

DATES TO REMEMBER

FRI 16TH SEPT

END OF TERM CLASSES AND LAST DAY FOR TERM 3

WED 21ST SEPT – WED 28TH SEPT.

WE ARE TAKING A VERY SHORT BREAK .THERE WILL BE NO TRAINING IN THIS 7 DAY PERIOD. SORRY ☹

THURS 29TH SEPT

**FITNESSNRG BACK FOR PT TRAINING
PT FEES ARE
ONE ON ONE \$50
TWO PEOPLE \$60 (\$30 EACH)
THREE PEOPLE \$60 (\$20 EACH)
FOUR PEOPLE \$80 (\$20 EACH)
FIVE PEOPLE \$100 (\$20 EACH)**

SUN 2ND OCT

**WEIGHT LOSS CHALLENGE GROUP TO RECEIVE MANUALS,
FOOD PLANS AND TO BE WEIGHED**

TUES 4TH OCT

TERM 4 TRAINING COMMENCES

WED 5TH OCT

BOOTCAMP STARTS

SAT 3RD DEC

FITNESSNRG XMAS PARTY SAT 3RD DEC



RECIPE FROM CHRIS BRUCE

KALE AND ROASTED CAULIFLOWER SOUP

Ingredients:

1 large head cauliflower cut into florets
3-4 cloves garlic peeled
1 large bunch curly kale, stems removed, washed
3-4 sticks celery chopped
1 onion chopped
7 cups chicken stock
Oil
Butter

Method:

Place cauliflower and garlic in baking dish, drizzle w oil, season w salt and pepper, toss.
Bake at 230 degrees for 25 mins, turning regularly
Soften onion and celery in a small mix of oil and butter
Add cooked cauliflower and garlic and stock
Bring to the boil, simmer for 20 mins
Add kale, simmer uncovered 10 minutes
Cool a little then purée, add more stock, salt or pepper to taste

Enjoy

THE 8 WEEK WEIGHT LOSS CHALLENGE

START

Mon 3rd Oct – Mon 28th Nov

COST

\$495.00

WHAT IS INVOLVED

Hey guys are you struggling to maintain your weight and keep your motivation to exercise? Do you need to kick start your metabolism and re-ignite your enthusiasm? Well, you can do it starting Monday 3rd October. The FitnessNRG 8 Week Weight Loss program is coming.!!!

This program works !!!

It will give you the tools to take control of your eating habits and give you all the group classes on the timetable to come and go as many times as you like. You will receive a manual to record your food and also record your weekly weigh ins. Detox Food Plan, a Paleo Food Plan and examples of calorie food plans are included. You will be given a set calorie intake per day.

The cost of the 8 Week Challenge is \$495. It also includes all Bootcamp sessions and any PT Group Class on the timetable.

If you want to do the challenge and train for the whole 11 week Term the cost is \$615. You receive a work manual to record food and exercise.

\$\$\$ PRIZES FOR 1ST AND 2ND PLACE

The \$500 prize money will be shared between 1st and 2nd places.

*** PLEASE NOTE.... IMPORTANT TO KNOW !**

TO WIN \$\$\$ I MUST HAVE A MINIMUM OF 10 PEOPLE TO RUN THE PROGRAM...

TERM 4 CLASSES.

EVERYTHING STARTS TUESDAY 4TH OCTOBER.

PLEASE CONFIRM NOW SO WE CAN FINALISE TIMETABLE

BOOTCAMP 4 WEEKS

MON / WED 7PM SAT 9.30AM

3 SESSIONS / WEEK \$150

2 SESSIONS / WEEK \$120

1 SESSION / WEEK \$20 EACH SESSION

PT GROUP CLASS 11 WEEKS \$150 each class

MON 9.30AM	POWERBAR	\$150
TUES 6.15AM	NRG EXPRESS	\$150
TUES 5.30PM	POWERBAR	\$150
TUES 6.30PM	CORE	\$150
WED 9.30AM	STEP/ABS/BUTT	\$150
THURS 6.30PM	POWERBAR	\$150
THURS 7.30PM	YOGA (30min)	\$137.50

KIDZ FITNESS 11 WEEKS \$110

WED 3.45PM – 4.30PM

UNLIMITED NRG 11 WEEKS \$440

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.

UNLIMITED NRG AND 8 WEEK WEIGHT LOSS CLASSES

MON	TUES	WED	THURS	FRI	SAT
	6.15AM NRG EXPRESS CIRCUIT				
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 YOGA		

How Does Strength Training Actually Help Me Burn Fat?

Q) I've heard that strength training increases my metabolism. How does it do that and will that help me lose weight?

A) Strength training, which involves using weights, bands, kettlebells or other forms of resistance that challenge your body to work harder than it does in everyday life, definitely does increase your metabolic rate. However, so does endurance exercise (such as running). The difference is how long and how much these activities boost your metabolism that really has an impact on your overall ability to lose body fat and/or decrease your weight.

Just so we're all on the same page, let's talk about the components of our metabolism:

First we have our resting metabolic rate, or RMR. This is the energy needed (quantified in calories) to keep our bodies alive – our heart beating, our lungs breathing, etc. Your RMR makes up about 60 to 80 percent of our total metabolic rate. The variation in RMR is due to individual differences among people, the foods we consume, and the activity we engage in which can directly change RMR.

Second we have the Thermic Effect of Activity, or TEA. The more active you are, the more your total metabolic rate will be increased. TEA includes all activity from mowing your lawn (with a push mower, that is), to playing basketball, to walking across the room. It's not just structured activity, but also the activities that we engage in every day to live our lives.

Third, we have the Thermic Effect of Feeding, or TEF. This is the amount of energy expended to eat and digest food and use those nutrients to create more energy.

So our metabolism, known as total energy expenditure (TEE) = RMR + TEA + TEF. Each component is different for each person, resulting in unique metabolic rates.

Strength training increases our TEE by elevating the amount of calories expended in activity (TEA).

The harder you strength train, the greater the amount of calories you burn through exercise. In turn, if your food intake does not highly exceed your needs and consists of quality choices, you will lose weight and body fat.

Interestingly, strength training also increases the amount of calories expended in your RMR. The reason it does this is by increasing the amount of lean muscle mass you carry, which requires more energy to maintain and repair than fat tissue.

Both strength training and endurance exercise will increase your energy expenditure at the time of activity, and for a few hours afterwards, when they are conducted at the same intensity (you all have experienced that increase in hunger after a good workout, whether it be strength or cardio work). However, strength training is unique in that if you perform multiple sets of a challenging weight to failure, scientists have shown that the energy expended afterwards, known as EPOC (excess post-exercise oxygen consumption) can be elevated for 24-36 hours. Some people call this the "Afterburn" effect of serious strength training.

Overall, strength training can boost your metabolism, but it has to be more challenging than activities you do every day. You can't expect 3lb dumbbells to make much difference to your metabolic rate if your children (that you carry around) weigh more, or your grocery bags are heavier. Your body needs to remember that strength training requires "strength" so you have to load your exercises accordingly. Otherwise your body won't get the challenge it needs to build muscle, lose fat and look better in your clothes – and that's what we're all looking for, right?

Thanks for reading everyone. I hope you enjoyed the information and can use the articles to improve your health and fitness...

See you in training Cheryle and Jack

25% OFF LIFE SPACE PRODUCTS

www.healthy-lifespace.com



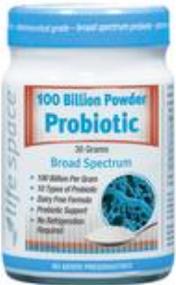
Life Space Probiotic 60 Caps
Pregnancy Breastfeeding
\$41.99

FitnessNRG Price **\$31.50**



Life Space Broad Spectrum Probiotic
60 Capsules
\$38.99

FitnessNRG Price **\$29.25**



Life Space 100 Billion
Powder Probiotic 30 Gram
\$47.99

FitnessNRG Price **\$35.99**



Life Space 60+ Years Probiotic
60 Caps
\$38.99

FitnessNRG Price **\$29.25**



Life Space Baby
Probiotic 60g
\$41.99

FitnessNRG Price **\$31.50**



Ocean Essentials 500mg
Red Krill Oil + Curcumin 60 Caps Capsules
\$39.99

FitnessNRG Price **\$29.99**



Elmore Oil 250mL Twin Pack
\$59.99

FitnessNRG Price **\$44.99**



Life Space Children Probiotic

60g ~~\$32.99~~

FitnessNRG Price **\$24.99**



FitnessNRG Price \$20.15

Elmore Oil Cream Pack

~~\$26.90~~



FitnessNRG Price \$20.15

Elmore Oil Sports -50mL Twin Roll on Twin Pack

~~\$26.90~~



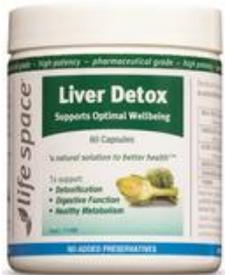
Elmore Oil Arthritis Family
~~\$65.00~~

FitnessNRG Price \$48.75



Life Space Spirulina Energy 100 Tablets
~~\$29.99~~

FitnessNRG Price \$22.50



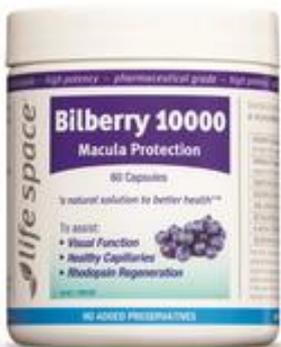
Life Space Liver Detox 60 VegeCaps
~~\$24.99~~

FitnessNRG Price \$18.75



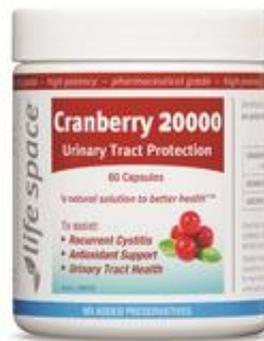
Life Space Immune Boost Liquid 500mL
~~\$29.99~~

FitnessNRG Price \$22.50



Life Space Bilberry 60 VegeCaps
~~\$39.99~~

FitnessNRG Price \$29.99



Life Space Cranberry 60 VegeCaps
~~\$24.99~~

FitnessNRG Price \$18.75