

# FITNESSNRG<sup>®</sup>

21<sup>st</sup> OCTOBER 2014



WHEN SAT MARCH 21<sup>ST</sup> 2015  
WHERE PHILLIP ISLAND  
COST EARLYBIRD RATE \$139  
TIME 1PM (Will be confirmed 1 week prior)  
WHO? YOU  
WHY? BECAUSE YOU CAN. READ FURTHER FOR MORE INFO

FitnessNRG are putting a team together for the **Tough Mudder** Event at Phillip Island Sat March 21<sup>st</sup> 2015.. This event help the **Soldier On** organisation raise funds for our wounded soldiers. Start time will be around 1pm.

Okay.. I know that some of you are thinking  
"I can't do that" !

Yes you can..... We will enter as a team and help each other to complete the circuit.

**Tough Mudder** is a 16-20km obstacle course. To enter, go to the **Tough Mudder** website <https://toughmudder.com.au/> and join the FitnessNRG team. The earlybird cost is \$139 each. After Nov 20<sup>th</sup> the cost will be \$155 each. You also have an option to pay an extra \$10 for a guaranteed refund in the case that you fall ill on the day or cannot make it for other reasons.

Come on guys. Let's do it . Give it a go.

## Soldier On



Soldier On is about Australians coming together to show their support for our physically and psychologically wounded. We want to show the men and women of our Defence forces that we will always have their backs. We want to make sure our wounded are able to overcome the obstacles posed by their injuries; enjoy happy, fulfilling lives; and feel proud for the sacrifices they have made.

## DATES TO REMEMBER

Sat 1 <sup>st</sup> November	Last session of current Bootcamp
Mon 3 <sup>rd</sup> November	Bootcamp resumes
Tues 4 <sup>th</sup> November	Cup Day .The 5pm and 6pm class will run in the morning instead
Tues 4 <sup>th</sup> November	Classes on today are 9.30am Powerbar 10.30am Core & Stretch
Sat 22 <sup>nd</sup> November	Bootcamp Fitness Test ( Beep Test )
Fri 28 <sup>th</sup> November	Last Bootcamp session (Night Walk)
Fri 28 <sup>th</sup> November	Final weigh in for all 8 Week Weight Loss Participants
Sat 29 <sup>th</sup> Nov–Sat 6 <sup>th</sup> Dec	No Classes
<b>Sat 13<sup>th</sup> December</b>	<b>FitnessNRG Xmas Party</b> Awards presented on the night
Thurs 18 <sup>th</sup> December	Last term 4 group class
Mon 22 <sup>nd</sup> Dec – Mon 5 <sup>th</sup> Jan	Personal Training and Group sessions available. Bookings are essential

## 8 WEEK WEIGHT LOSS UPDATE

We are now into the 3<sup>rd</sup> week of the weight loss challenge. The changes in some waist measurements on Saturday were fantastic! Keep up the good work. Stay on the suggested food plans. You can change it up a little for variation. For example, Instead of kiwi fruit as suggested on plan you can change to a small banana. As long as you keep within the calorie range, you will continue to lose weight. If you are not sure of a calorie amount of a particular food look it up on my fitnesspal. It is crucial for your weight loss success to understand the calorie amounts in food. The food plans are designed to show you how to eat properly and will hopefully continue as part of your lifestyle in the future.

### T SHIRTS AND HOODIES

If you would like to purchase a t shirt or hoodie please let me know asap.

T shirts are \$30 and hoodies are \$45.

Hoodies come in black, white, grey and red. You can choose with or without a zip

T shirts come in black and white

Singlets and girls racer back tops come in black, white and red

Payment is required when ordering.

## 6 “Run Your Butt Off” Food Rules

### Muscle It

Make sure that there is some protein on your plate or in your bowl or glass at every meal: This could include low-fat dairy foods, soy foods, eggs, poultry, lean meat, fish, beans, nuts, and seeds. Protein helps with muscle synthesis and repair as well as being a primary determinant of bone health. Plus, protein provides satiety – so you feel satisfied for longer between eating episodes.

### Drink It

You know the drill: Lift glass to mouth, swallow, repeat. But vary your choices. Sparkling water is quite refreshing in the summer, or chill your hot tea and opt for iced instead.

And consider chilled fruit or vegetable soups, which gives you liquid as well as colour.

### Swap It

This is the way to “health up” your eating, one food at a time. Love white bread? Ready for a change? Try whole wheat. Or choose barley instead of rice, or olive oil instead of butter. These healthy swaps broaden your food selections and increase the nutrient richness of your diet as well.

### Season It

Tired of the same old grilled chicken? Try some Cajun seasoning. Add grated ginger and garlic to the oil for a stir fry, or add some fresh herbs to your salad. Herbs and spices are powerful antioxidants in addition to packing a flavourful punch, so make your taste buds happy with a shake, a snip, or dash of cinnamon, oregano, or hot sauce.

### Fine Tune It

Take a look at that food diary and see what you have done well and what still needs to be done. Bring out the measuring cups for a reality check, and see if your plate contains lean protein, colour, and grains at every meal.

### Think It Through

Just as you might visualise a race, or a trail, anticipate eating situations. If you are on a road trip, can you **pack some healthy items**? If you are going to a party (or several), can you bring a dish, or eat something in advance so you are not so starved? Be positive about your eating, and realise that no one is perfect. If you have a day of overindulgence, rather than scarf the entire bag of Chips, close it up, back out of the kitchen and get on with your day.

Eat, Run, Enjoy!