

FITNESSNRG^{PT}

INFO 28th October 2013

BALI BOOTCAMP UPDATE JUNE 29TH - 4TH JULY 2014

FitnessNRG will be back in Bali next year to run a 6 day Bootcamp in the hills surrounding Ubud. We had an amazing time this year . The place we stay at is called Sharing Bali and is run by an Australian lady and her Balinese partner. It is absolutely beautiful . If you are interested and want more of an idea what it's like, head to FitnessNRG website. There is a review and a youtube clip you can watch. The cost is \$1495 which includes all your activities, training, food (lots of it) and accommodation. Airfares are not included. A \$500 deposit is required to secure your spot. Please note the deposit is not refundable . There are limited spots available. First in with deposits will confirm your hut. Each hut has its own unique ensuite. You can share or go solo in your own private Balinese hut.

The experience will be truly worth it!!

RECIPE LEMON CHICKEN

2 x 200g chicken breast
100g Low fat Feta cheese
200g cherry tomatoes
Fresh coriander
½ a large lemon
200 ml salt reduced chicken stock
Extra virgin olive oil

- 1) Place the 2 chicken breasts in a bowl. Drizzle the chicken with olive oil, add the juice of half a Lemon, a handful of chopped coriander leaves and season with salt and pepper.
- 2) Heat a table spoon of oil in a medium fry pan. Add chicken into fry pan, turn down to low heat and cover. Allow the chicken to cook through; checking periodically that the chicken is not burning.
- 3) Meanwhile, roughly chop the cherry tomatoes into small bite sized pieces . Be careful not to chop too finely. Also dice the fetta into small pieces, around 1 cm in length.
- 4) Once the chicken has just cooked through add the chicken stock, chopped tomatoes and low fat fetta to the pan. Turn up the heat, adding salt and pepper to taste. Allow to simmer for 10 minutes. You should see the juice and stock mix. Serve with a table spoon of chopped coriander on top.

DATES TO REMEMBER

WED 30 TH OCT	*BOOTCAMP FITNESS TEST 7PM AT BELGRAVE LAKE PARK
WED 30 TH OCT	BOOTCAMP GROUP PHOTO. WEAR FITNESSNRG T SHIRTS OR BLACK OR CAMO SHIRT
SAT 2 ND NOV	LAST OCT BOOTCAMP SESSION
MON 4 TH NOV	*CIRCUIT CLASS AT 5.00PM 8 WEEK CHALLENGE WEIGH IN 6.30PM – 7PM NO BOOTCAMP SESSION TONIGHT CUP DAY NO CLASSES
TUES 5TH NOV	NO BOOTCAMP SESSION TONIGHT
WED 6 TH NOV	*9.30AM STEP/ABS/BUTT CLASS *5PM POWERBAR CLASS *7PM CORE CLASS 8 WEEK CHALLENGE WEIGH IN 6.30PM – 7PM
THURS 7 TH NOV	*7PM POWERBAR
MON 11 TH NOV	BOOTCAMP RESUMES

How Does Strength Training Actually Help Me Burn Fat?

Q) I've heard that strength training increases my metabolism. How does it do that and will that help me lose weight?

A) Strength training, which involves using weights, bands, kettlebells or other forms of resistance that challenge your body to work harder than it does in everyday life, definitely does increase your metabolic rate. However, so does endurance exercise (such as running). The difference is how long and how much these activities boost your metabolism that really has an impact on your overall ability to lose body fat and/or decrease your weight.

Just so we're all on the same page, let's talk about the components of our metabolism:

First we have our resting metabolic rate, or RMR. This is the energy needed (quantified in calories) to keep our bodies alive – our heart beating, our lungs breathing, etc. Your RMR makes up about 60 to 80 percent of our total metabolic rate. The variation in RMR is due to individual differences among people, the foods we consume, and the activity we engage in which can directly change RMR.

Second we have the Thermic Effect of Activity, or TEA. The more active you are, the more your total metabolic rate will be increased. TEA includes all activity from mowing your lawn (with a push mower, that is), to playing basketball, to walking across the room. It's not just structured activity, but also the activities that we engage in every day to live our lives.

Third, we have the Thermic Effect of Feeding, or TEF. This is the amount of energy expended to eat and digest food and use those nutrients to create more energy.

So our metabolism, known as total energy expenditure (TEE) = RMR + TEA + TEF. Each component is different for each person, resulting in unique metabolic rates.

Strength training increases our TEE by elevating the amount of calories expended in activity (TEA). The harder you strength train, the greater the amount of calories you burn through exercise. In turn, if your food intake does not highly exceed your needs and consists of quality choices, you will lose weight and body fat.

Interestingly, strength training also increases the amount of calories expended in your RMR. The reason it does this is by increasing the amount of lean muscle mass you carry, which requires more energy to maintain and repair than fat tissue.

Both strength training and endurance exercise will increase your energy expenditure at the time of activity, and for a few hours afterwards, when they are conducted at the same intensity (you all have experienced that increase in hunger after a good workout, whether it be strength or cardio work).

However, strength training is unique in that if you perform multiple sets of a challenging weight to failure, scientists have shown that the energy expended afterwards, known as EPOC (excess post-exercise oxygen consumption) can be elevated for 24-36 hours. Some people call this the "Afterburn" effect of serious strength training.

Overall, strength training can boost your metabolism, but it has to be more challenging than activities you do every day. You can't expect 3lb dumbbells to make much difference to your metabolic rate if your children (that you carry around) weigh more, or your grocery bags are heavier. Your body needs to remember that strength training requires "strength" so you have to load your exercises accordingly. Otherwise your body won't get the challenge it needs to build muscle, lose fat and look better in your clothes – and that's what we're all looking for, right?