



INFO 25<sup>th</sup> March 2013

**EASTER RULES** Now if Easter Buns had not been available in the supermarket since January I would not have to say this but NO EASTER TREATS UNTIL Easter! If you consider that just a single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories, if you indulge in Easter treats for the next 2 weeks, you will gain at least a kg or more. Be strong and leave the treats until Good Friday..

<b>Eggs Selection</b>	<b>kJ</b>	<b>Fat</b>	<b>Exercise units</b>
200g Easter Bunny	3740kJ	50g fat	2 hrs of running
2 Caramello Eggs	500kJ	6 g fat	15 min rowing
1 Crème Egg	718kJ	6g fat	45 min fast walking
100g Deluxe Bunny	2270kJ	33g fat	2 cycle classes
3 mini eggs	560kJ	7.5g fat	15 min skipping
Small hot cross bun (no butter)	600kJ	2 g fat	30min swimming
Large hot cross bun with butter	1200kJ	10g fat	30 minutes jogging
Choc chip hot cross bun	1100kJ	9g fat	1 Zumba class

## **TERM 2 CLASSES START MON 15<sup>TH</sup> APRIL 10 WEEKS \$135**

Monday	9.30am	Core Extreme	* New Class
Tuesday	5.00pm	PowerBar	
Tuesday	7.00pm	Core Extreme	
Wed	9.30am	Step/Abs/Butt	* New Time
Thurs	7.00pm	PowerBar	

A big "Thankyou" to all of you who have come along each week during the 1<sup>st</sup> term of classes. I hope you have enjoyed the sessions. Please let me know soon if you want to join any sessions.

**\*NEXT BOOTCAMP STARTS MON 16<sup>TH</sup> APRIL 4 WEEKS \$150**

## **RECIPE**

### **Homemade fish and chips**

#### *Ingredients*

- 200 grams sweet potato
- Spray olive oil
- 2 cups corn flakes
- 1 egg, beaten
- 2 tablespoons low fat natural yoghurt
- 600 grams boneless white fish
- ½ cup wholemeal flour

#### *Method*

1. Preheat oven to 190°C. Microwave sweet potato until nearly cooked. Cool, and cut into wedges. Spray with olive oil and lay on baking tray.
2. Crush cornflakes. Combine egg and yoghurt in a bowl. Place fish in flour and coat. Dip coated fish in egg mixture and then coat with cornflakes.
3. Place on tray with chips and bake for 15minutes or until crispy and brown.

# 5 Exercises For Trail Runners

From the April 2013 issue of *Runner's World*

## Boost your strength and stability

After circling the same suburban loop or staring at a treadmill screen, many runners are eager for the change of scenery that trail running provides. But sidestepping rocks and roots and navigating twists and turns doesn't just make for an exciting workout – it also puts your balance and strength to the test. These moves from Charlie Merrill, a physical therapist in Colorado, US, will prepare your body to handle the terrain of the path less travelled.

### JUMPING LUNGE

Works key running muscles while building power and stability

**To do:** Start in a lunge position with equal weight on both legs. Jump straight up into the air and land with your feet in opposite positions, and immediately lower down into a lunge. Do three sets of 20 reps, alternating legs on each jump.



### MONSTER WALK

Works the glutes, which power you up hills and stabilise the hips

**To do:**

With a resistance band around your ankles, step forward and out to the left with your left leg. Then bring your right leg up to meet your left before stepping out diagonally to the right. Continue for 10 steps. Then walk backward in the same way. Do three sets.



### ONE-LEGGED JUMP

Boosts balance; preps the body for moving in varied directions (rather than straight forward)

**To do:** Stand on your right leg. Drop into a half squat (going only partially down). Jump diagonally to your left. Land in a half squat on your left leg. Repeat, jumping diagonally to your right. Do 10 reps on each leg for three to five sets.



### TIGHTROPE WALK

Strengthens the glutes and proprioceptors, sensory receptors that help with stability

**To do:** Place a resistance band around your ankles. Lift your right leg out to your side, then put it down in front of your left foot. Alternate legs, taking 30 steps forward, then retrace your steps backward. Do three sets.



### SINGLE-LEG BALANCE

Strengthen foot and ankle muscles and proprioceptors

**To do:** Stand on a BOSU trainer. Lift one leg up, bending your standing leg slightly. Stay in this position for as long as you can until your muscles become fatigued and cause you to lose your balance. Repeat three to five times. Try it with your eyes closed as well.

