



INFO 15TH April 2013

WELCOME BACK TO TRAINING

The April/May **BOOTCAMP** is going to focus on everyone setting their own personal 4 week goal. Setting small goals will motivate you to an achievable outcome. Remember..... sometimes, we need a reason to push ourselves to train and have control in what we eat. . It will give you incentive to reach that goal . Once that first goal is achieved then you can set the next goal towards that desire of weight loss or fitness goals. Welcome to all new participants and to the ones returning back to the Bootcamp Group. We are all here to encourage and push you along your journey. Good luck troops.!

“TRAIN HARD EXPECT SUCCESS”

TERM CLASSES

Term 1 classes start Tuesday 16th April . Welcome back and thank you for supporting these classes !!! The term is 10 weeks duration. The last session will be Thurs June 20th . This is a week before school holidays. They stop one week earlier due to the commencement of the Bali Bootcamp June 23rd . Term 3 classes are scheduled to commence 16th July. Start **NOW** to reach those long term goals. By the end of the year all that hard work will be a gratifying outcome.

LEARNING TO BREATHE

If you have not been breathing properly during stretching or other physical activities, it might seem a little awkward at first. Once you learn how to breathe properly, the process becomes second nature. The whole trick to breathing properly, is knowing when to breathe in (inhale) and when to breathe out (exhale).

The easiest way to remember how to breathe during a stretch is to exhale as you are moving into the stretch and inhale as you return to your original position. For example, try doing a simple leg stretch. Sit on the floor with your legs straight out in front of you and try to reach towards your toes while inhaling. It's not very easy, is it? Now, try the stretch again as you exhale. You will find that as you release the air from your lungs, you can stretch a lot farther.

Exhaling occurs whenever you are moving weight. Sometimes it is away from your body (as with leg presses or push-ups) and sometimes it is towards your body (as with bicep curls or lateral pull-downs). This is the same during a stretch; your body is the weight that you are moving. When you move into the stretch, you are moving the weight of your body, so you should breathe out. As your muscles return to their original positions, you should breathe in.

If you get confused in the beginning, that is all right. The important thing to remember is to breathe no matter what. Holding your breath will not help you at all, and you will find yourself tiring faster. For your body to get the maximum results, you have to consciously make an effort to do everything you can to increase internal performance.

BALI BOOTCAMP UPDATE JUNE 23-28 2013

Getting closer !!!!! I trust that you have read all the information sent to you regarding everything you need to know . Invoices were emailed to you this week . If you would like to start a payment plan for the balance please let me know. All final payments are due May 23rd 2013. Due to the unforeseen events there are now 3 places which have become available. . If you know anyone who would like to jump let me know ASAP .