



FitnessNRG Info

July 25th 2011

fitnessNRG.com.au

Hi to all ,

Check out my new website fitnessNRG.com.au. A huge thanks to Craig Milligan and Colin McGill who sat at my kitchen bench for 8 hrs designing and putting it all together. The result is amazing considering the short amount of time they took and empty stubbies on the kitchen bench which had been consumed.. Thanks heaps guys !!!!!!! It looks great !!!! If there is a photo of you in there and you would like it removed please inform me ASAP and I will remove it straight away. I will be changing the photos from time to time.. So keep checking it out.

A special mention to Guy and Craig who came along to Melbourne Uni on Sunday to help me Present my Bootcamp Workshop. It is a Fitness Convention for instructors and I couldn't have done it without their help.They loaded , unloaded equipment, set up my circuits, ran about with my requests all afternoon in the cold weather. ... Thankyou Look out for Guy who will be joining me as a trainer in the near future.

The July Bootcamp has kicked off well seeing a larger number of people jumping in for the 4 week training schedule. It really is a blast watching, and training **with you** at Birdsland. Well done to all the new participants who had no idea what to expect and took it all in your stride accepting any challenge I presented you with. I am looking forward to the Colby Drv session this sat. I get to exercise with you again...!!!!

The 8 week PT group classes also started last week . This week will be busier with a few more new faces joining the groups. I'd like to welcome all the new exercisers to the groups.



“ZUMBA” has started up again 8pm Thurs.. Come and join in for a fun exercise to music class. I am running this as a casual (\$15) session this term . SoIf you want to come along and try it out ...Now is your opportunity.

GROUP CLASS SESSIONS AVAILABLE

Tues	9.30am - 10.30am	Step/ Abs & Butts
	4.30pm – 5.30pm	PowerBar Training
	6.30pm – 7.30pm	Cardio/Core
Thurs	9.30am – 10.30am	Cardio/Bar
	8.00pm – 9.00pm	“Zumba”



RECIPE

A great low fat ,low carb ,low calorie snack

Biscotti

Ingredients

½ cup dried cranberries
½ cup boiling water
3 cups flour
2 teaspoons baking powder
¼ teaspoon salt
4 tablespoons unsalted butter, room temperature
1 cup sugar
4 large eggs
2 teaspoons pure vanilla extract
½ cup unsalted pistachios, coarsely chopped

Method

1. Pre heat oven to 180°C.. Line a large baking sheet with baking paper, set aside.
2. Place cranberries in a small bowl; add boiling water. Let stand for 15mins. Drain, and set aside. Sift together flour, baking powder and salt into a medium bowl set aside.
3. In the bowl of an electric mixer fitted with the paddle attachment, beat butter and sugar on medium speed until light and fluffy, about 2 mins. Add 3 eggs, one at a time beating to incorporate after each addition and scraping down sides of bowl as needed. Beat in vanilla. Add flour mixture and mix on low speed until combined. Mix in cranberries and pistachios.
4. Turn out dough onto a lightly floured surface; divide in half. Shape each piece into a 16x2 inch log, and transfer to prepared baking sheet, about 3 inches apart. With the palm of your hand, flatten logs slightly. Brush beaten egg over surface of the dough logs and sprinkle generously with sugar.
5. Bake, rotating sheet halfway through until logs are slightly firm to touch, about 25mins. Transfer logs on baking paper to a wire rack to cool slightly, about 20 minutes. Reduce oven temperature to 300°.
6. Place logs on a cutting board. Using a serrated knife, cut logs crosswise on the diagonal into ½ inch thick slices. Place a wire rack on a large rimmed baking sheet. Arrange slices, cut sides down, on rack. Bake until firm to touch, about 30mins. Remove pan from oven, let biscotti cool completely on rack. Biscotti can be kept in an airtight container at room temperature for up to 1 week.

DO YOU NEED A SUGAR DETOX ????

Sugar, sugar, sugar toxic enemy or natural friend? The debate continues as does consumer shock when we are shown how much sugar popular daily foods contain.

Sugar would pose no issue for our health if we were a) not so inactive b) ate small amounts of it and c) did not mix it with vast quantities of fat and refined flours but for most of us, a spoon of sugar in our tea or coffee is nothing compared to vast amounts of the white stuff we enjoy in soft drinks, spreads, sauces, cakes, desserts, snacks and treats.

The other issue is that more evidence is mounting that the taste for exceptionally sweet foods is almost addictive, with the brain wanting more and more of the stuff to give it its daily hit (hello, the 3pm cravings explained). Even though it is harsh, yes, the answer is, the less sweet food you have the better and if you are one of the few people who can follow strict eating plans, a complete sugar elimination is quite possibly the best thing you can do for your hormones, especially if you are insulin resistant. Here is a sample sugar detox plan, guaranteed to make you feel better than you have done in years, provided you can get through the initial withdrawal period which can be quite intense.

Breakfast: Grain toast with egg OR oats with natural yoghurt + cinnamon

Snack: 20g cheese + Rye Cracker OR natural yoghurt + cinnamon or vanilla

Lunch: Mixed salad with tuna/salmon + chick peas + olive oil dressing

Mid Afternoon: Handful raw nuts/ cut up vegetables + hommus

Dinner: Grilled lean meat + roasted vegetables

No, there is not a lot of fruit, and not so much carbs and so it may not be sustainable, but after a week or two you will notice that when you do enjoy these foods a) they are a lot sweeter and b) you need far less of them...

How to have your cake and eat it too

At times, most of us will indulge and eat something that has far more calories than we need. A sweet treat with a cup of coffee and a chat with a favourite friend can be one of lifes simple pleasures but also one of lifes calorie overloads if we are not careful. Here are the best and worst sweet treats to enjoy with your coffee, so you can keep the calories as controlled as you need to. Susie Burrell Dietician/Nutritionist

Sweet Treat	Fat per serve	Carbs per serve	Calories per serve
Banana bread	25g	70g	580
Choc Brownie	22g	25g	300
Muffin	34g	90g	700
Cheesecake	25g	30g	400
Friand	10g	17g	160
Subway Cookie	10g	30g	210
Small Cupcake	6g	20g	150
Large Cupcake	20g	40g	350
Biscotti	1g	5g	30
2 Paradise	2g	17g	90

VIVES