

## WELCOME BACK TO TRAINING

Term 3 is now upon us. Welcome back to training and a big welcome to all new participants who have jumped into Bootcamp or the term 3 classes. Thankyou for supporting the classes. I hope you enjoy your sessions and you are working towards personal goals. Remember the FitnessNRG motto is "Train Hard Expect Success" but we aim to provide a fun environment into our programs as well. If you haven't done so already, now, is the time to start planning to lose those extra kilos before summer or to increase fitness levels.

## BALI BOOTCAMP

The Bali Bootcamp was a great experience. I will have a review shortly of our stay. It was truly a memorable time away. Check out the pics on the wall in the gym. Next year we will be at it again. The dates for next year are June 29<sup>th</sup> – July 4<sup>th</sup> 2014. Start planning now !

## METABOLISM AND CARBS

While it is often assumed that the fewer calories we eat and the more exercise we do, the greater the weight loss results, human metabolism is a little more complicated than that. While it may be the case that if you have many kg to lose, a dramatic drop in calorie intake coupled with extra exercise will see a relatively large weight loss, once you are looking at losing a small amount of weight, say 5-10kg, chronic calorie restriction coupled with high amounts of activity can actually slow down fat metabolism.

As the muscle requires carbohydrate to burn fat, a muscle that is expected to exercise in large volumes and that has insufficient carbohydrate available to it to effectively burn fat will reduce metabolic rate to conserve energy rather than burn the extra carbohydrate and fat. And this is the likely reason that individuals who train excessively, and who constantly restrict their carbohydrate intake are not as lean as they would perhaps like to be.

Perhaps the easiest way to understand this scenario is thinking of carbohydrate as the fuel for the fire – a muscle without carbohydrate when it is exercising can be likened to a fire that does not have much wood, it still keeps burning but not in the raging way it does when it is fully stoked.

So, if you are a big trainer, and training for more than an hour a day, and still not leaning up, chances are you need a little more carbohydrate to stoke your own fire and help you get as lean as you want to be.

## RECIPE VEGETABLE PATTIES

- 2 zucchinis, grated
- 1 carrot, grated
- 1 medium onion, finely diced
- ½ cup multigrain breadcrumbs
- 100g reduced fat feta
- 2 eggs, yolks and white separated
- Spray olive oil
- 1) Mix vegetables and pat with paper towel to help absorb extra fluid.
- 2) Add breadcrumbs, feta, yolks and mix.
- 3) Whisk egg white and fold into mixture.
- 4) Sear patties in olive oil until browned each side. Serve with salad.

## DATES TO REMEMBER

MON 15 <sup>TH</sup> JULY	JULY/AUGUST BOOTCAMP BEGINS
TUES 16 <sup>TH</sup> JULY	TERM 3 GROUP CLASSES BEGIN
SAT 3 <sup>RD</sup> AUGUST	NO BOOTCAMP SESSION TODAY
MON 12 <sup>TH</sup> AUG	LAST SESSION FOR JULY/AUG BOOTCAMP
MON 19 <sup>TH</sup> AUG	<b>5 WEEK BOOTCAMP BEGINS</b>
SAT 21 <sup>ST</sup> SEP	LAST SESSION FOR 5 WEEK BOOTCAMP
SAT 21 <sup>ST</sup> SEP – OCT 6 <sup>TH</sup>	SCHOOL HOLIDAYS
MON 7 <sup>TH</sup> OCT	TERM 4 BEGINS