

## BOOTCAMP IN PINK FOR BREAST CANCER AWARENESS



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

**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 12<sup>TH</sup> 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**

### **IMPORTANT !!!! PLEASE READ THE FOLLOWING:**

**MEET AT FITNESSNRG TRAINING ROOM. 87 COLBY DRIVE. YOU CAN PARK AT TENNIS COURTS COLBY DRIVE OR NEXT DOOR TO FITNESSNRG AT CHILD CARE CENTRE.  
WEAR 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.

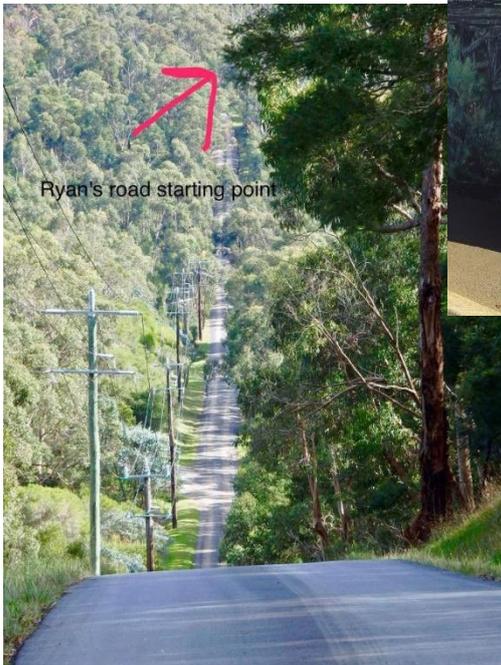
YOU WILL STILL NEED TO MEET AT THE FITNESSNRG TRAINING ROOM. SO IF YOU PARK YOUR CAR AT BIRDSLAND, PLEASE ARRANGE TO GET A LIFT FROM BIRDSLAND TO OUR MEETING SPOT AT THE TENNIS COURTS. PLEASE BRING WATER, MOBILE PHONES AND SUNSCREEN IF THE DAY IS WARM. PLEASE ALSO WEAR SUITABLE ATTIRE AND FOOT WEAR.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



## DATES TO REMEMBER

SATURDAY 12 <sup>TH</sup> MAY	8.30AM	MOTHERS DAY WALK FOR BREAST CANCER
MONDAY 14 <sup>TH</sup> MAY	7.00PM	LAST SESSION FOR APRIL/MAY BOOTCAMP
MONDAY 21 <sup>ST</sup> MAY	7.00PM	6 WEEK BOOTCAMP BEGINS
JUNE (DATE TBA)		BOOTCAMP BIATHLON
FRIDAY 29 <sup>TH</sup> JUNE		END OF TERM 2
MONDAY 16 <sup>TH</sup> JULY		TERM 3 BEGINS

## \* 6 WEEK MAY/JUNE BOOTCAMP \*



**WHEN** MON 21<sup>ST</sup> MAY – SAT 30<sup>TH</sup> JUNE

**COST** \$225 FOR 3 SESSIONS/WEEK FOR 6 WEEKS

\$180 FOR 2 SESSIONS/WEEK FOR 6 WEEKS

\$120 FOR 1 SESSION/WEEK FOR 6 WEEKS

**SESSIONS** MON 7PM WED 7PM SAT 9.30AM

## PERSONAL TRAINING

FitnessNRG provides affordable Personal Training for all ages. We have kept our fees low and they have remained the same since 2008. These sessions are a great way to receive full attention in each training session. It's designed for those who need and want the one on one training for a number of reasons. Some of those reasons are to strengthen and correct bad posture, rehabilitation due to injury, weight loss, tone up, general fitness etc..

You can train with a friend or with your partner as well.

### Costs are:

**One person** 1hr \$50

**One person** ½ hr \$40

**Two people** 1hr \$60

**Three people** 1hr \$60

**Four people** 1hr \$80

\* Please note that there are only a number of hours per day available for Personal Training. We know how important your training is to you and it is also important to us.

**24 hrs notice** is required if you cannot make your Personal training session.

Because of unlimited hours we require 50% payment if you cancel your session at short notice. This is paid when you have your next training session.

e.g. If you do one on training and cancel less than 24hours, your next session will cost \$75.

Sorry guys but on some occasions people have missed out on a time, because it is taken.

Most people want to train in the morning and evening which leaves very little availability sometimes. ☹

We try very hard to keep you guys happy and sometimes we need rules. 😊😊

# HEALTHY JOINTS

## THE BEST MOVES FOR RUNNERS TO SUPPORT THE HIPS, KNEES AND ANKLES

Experts agree that one of the most important things a runner can do to prevent joint pain is to incorporate regular strength work into their training routine. Strengthening exercises condition muscles, tendons, bone, and cartilage so that they can better tolerate the stress of running. The exercises here, work the muscles that support your hip, knee and ankle joints. Single-leg exercises for runners are important because “running is simply a series of one-legged squats”. “You’ve got to strengthen your legs in a way that has a functional carryover to your sport.” Once you can do these exercises comfortably with proper form, add weight. Runners should work up to being able to do six to eight repetitions with a weight that is heavy enough so that the last few repetitions in a set are difficult. This helps mimic the stress load placed on the body while running.

### SIDE PLANK

Start on your left side. Tighten your abs and lift your hips up. Hold for 30 seconds, then relax. Switch sides and repeat, aiming for five reps on each side. Make it harder: lift your top leg while in the plank position.

### SINGLE-LEG LUNGE

Stand in front of a bench or chair facing away and place your left foot on it. Squat down until your right thigh is parallel with the ground. Beginners should start with 10 repetitions (on each side), with the goal of working up to 20 repetitions. Make it harder: once you can do 20 reps with proper form, hold dumbbells.

### SINGLE-LEG DEADLIFT

Stand on your left leg. Keeping your back straight, bend forward and reach for the ground. Return to standing and repeat. Start with 10 reps (on each side), with the goal of working up to 20 reps. Make it harder: once you can do 20 reps with proper form, hold dumbbells or a weighted bar.

### SINGLE-LEG CALF RAISE

Stand on your right leg – feel free to touch a wall or chair for balance. Slowly lift up onto your toes, then lower down. Work up to 30 reps on each leg. Make it harder: Once you can do 30 reps on each leg with proper form – and not using anything for balance – you can hold dumbbells.

### SINGLE-LEG BRIDGE

Lie with knees bent and arms extended out. Straighten your right leg. Tighten your glutes and lift your hips. Hold for a few seconds, then lower down. Work up to 25 repetitions on each leg. Make it harder: once you can do 25 reps on each leg with proper form, fold your arms across your chest.

### SIDE LEG LIFT

Lie on your side with your legs extended out. Lift your right leg up slowly, then lower it slowly. Do not allow your pelvis to roll forward or backward. Work up to 30 repetitions on each side. Make it harder: once you can do 30 reps with proper form, use dumbbell weights.

## IS YOUR BACK AND HIP SLOWING YOU DOWN ?

A strong back and exercise are mutually dependent: not only will back strength keep your fitness program on track, but exercise is also the foundation of back pain treatment. Still, the lower back often plagues exercisers. So before we go too far into solutions, it's important to know how the back and hip muscles work, and what they're meant to do.

The spine is basically a column of blocks (vertebra) supported by the muscle and fascia that forms the body trunk. Imagine the trunk of the body as a tube or cylinder, with the base of the cylinder at the pelvis and the top at the rib cage. The cylinder is supported in compression by the lumbar spine, but the spine alone cannot keep an upright posture, so the muscles and fascia layers between the pelvis and rib cage must work in concert to help.

The supporting tissues function much like the guy wires on a tall TV tower, holding the spine in place by keeping it in proper alignment and stable. In addition, the muscles supporting the pelvis and rib cage must also function well to keep the spine in line.

The vast majority of the torso's bending and twisting motion occurs beneath the ribs and above the pelvis, between the last thoracic vertebra and the last lumbar vertebra.

As long as the discs between the vertebra bones and the other vertebral articulations are functioning well, the spine movement through this critical lumbar segment usually remains intact. But like the rest of the joints in the body, these articulations in the spine are subject to wear and tear. The best way to limit damage is to maintain stability with strong muscle support. The other critical segment in lower-back health is the pelvis. The sacroiliac – or SI – joints move through about five degrees of rotational motion with every step in a normal running gait. If the SI joints are not moving well, that extra motion is transferred to the opposite SI joint or to the lumbar spine, adding wear and tear to those areas.

So on to solutions: first, people do slow with age, so as a 60+ runner, you will not be able to maintain the same pace as in your younger years. Second, stretching the back is not the answer, as stretching does nothing to support or control the trunk.

The key is to maintain strong neuromuscular control to allow the lumbar spine, pelvis, rib cage and related muscle-fascia units to work in harmony. Neuromuscular control for back health addresses the entire kinetic chain to keep the trunk and pelvis muscles strong to control the pelvis bones and the trunk fascial tissues.

Simple exercises can protect the back: Such as the cat and cow stretch, the superman, good quality abdominal muscle work, and the side bridge. The cat and cow gets the lower back moving. The others work the muscles that support and control the trunk fascia.

All these exercises and more are part of FitnessNRG Core and Yoga class Tuesdays 6.30pm.

The other key component is the core strength that controls the pelvis throughout the motions associated with running. The glutes and other butt muscles are targeted for this part of your back health program. Properly done, squats and lunges are a mainstay, but there are additional muscle groups you can target.

Powerbar classes are ideal for strengthening all the major muscle groups and also involve working the glutes. We run three classes a week at FitnessNRG.

Gym Boot is another program offering an opportunity for strengthening all muscle groups and the important core muscles. Gym Boot is part of the Bootcamp program.

**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 <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>CORE / YOGA</b>		6.30PM <b>POWERBAR</b>		
7.00PM <b>BOOTCAMP</b>		7.00PM <b>BOOTCAMP</b>			
			7.30PM <b>YOGA</b>		

THANKS FOR READING 😊