

FitnessNRG Info

May 6th 2012

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BOOTCAMP SAT 12TH MAY

GO PINK FOR BREAST CANCER AWARENESS

- 6KM RUN – RYANS RD BELGRAVE HGTS
- SAT 12TH MAY 9.30 AM
- WEAR PINK !!!!! (Yes that means the boys as well)
- COST \$15 DONATION TO NATIONAL BREAST CANCER FOUNDATION
- BRING A FRIEND

MAKE TIME TO STRETCH

Do you have a sore back? Do your feet hurt at the end of the day? Do you find it difficult to stand up for long periods of time? Do your joints creak when you get up out of the chair? The scary thing is that while a certain degree of flexibility will be lost as we get older, so much of this muscle and joint pain could be managed more effectively if we simply stretched out our bodies on a daily basis.

And the good news is that it is never too late to start. Get into the habit of stretching when you first get up in the morning and before you go to bed each night and notice how much more flexible you are even after a couple of days. If you would like to try the Core Extreme Thursday class, please let me know. The class involves 20mins basic pilates, 20 mins , core strength and tone plus 20 mins stretching.

SHOULD I EAT EGGS?

WILL EGGS INCREASE MY CHOLESTEROL?

While eggs contain some cholesterol as does any animal food, it is not the cholesterol that increases blood cholesterol levels, rather the saturated fat content. Eggs do contain some saturated fat BUT the main sources of saturated fat in the diet of Australians are actually meat, dairy and processed and fast foods. In fact, one of the most powerful things individuals with high cholesterol can do to lower their blood cholesterol is lose weight, and studies have shown that 2 eggs in the morning with a slice of grain toast can actually facilitate fat loss.

Dairy Farmers Low Fat Cottage Cheese

With more than 15g of protein in just ½ cup serve, cottage cheese makes the perfect lunch or snack spread with crackers or toast.