

BOOTCAMP RESUMES 21ST JUNE - 12TH JULY

Sessions are Mon and Wed 6.30PM

COST \$110

We are continuing the last Bootcamp we started before the Covid restrictions came in. The last Bootcamp had just 8 sessions instead of the usual 12 sessions to bring us to the end of Term 2. We have decided to extend the Bootcamp through the school holidays instead of having the Term break. **The last session for this Bootcamp will end Monday 12th July. Then it will resume again Monday 19th July.**

If you haven't done so yet can you, please let us know ASAP if you are jumping on board this round. All current UnlimitedNRG members are automatically enrolled.

THINGS TO NOTE AND REMEMBER

Please check in at each session using the QR code displayed.

Please refrain from coming to training if you have any cold and flu like symptoms.

Bring a mat and drink bottle to your sessions. We have a water dispenser in the outdoor area for your use.

Remember to wipe down equipment and "dry" (if left damp) using the sanitizer wipes after using any equipment. Particularly the sweaty bikes. Wipe steps only if sweaty.

Please refrain from parking in the car spots directly across the road. We have been informed by the shop owners that they prefer FitnessNRG members "not" to use them. There is parking on the streets out front, tennis courts a few meter's up and the child care centre after hours.

How does muscle tension affect your posture?

Most posture-related muscle tension is caused by stress, sitting for long periods of time, and the other lifestyle factors we discussed in the previous newsletter. Symptoms include; headaches, stiff, sore shoulders, a tight neck and tight hips and glutes. Injuries can also contribute to muscle tension. As always, there are solutions out there to get rid of that soreness and give you better flexibility.

How Can I Fix It?

1. Move more!

Is it possible for you to get a standing desk, take the stairs instead of the lift or go for a walk during your lunch break? The more you move, the more your blood circulates, and your muscles will naturally stretch out.



2. Regularly stretch your neck during the day

This one is specifically to get rid of those horrible tension headaches! Every hour, gently stretch out the sides and back of your neck. You don't have to move to do this, and for those of you who spend a lot of time in front of a screen, this will also give your eyes a break from the LED lights.

Chest Stretch
Sitting at a desk all day shortens the chest muscles and this can be the cause of shoulder pain as tight pecs pull the shoulders forward. Grasp the hands behind the back and move them out behind you as far as possible.



Rotation Stretch
Staring straight forwards at a screen all day isn't good for the neck. Gently stretch by looking over your right shoulder, holding for 10 seconds and then looking over the left shoulder for 10.

Lateral Neck Stretch
Tight muscles in the sides of the neck is a common complaint. Take the head over to the side and apply further pressure using the hand as shown to increase the stretch.



Neck Pain Stretches for Office Workers

Posterior Neck Stretch
The muscles at the back of the neck commonly feel tight as they overwork to hold the head upright. Tuck the chin in and tilt the head down towards the chest. Use another hand to apply pressure on the head if necessary.



SCM Stretch
The Sternocleidomastoid is the large, rope like muscle at the front of each side of the neck. This becomes tight with a forward head position. Stretch by looking over the right shoulder, and then tilting the head back.



Upper Back Stretch
The rhomboid and posterior shoulder muscles are often the ones that feel most tight in office workers. Stretch by bringing one arm across your body, keeping the shoulder depressed and pulling it in with the other arm.

3. As always, the best fix for tense muscles is to stretch them out! When you do this each night you can help to reverse the damage of a long day sitting down, and you'll set yourself up for a much more comfortable nights sleep.

Posture Stretches

Hip Flexor Stretch: Kneel on the floor with your back leg extended behind you. Lean forward until you feel a stretch in your hips and inner thighs. Make sure that your knee stays over your ankle and doesn't pass your toes. Hold for 15 to 20 seconds. Switch legs and repeat.



Quadriceps Stretch: You can choose to do this lying down or standing up. Lift one foot behind you and hold onto it with your hand. Pull it towards your back until you feel a stretch down the front of your thigh. Hold for 15 to 20 seconds. Switch legs and repeat.



UNLIMITED NRG CLASSES

If you want more freedom and choice with your workouts each week you may be interested in joining our UnlimitedNRG membership.

Contact Cheryle for more information. 0419 535 720

MON	TUES	WED	THURS	FRI	SAT
5.30PM NRG GOES 45 MIN	5.30PM POWERBAR	5.30PM YOGA 45 MIN			CHECK BOOTCAMP SCHEDULE FOR SESSIONS
6.30PM BOOTCAMP	6.30PM CORE AND YOGA	6.30PM BOOTCAMP			

THINGS TO NOTE IF YOU WANT TO PLAN

*This Bootcamp will run until Mon 12th July Cost \$110

*The Bootcamp after that will be 5 weeks and run Mon 19th July-Wed 18thAug Cost \$192

* Aug/ Sept Bootcamp will run for 4 weeks 30th Aug - Sep 22nd Cost \$165

* **FitnessNRG will be closed Sat 21st August and reopen Mon 30th August**

* Current UnlimitedNRG will end Mon 12th July

*UnlimitedNRG will then resume Monday 19th July for 8 weeks until the end of Term 3 with a one week break 21st Aug- 29th Aug Cost \$320

This is the plan to bring us into Term 4, that is of course if there are no more Covid restrictions. Fingers crossed. Thankyou for all your support. We really do appreciate it.