



INFO 20th Jan 2015

WELCOME TO ALL THE NEW MEMBERS OF FITNESSNRG TRAINING

The first 2 weeks back into training for 2015 has kicked off with loads of enthusiasm. Welcome to 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. I hope you enjoy your sessions and feel this is "your" place to train.

DAYS OF TOTAL FIRE BAN

Hot weather is on its way. Please note if a Total Fire Ban is in place Bootcamp will begin at "The Barracks". The session will be determined on the weather. We may take off to Belgrave Lake Park or stay at the studio. You will be notified of any change of location by text. The studio is air conditioned. Please make sure you are drinking plenty of water prior to your training session. All Personal Training sessions will be inside the studio on these hot days.

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."

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. 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.

Stretch before you head to bed

The last thing most people want to do when they feel the panic of trying to cool down after a hot run is diligently work through their post-run stretching routine. So do it before bed – when you should be well hydrated, and your muscles will still be warm.

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.

8 WEEK TERM 1 CLASSES START TUES 3RD FEB

COST \$120 EACH FOR THE TERM

“UNLIMITED NRG” (Any class for 8 weeks incl Group and Bootcamp and weekly weigh in)

COST IS \$400 FOR “UNLIMITED NRG”

MON	TUES	WED	THURS	FRI	SAT
		9.30AM STEP/ABS BUTT			
	* 5.30PM POWERBAR				
	* 6.30PM EXTREME CORE				
			7PM POWERBAR		

* New class time on Tuesday

TERM 1 BOOTCAMP STARTS WED 4TH FEB

4 WEEKS BOOTCAMP COST \$150

8 WEEKS BOOTCAMP COST \$300

“UNLIMITED NRG” (Any class for 8 weeks incl Group and Bootcamp and weekly weigh in)

COST IS \$400 FOR “UNLIMITED NRG”

MON	TUES	WED	THURS	FRI	SAT
					9.30AM BOOTCAMP OUTDOOR
7PM BOOTCAMP BOXING		7PM BOOTCAMP OUTDOOR			