



FitnessNRG Info

8th August 2011

fitnessNRG.com.au

BOOTCAMP NEWS

This is the last week of the current Bootcamp. I hope you have enjoyed the sessions as much as I have enjoyed instructing them.. Saturday morning Bootcamp was at Cardinia Reservoir. Its always an awesome morning there with kangaroos looking on as we arrived to set up. We finished the session off with Bootcamp rugby. . You all embrace the game with true grit.... Some troops were tackled to the ground after instructions of “No Tackling” I have to say that it wasn’t just the boys displaying a tough spirit. Narelle jumped onto the ball at one stage sliding along the ground for a touch down.. .. Go Narelle !!!!!

REMINDER

FITNESS TESTS

WED 10TH AUGUST

5.30PM - 6.30PM & 6.30PM – 7.30PM

10KM NIGHT WALK

Meet at carpark outside gates Lysterfield Lake Park 7pm

FRI 12TH AUGUST

Bring a head torch ,backpack, mobile phone and water

“ BOOTCAMP ULTIMATE ACHIEVER ANNOUNCED”

NEXT BOOTCAMP STARTS 17TH AUGUST..Let me know if you would like to jump in. Sessions are Mon, Wed evening and Saturday morning . First session is Wed 17th August. The last session is Mon 12th Sept. Cost is \$150.00

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”



FOOD TIP

Which cheese?

Cheese (30g)	Total Fat	Sat Fat	Calories
Cheddar	10g	6.4g	120
25% reduced fat cheddar	7.2g	4.6g	102
50% Extra Light	4.6g	2.9g	83
Light Jarlsberg	4.8g	3.0g	80
Reduced fat ricotta	2.6g	1.7g	38
Feta	6.8g	4.5g	84
Haloumi	5.1g	3.3g	74

As you can see, you do need to be careful, especially with the white cheeses. As a general rule of thumb, try and include cheese in your diet just once each day, and really measure the feta and haloumi you are using in cooking. And, for those times of indulgence, weigh out amounts of brie and rich cheddar otherwise an entire block will be gone before you know it.

TOMATO SOUP

Ingredients

12 Intense tomatoes
4 large cloves of garlic
1 large onion (cut into quarters)
500 ml of salt reduced vegetable stock
Salt & pepper
1/4 cup olive oil
10 fresh basil leaves
1 teaspoon sugar

Method

1. Place the Intense Tomatoes in a large oven, and sprinkle on a couple of good pinches each of salt and ground black pepper. Bake in a moderate oven for about half an hour.
2. Add vegetable stock and basil leaves and bake for a further 20 minutes. Blend and serve.