



As we near the end to another year we would like to thank everyone who has supported FitnessNRG throughout the year. You have turned up week in week out for training with loads of positive energy and the motivation to improve your health and fitness. Being fitter, stronger, and healthier takes work. Some weeks are better than others. We all go through many emotions on the journey. Excitement when success comes, uncertainty and disappointment when it doesn't. But in the end you need to be on the journey and giving it a go to improve.

Again this year we set up a private messenger group for the 8 Week Weight Loss Challenge group. The challenge began in October and for 8 weeks the support shown was really great. You were all amazing. Below is something I had to share with you. It is one of Chris Bruce's entries.

*Hey guys, how's everyone going? Just a week and a half til the end of the challenge. Can you believe it? It's a bit tough with Christmas parties and perfect barbie weather isn't it but we're nearly there. These last few days I've been thinking a lot about 'urge surfing' and thought I'd share it cos it might come in handy at this time of year. You know how you get an urge for something and it seems to be all you can think about and it gets stronger and stronger and stronger and stronger until you cave in to it? ( or is that just me 😊). Sometimes it feels like it is something that is just going to keep growing and growing and I sometimes even feel a bit panicky about the inevitability of 'failing'. Well urge surfing gets you to think about the urge not as something that just keeps getting stronger and stronger until it overwhelms you. Instead you think about it like a wave, yeah it builds and builds and builds but, just after it peaks, it dissipates and you can ride it out. I find it helps me to shift my focus from how strong the urge feels and instead I can just kinda notice it, I can see when it's getting bigger and know that means the crest isn't that far away and that means the urge will pass. That it's not going to inevitably win. I can ride it out - like a contraction! I actually picture myself on some of the best waves I've ever caught and anticipate the feeling of exhilaration you feel when the crest breaks and you ride it all the way to the beach. It really works, you kinda start to anticipate the exhilaration rather than dreading the failure. It takes some of the hopelessness and self loathing out of that feeling that you've just got no discipline or you've done all this good work and now you've ruined it or that you're somehow doomed to fail/binge/overeate/whatever. Of course it doesn't always work, sometimes the surf is a monster and you get dumped over and over but it's worth a try in those moments when you feel like you're just standing under the shadow of a big urge that's coming to get you. The real trick is to know that the power of the urge is finite, it has a natural point where it won't grow anymore and you can ride it home. It works for any urge. Food, grog, the urge to skip training or to stop mid exercise. It takes practice and I'm far from a master but it can come in handy. Enjoy the waves 🏄 guys.*

**Chris Bruce**



# **FITNESSNRG AWARDS 2017**

## **8 WEEK WEIGHT LOSS CHALLENGE**

**\*WINNER LOST 11.34% OF BODY WEIGHT 9.3KG MICHELLE PASCOE**

**\*2<sup>ND</sup> PLACE LOST 7.82% OF BODY WEIGHT. 6.9KG DARYL ANDREOLA**

## **NUTRITIONAL PROGRAM AND 8 WEEK WEIGHT LOSS ACHIEVERS**

**COLLEEN WEIR**

**LUMI BIBART**

**CRAIG MILLIGAN**

**2017 ULTIMATE HERO BOY**

**ROLAND MUNZEL**

**2017 ULTIMATE HERO GIRL**

**NAOMI PRITCHARD-TILLER**

**FITNESSNRG ACHIEVERS AWARD**

**DEBBIE LAURENCE**

**FITNESSNRG ENCOURAGEMENT AWARD**

**JUDY MULLAN**

**FITNESSNRG PT AWARD**

**ARON BARTLETT**

**FITNESSNRG PT AWARD**

**LUCY WOOD**

**FITNESSNRG PT AWARD**

**MERRYN POPPLE**

## **BOOTCAMP MOST INSPIRING AWARD VOTED BY THE PARTICIPANTS**

**NAOMI PRITCHARD-TILLER**

Congratulations to all the award winners. You have made a huge impact on FitnessNRG with your determination and goals. A special mention to all the people who come along each week to train. You are all part of great friendships started and you all create a positive environment. It takes effort to become fitter and healthier. We admire all of you for giving exercise and a healthier lifestyle a go !

**Cheryle Milligan [Owner / Trainer]**

**Jack Milligan [Trainer]**

**And not forgetting Craig Milligan who is an amazing help to FitnessNRG**



## DATES TO REMEMBER

**THURSDAY 14<sup>TH</sup> DEC**

LAST DAY FOR TERM CLASSES

**MONDAY 18<sup>TH</sup> DEC**

LAST BOOTCAMP SESSION FOR 2017

**PERSONAL TRAINING SESSIONS WILL CONTINUE THROUGHOUT XMAS BREAK AS REQUIRED.**

**MON 8<sup>TH</sup> JAN – WED 31<sup>ST</sup> JAN**

**\*SUMMER BOOTCAMP\***

4 WEEK BOOTCAMP **\*SPECIAL \$100\***

MON AND WED 7PM.

NO SATURDAYS ARE

SCHEDULED SO YOU CAN HAVE YOUR

WEEKENDS FREE.

**MONDAY 5<sup>TH</sup> FEB 2018**

TERM 1 2018 PT GROUP CLASSES BEGIN  
BOOTCAMP RESUMES

### **\*SUMMER BOOTCAMP SPECIAL\***

**WHEN** MON 8<sup>TH</sup> JAN – WED 31<sup>ST</sup> JAN

**SESSIONS** MON 7PM WED 7PM

**COST** \$100



## **A REMINDER DURING WARMER WEATHER: WATER AND WHEN TO DRINK IT**

WHEN is an easy one. Your body will tell you when you need to drink, which is when you are thirsty. You need to be able to recognise the first indication of thirst as a warning that dehydration is imminent, and then act accordingly. Many people have taught themselves to ignore this feeling and may have desensitized themselves to the initial signs of thirst.

As a general rule, you should aim to drink a glass of water :

1. When you get up, before you eat or drink anything else.
2. 10 to 15 min before each meal
3. Any other time when thirst strikes

Water may have a detrimental effect if consumed while you are eating or directly after eating. Because water leaves the stomach so quickly, it is fine to drink it before eating. Drinking water with or straight after a meal dilutes the gastric juices and carries them right out of the stomach. Drinking while eating may cause you to swallow only partially masticated food. Both of these situations will disrupt the digestive process and quite possibly lead to digestive complaints.

Ideally, drinking should not happen during eating or within two hours of the completion of a meal. I understand, however, that practically this may be difficult to avoid consistently.



## **FITNESS NRG XMAS RAFFLE**

**THANKYOU TO EVERYONE WHO BOUGHT TICKETS AND DONATED RAFFLE PRIZES.**



**WE RAISED \$535.00 FOR THE SALVATION ARMY. YOU HAVE ALL BEEN A PART TO HELP THOSE IN NEED OVER CHRISTMAS.**

### **THANKYOU TO THE FOLLOWING PEOPLE FOR YOUR DONATIONS**

ALLANNA DOVE	3 X "MY BOUQUET LADY" HAMPERS
WOZ DOVE	WOODEN ROCKING HORSE
DAVID AND ALANA BILSTON	1 X "PURE LIFE PHYSIOTHERAPY" VOUCHER
MARC WEINER	COLGATE GIFT PACK
FITNESSNRG	2 X \$150 NUTRITIONAL ASSESSMENT VOUCHERS
DEBBIE LAURENCE	HANDMADE GIFT CARD PACK
DARYL ANDREOLA	BOTTLE OF DIMPLE WHISKEY
MICHELLE WEINER	4 X GORGEOUS PLANTS IN POTS
LAURA EISELE	2 X ORGANIC SUGAR CANE POTTING MIX
MULLAN FAMILY	2 X TEA CANDLE, KNIFE BLOCK SET
CHRIS BRUCE	BOOKS
JULIE ANNE GOODWIN	BEACH TOWEL SET, CORIANDER JAR, CANDLES
PETER DALGLEISH	CD AND BOOK SIGNED BY ROB SNARSKY ( SINGER/SONGWRITER BLACK EYED SUSANS)
LUMI BIBART	GORGEOUS HOME MADE CUP CAKES
COLLEEN WEIR	1 X BOTTLE RED WINE
LISA SAWATZKY	2 X BOTTLE WHITE WINE

*I HOPE I HAVENT MISSED ANYONES DONATIONS. PLEASE LET ME KNOW IF I HAVE*



**FITNESS NRG GIFT VOUCHERS ARE AVAILABLE NOW !!**

**GREAT IDEA AS A XMAS GIFT**



## 2018 PT GROUP CLASSES

**START MON 5<sup>TH</sup> FEB - THURS 29<sup>TH</sup> MARCH**

**COST \$120 EACH FOR THE 8 WEEK TERM**

PT group classes are an affordable alternative to one on one personal training. They are a small group providing excellent workouts. PT group classes provide weigh in checks at the start of term and at the end of term. If you don't like large groups and can't afford PT training, this is a great way of training. Check out the UnlimitedNRG membership at the bottom of the newsletter.

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			
11.30AM <b>BEGINNER/ RELAXATION YOGA</b>					
	5.30PM <b>POWERBAR</b>		6.30PM <b>POWERBAR</b>		
	6.30PM <b>CORE / YOGA</b>		7.30PM <b>YOGA</b>		

## TERM 1 2018 BOOTCAMP STARTS MON 5<sup>TH</sup> FEB

**4 WEEKS BOOTCAMP COST \$150**

**2 X SESSIONS / WEEK/ \$120**

**1 X SESSION / WEEK \$80**

Bootcamp runs in 4 week blocks. Bootcamp has a variety of different training styles. Check the Bootcamp schedule on our website [www.fitnessnrg.com.au](http://www.fitnessnrg.com.au) for current classes. It is a great all rounder providing NRG FIT classes which are a HIIT training class. Boxing, circuit, outdoor walks, weights, core, fun biathlons, triathlons and Bootcamp drills using army equipment are a few of the training classes. You do not have to fit to jump in. You just need to start.

MON	TUES	WED	THURS	FRI	SAT
					9.30AM <b>BOOTCAMP OUTDOOR</b>
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP INDOOR/ OUTDOOR</b>			



## UNLIMITED NRG TERM 1 MEMBERSHIP

TERM 1 MON 5<sup>th</sup> FEB - THURS 29<sup>th</sup> March 2018

COST \$400 FOR 8 WEEKS

Unlimited NRG is a term membership. It came about for those who wanted to have a choice of classes each week choosing from Bootcamp to Core Classes, Powerbar, Step and Yoga.

It gives you flexibility to try everything we offer. You can jump into all of them.

There is no limit !

You can decide which classes to come to each week.

Unlimited NRG runs for the school term.

## UNLIMITED NRG CLASSES

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>OUTDOOR BOOTCAMP</b>
11.30AM <b>BEGINNER/ RELAXATION YOGA</b>					
	5.30PM <b>POWERBAR</b>		6.30PM <b>POWERBAR</b>		
	6.30PM <b>CORE / YOGA</b>		7.30PM <b>YOGA</b>		
7.00PM <b>BOOTCAMP</b>		7.00PM <b>BOOTCAMP</b>			



**MERRY CHRISTMAS AND A HAPPY  
NEW YEAR FROM  
THE FITNESS NRG TEAM**