

BOOTCAMP IN PINK FOR BREAST CANCER AWARENESS



WHEN	SAT 12TH MAY 2018
WHERE WE MEET	TENNIS COURTS. COLBY DRIVE
TIME	8.30 AM
WHAT'S INVOLVED?	20 KM WALK (OPTION TO MAKE IT 10KM)
*BRING A FRIEND OR FAMILY MEMBER COST \$15 EACH NO COST FOR A FULL PAID BOOTCAMP MEMBER (3 SESSION A WEEK MEMBER)	

EACH YEAR FITNESSNRG RECOGNISES BREAST CANCER ON THE MOTHERS DAY WEEKEND. WE HOPE YOU CAN JOIN US.

LET'S BRING SOME ATTENTION TO BREAST CANCER AWARENESS SATURDAY 12TH MAY BY WEARING PINK (COMPULSORY).

FITNESSNRG CAN SUPPLY T SHIRTS TO WEAR ON THE DAY. THEY ARE UNISEX SO BOYS CAN WEAR ONE AS WELL

PLEASE READ THE FOLLOWING:

MEET AT TENNIS COURTS COLBY DRIVE WEARING A PINK SHIRT OR SOMETHING CREATIVE IN PINK.

PLEASE BE AWARE THAT IF YOU ARE BRINGING ANYONE THAT THERE ARE SOME VERY STEEP HILLS. IT IS NOT SUITABLE FOR VERY YOUNG CHILDREN OR ANYONE WITH AN EXISTING INJURY. IF YOU WANT TO MAKE IT A 10KM WALK INSTEAD OF 20KM, YOU CAN PARK YOUR CAR AT BIRDSLAND BEFORE THE EVENT AND FINISH THE WALK AT THAT POINT. THIS IS ALSO WHEN YOU WILL LEAVE THE GROUP.

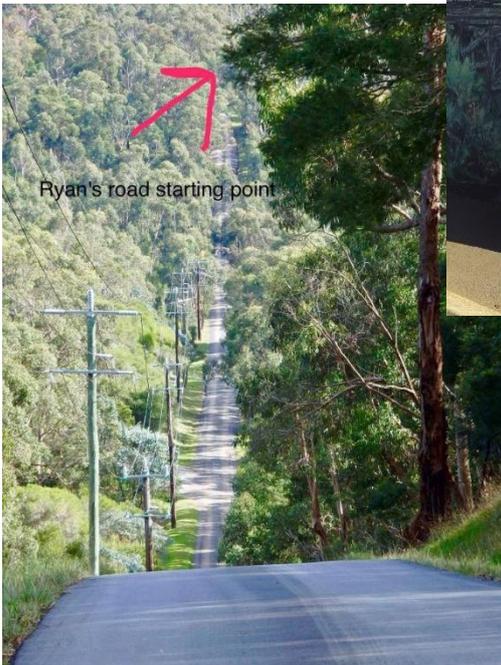
YOU WILL STILL NEED TO MEET AT TENNIS COURTS COLBY DRIVE SO IF YOU PARK YOUR CAR AT BIRDSLAND, PLEASE ARRANGE TO GET A LIFT FROM BIRDSLAND TO OUR MEETING SPOT AT THE TENNIS COURTS. PLEASE BRING WATER, MOBILE PHONES AND SUNSCREEN IF THE DAY IS WARM. PLEASE ALSO WEAR SUITABLE ATTIRE. THE WALK HAS EVERYTHING !!!

YOU WILL HAVE AN OPPORTUNITY FOR A COFFEE ON THE GO. NO SITTING IN CAFES THOUGH, WE WILL AT SOME STAGE WALK THROUGH THE MAIN STREET OF BELGRAVE. THERE ARE SOME WONDERFUL BUSH TRACKS WITH A LITTLE HILL OR TWO ☺

REMEMBER.... THE CHALLENGE OF OUR WALK IS TO REMIND US OF THE EMOTIONAL AND CHALLENGING JOURNEY WOMEN, MEN AND THEIR FAMILY'S FACE IF DIAGNOSED WITH CANCER.

WE HOPE YOU CAN JOIN US.

SOME PICS OF 2017 BOOTCAMP IN PINK FOR BREAST CANCER AWARENESS



PUSH UPS When it comes to push ups, your form is crucial. Each push up needs to be done perfectly so that your total reps measured from workout to workout are on equal footing. If you did thirty perfect push ups two days ago, and then today you did sixty push ups by only going down halfway, sticking your bum up in the air, etc., it's absolutely impossible to tell if you got any stronger.

How to set up for a proper push up

- When down on the ground, set your hands at a distance that is slightly wider than shoulder-width apart. Depending on your strength and experience, your hands should be angled in a way that feels comfortable to you. You can turn your hands inwards slightly if it's less stressful on your wrists, or you can do your push ups on your knuckles (as long as you're on a semi-soft surface like grass or carpet).
- Your feet should be set up in a way that feels right and comfortable to you. For some, that might be shoulder width apart. For others, it might be that the feet are touching. Generally speaking, the wider apart your feet, the more stable you'll be for your push ups.
- Think of your body as one giant straight line – from the top of your head down through your heels. Your butt shouldn't be sticking way up in the air or sagging.
- If you have a problem getting the proper form with your body, clench your butt, and then tighten your abs. Your core will be engaged, and your body should be in that straight line. If you've been doing push ups incorrectly, this might be a big change for you.
- Your head should be looking slightly ahead of you, not straight down. At the top of your push up, your arms should be straight and supporting your weight. You're now ready to do a push up.

How to complete a push up

- With your arms straight, butt clenched, and abs engaged steadily lower yourself until your elbows are at a 90 degree angle or smaller. Depending on your level of experience, age, and flexibility, 90 degrees might be the lowest you're able to go. Try not to let your elbows go flying way out with each repetition. Keep them relatively close to your body, and keep note of when they start to fly out when you get tired.
- Once your arms go down to a 90 degree angle, pause slightly and then return up until you're back in the start position.
- Congratulations, you just did a proper push up. Do as many as you can until you start to feel your form slip (even slightly); you are done for that set. Ten good push ups and 5 sloppy ones are tough to quantify against eleven good push ups. If you can only do ten of something, write down your results and aim for 11 next time. Perfect form allows you to keep track of your improvements week over week.
"But I can't do a push up!" That's okay, here's a plan that will help you get there. You need to start with an easier push movement, and work up to progressively more difficult types of moves that will eventually result in you doing true push ups.

Start with Wall Push Ups:

Just like with a regular push up, clench your butt, engage your abs, and set your hands on a wall at a width that's wider than shoulder-width apart. Walk backwards with your feet until your arms are fully extended and supporting your weight (generally one decent sized step back with both feet will suffice). Keeping the rest of your body in a straight line, steadily lower yourself towards the wall until your nose almost touches the wall, and then return back up to the starting position.

Do 4 sets of wall push ups with a 2-minute rest between sets, every other day. Keep track of how many repetitions you can do WITH PROPER FORM for each set in a notebook for easy comparison to previous workouts. Once you can do 4 sets of 20 repetitions of wall push ups, you can progress to elevated (or incline) push ups.

HAVE YOU EVER WONDERED WHY YOU BECOME INCREDIBLY HUNGRY AND NOT KNOW WHY ? READ ON. THIS COULD BE WHY

Everyone knows the basic requirements for losing weight: diet and exercise. But did you know there's a lot more to it than that?

If you're looking to stop your cravings for unhealthy carbs and other foods and lose weight, look no further than mastering chemistry – your body chemistry, that is.

The chemistry of your bloodstream – specifically your blood sugar – must be carefully regulated if you want to curb the cravings and lose weight.

Because with high blood sugar, it's practically impossible to lose weight and keep it off.

Healthy Blood Sugar Levels Are Key to Weight Loss

Once you have high blood sugar, you become stuck in a vicious cycle: high blood sugar causes you to crave carbohydrates and simple sugars in large quantities.

Your body gets used to having a certain level of sugar in your bloodstream. When it dips, you go into a "sugar crash." You suddenly feel like you're starving – you may even start shaking – and you begin to eat anything in reach just to get rid of that craving.

And it's usually not a healthy, well-balanced meal you reach for. Instead it's that handy bag of chips just waiting to be torn open and devoured or even a leftover bit of cake stashed in the back of your freezer.

You can probably guess that binge moments like these are a killer for your waistline.

But that's not all. Once you've given in to your cravings, you've just added *even more* sugar to your bloodstream. So, not only are you overeating between your regular meals, but all that extra sugar in your body turns into fat – FAST.

Now here's the good news. Once you're able to control your sudden onset cravings, you'll no longer binge eat tonnes of sweet, simple sugars. And then you'll finally be able to really start losing weight and keeping it off.

Of course, the only way to do that is to regulate your blood sugar.

The Secret to Keeping Healthy Blood Sugar

Thankfully, this vicious cycle can be cured naturally.

Diabetes research over the past fifty years has made multiple breakthroughs regarding substances that naturally help regulate blood sugar. One of the biggest is chromium.

The human body requires this mineral in trace amounts to promote the production of insulin, which helps your body maintain normal blood sugar levels.

This is great news for your waistline. The sooner the sugar in your blood levels out, the sooner you'll quit craving simple sugars that your body doesn't need – and the sooner you'll start to lose weight.

As you probably guessed, most people don't get nearly enough chromium. The government's listed Adequate Intake (AI) of chromium runs between 20mcg and 45mcg for adults (dependent on gender, age and conditions like pregnancy).

That's actually a relatively low amount of chromium. It's simply not enough for getting your blood sugar back under control. In fact, if you get more than 35% of your calories from simple sugars, your body is excreting most of your chromium as soon as you get it.

This means your body is having an even *harder* time getting your blood sugar back to normal. It's just another part of that vicious cycle.

How to Get Enough Chromium In Your Diet Quickly and Easily

There are plenty of *apparent* ways to get your recommended (low) dose of chromium. A half-cup of broccoli has 11mcg of chromium. A cup of grape juice has 8mcg. Whole wheat, potatoes, and garlic are also good sources. You'll also find most multivitamins have chromium in them.

HOW DOES YOUR MAXIMUM PUSH-UP RATE?

Number push-ups completed

	AGE				
RATING	20-29	30-39	40-49	50-59	60+
Excellent	>54	>44	>39	>34	>29
Good	45-54	35-44	30-39	25-34	20-29
Average	35-44	25-34	20-29	15-24	10-19
Fair	20-34	15-24	12-19	8-14	5-9
Poor	<20	<15	<12	<8	<5

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 provides the personal training group classes and the Bootcamp classes. It runs for the duration of public school terms throughout the year. This is an affordable way to train offering you some of the attention a Personal Training session would offer.

UNLIMITED NRG CLASSES

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

THANKS FOR READING ☺

www.fitnessNRG.com.au