

BIGGEST LOSER 8 WEEK CHALLENGE UPDATE

There is less than two weeks before the last weigh in. I am so excited to see what the final results will be. You have worked hard and it shows. Everyone is looking leaner and fitter. Keep it up guys. I hope you are enjoying the journey. Yes its hard work at times but the benefits are definitely worth it.

Please note:

BIGGEST LOSER FINAL WEIGH IN IS FRIDAY DEC 6TH 4PM - 7PM. YOU WILL "NOT" BE WEIGHED MON 2ND DEC OR WED 4TH DEC . THE WINNER WILL BE ANNOUNCED AT THE GYM PARTY ON FRIDAY THE 13TH . GOOD LUCK

WATCH THOSE PARTY NIBBLES !

The Christmas Parties are now in the calendar. Chances are you will be tempted by high fat finger food which can contain 200 calories in a single serve. Canapés - chips, dips, fried pastries will load up so be careful not to over indulge.

Never, arrive at a function hungry. Make it a priority before arriving to eat a filling snack such as a protein snack, 10 almonds or a nut bar to take the edge off your hunger so that you do not find yourself over eating these high fat snacks.

Make sure you have a plan to make good choices from what is available. Avoid non-portioned controlled snacks such as chips and dips altogether, leave the pastries alone and then do your best to seek out lean proteins, seafood and vegetable options. Give yourself a limit of just 2 different canapés at any one time

Canapé	Calories	Fat (g)
Mini Quiche	110	7
Party Pie	120	8
Cheese Triangle	80	4
Sausage Roll	120	8
Sushi	40	1
Chicken Skewer	125	5
Chicken Wing	150	11

DO YOU WANT TO TRAIN IN JANUARY 2014 ?

There have been a couple of requests to train during January. Normally, the only training in January has been Personal Training by appointment.

So ...FitnessNRG is putting it out there. If you are keen, please put your name down on the board in gym. It will consist of group training two nights a week. At this stage I am looking at Monday and Wednesday evening. There will be a mix of Bootcamp, Boxing and any requests put forward will be considered. A beach session maybe ?? Or maybe a session at Lysterfield on a hot evening with a cool swim in the lake after the session.

Cost \$15 each session. Payment up front is required.

Dates Mon 6th Jan – Wed 29th Jan

Time 7pm – 8pm

DATES TO REMEMBER

SAT 7TH DEC LAST BOOTCAMP SESSION

MON 9TH DEC LAST 5PM CIRCUIT FOR TERM 4

TUES 10TH DEC LAST 5PM POWERBAR AND 7PM CORE CLASSES FOR TERM 4

WED 11TH DEC LAST 9.30AM STEP CLASS FOR TERM 4

THURS 12TH DEC LAST 7PM POWERBAR CLASS FOR TERM 4

FRI 13TH DEC FITNESSNRG XMAS PARTY.

THEME IS "SCARY"

WINNER OF BIG LOSER 8 WEEK CHALLENGE IS ANNOUNCED PLUS OTHER

AWARDS ON THE NIGHT

WED 5TH FEB 2014 BOOTCAMP AND TERM 1 CLASSES BEGIN

fitnessNRG.com.au

CHRISTMAS PARTY



WHEN: FRIDAY THE 13TH DECEMBER

WHERE: SAAARGE'S BARRACKS, 87 COLBY DRV
BELGRAVE HEIGHTS

THEME: SCARY !!!!

TIME: 7.30 PM TILL THE LAST ONE LEAVES

BRING: 1.PARTNERS WELCOME
2.SMALL PLATE OF HEALTHY CANAPES
(NO CHIPS OR HIGH FAT SNACK)
3.DRINKS
4.LOTS OF ENERGY FOR DANCING

**WINNER OF BIGGEST LOSER 8 WEEK CHALLENGE
WILL BE ANNOUNCED PLUS OTHER AWARDS FOR
2013 .. HOPE TO SEE YOU ALL THERE**