

The FitnessNRG Team