



INFO 1<sup>ST</sup> FEB 2019

## **WELCOME TO ALL THE NEW MEMBERS OF FITNESSNRG TRAINING**

Welcome to all the new faces who have jumped into Bootcamp and to those who have started Personal Training. Remember to listen to your body and ease your way slowly to increase your level of fitness. Don't go too hard too soon.

We hope you enjoy your sessions and feel this is “**your**” place to train.

### **TERM 1 GROUP TRAINING 4<sup>TH</sup> FEB – 13<sup>TH</sup> APR**

FitnessNRG provides a selection of training options. We are aware that people prefer different training requirements to others. Some like the personal attention of one on one training or training with friends in a small group and some like a larger group environment such as Bootcamp.

For some it is a financial reason for how they choose. All our classes are a personal training experience. We try to take care of each person that steps into our training room or Bootcamp sessions.

Our PT training, Term classes and Bootcamp have been running successfully for 11 years. It's important to us that we meet your expectations and feedback is always welcome. 😊

### **DAYS OF TOTAL FIRE BAN**

Hot weather is here. Please note if a Total Fire Ban is in place Bootcamp will begin at “The Barracks”. (87 Colby Drv). The type of session will be determined on the weather. We may take off to Belgrave Lake Park or stay close to the studio. You will be notified of any change of location by text. The studio is air conditioned. Bootcamp is usually operated inside and outside. Please make sure you are drinking plenty of water prior to your training session.

All “**Personal Training**” sessions will be inside the studio on these hot days.

### **WATER AND HYDRATION**

*One of the best ways to limit the effects of dehydration during exercise is to start ahead of the game and drink enough before it. “Checking your urine pre-exercise is an easy way to see if you're prepared,” says Anthony Meade, Adelaide-based sports dietician. “If it's clear and copious, maybe you're drinking too much. If it's the colour of iced tea, you need to drink more. If it's a pale lemonade or straw colour, you're probably adequately hydrated.”*

## 2019 PT GROUP CLASSES. START TUES 5<sup>TH</sup> FEB - THURS 11<sup>TH</sup> APRIL

### COST \$150 EACH FOR THE 10 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.

Also check out the UnlimitedNRG membership further down the newsletter on page 3.

MON	TUES	WED	THURS	FRI	SAT
		9.30AM <b>STEP/ABS BUTT</b>			
	5.30PM <b>POWERBAR</b>		6.30PM <b>POWERBAR</b>		
7.00PM <b>NRG FIT</b>	6.30PM <b>CORE / YOGA</b>		7.30PM <b>YOGA</b>		

## TERM 1 2019 BOOTCAMP STARTS MON 4<sup>TH</sup> FEB

**3 X SESSIONS/WEEK \$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 be fit to jump in. You just need to start.!**

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

# UNLIMITED NRG TERM 1 MEMBERSHIP

TERM 1 MON 4<sup>th</sup> FEB – SAT 13<sup>TH</sup> APRIL 2019

**COST \$400 FOR 10 WEEKS** (That's less than the cost of a 1hr PT session a week. Plus you get 8 sessions a week to choose from)

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, NRG Fit, 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 a 10 week term.

MON	TUES	WED	THURS	FRI	SAT
		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>OUTDOOR BOOTCAMP</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>		

## \*BOOTCAMP MINI TRIATHLON IS COMING\*

**WHEN** SAT FEB 23<sup>rd</sup> 2019  
**TIME** 9.00 AM  
**WHERE** LYSTERFIELD LAKE PARK  
**BRING** SWIMMING ATTIRE, BIKE,  
HAT, WATER, TOWEL AND  
SUNSCREEN



### CATEGORIES ARE

**SWIM APPROX** 50 – 100 METRES. You can choose one category, two or all three  
**BIKE** 9.5KM  
**RUN** 3KM

**NO COST FOR FEBRUARY BOOTCAMP TROOPS AND UNLIMITED NRG MEMBERS  
\$20.00 FOR CASUAL ATTENDANCE**

If you like the classes and want extra help with weight loss then why not jump into the 8 Week Weight Loss Program. End of last year's results are in the newsletter below. This program is guaranteed!!! Read further.....

# **THE 8 WEEK WEIGHT LOSS PROGRAM!**

**MON 4<sup>TH</sup> FEB – LAST WEIGH IN SAT 30<sup>TH</sup> MAR**

## **WHATS THE DEAL?**

Do you need to kick start your metabolism and re-ignite your enthusiasm?

Well, you **CAN** do it starting Monday 4<sup>th</sup> February.

### **This program works!!!**

This program will give you the tools to take control of your eating habits. You have access to all the classes available such as Bootcamp, PowerBar, Core, Step, NRG Fit, Yoga and Relaxation. You have the option to come and go as many times as you like.

You will receive guidance every step of the way, food plans, recipes, all classes and a manual to record your food and your weekly weigh ins.

**You will also receive a low carb mini cookbook and an interactive personal recipe book. Your recipe book contains 30 recipes with instructions how to cook them. You will have easy to follow recipes for breakfast, lunch and dinners. There is even a video you can watch, just to make sure you get it right!. You can also scan the barcode on each recipe giving you all the nutrients and calories straight onto your MyFitnessPal app. A Detox Food Plan and examples of calorie food plans are all included. YOU can choose which foods to eat.**

**You will be given a set calorie intake that you will maintain each day. You will not only lose weight and get fitter and stronger. You will learn the tools of successful management of food intake.**

**The cost of the 8 Week program is \$495**

**BUT**

**For an extra \$50 (Normally \$150 and optional) you can also receive a full Nutritional, Antioxidant and Toxicity Assessment. The total cost of the 8 Week Challenge and the Nutritional Assessment is \$545. (Optional)**

The benefit of this assessment is to pin point your deficiencies and act upon it with planning a healthy food intake focusing on the foods you need to eat everyday according to your particular deficiency. Deficiencies in vitamins and minerals can present itself in many ways.

Examples are:

cracked lips and eczema

white marks on nails

frequent colds and exhaustion

lack of energy

plus many many more.....

muscle cramps

swollen abdomen

dry or flaky skin

premature greying hair

**WE HOPE YOU JUMP ON BOARD TOWARDS A HEALTHIER YOU ©**

# CHECK OUT THE 2018 AWARDS!

## 8 WEEK WEIGHT LOSS CHALLENGE

*WINNER*	<b>WARREN DOVE</b>	LOST 31.03% OF BODY FAT BIOLOGICAL AGE DROPPED 18 YRS WAIST DROPPED 10CM
*2 <sup>ND</sup> PLACE	<b>ALLANNA DOVE</b>	LOST 28.52% OF BODY FAT WAIST DROPPED 8CM HIPS DROPPED 8.5CM
*3 <sup>RD</sup> PLACE	<b>CRAIG MILLIGAN</b>	LOST 22.16% OF BODY FAT DROPPED 6.6 KG WAIST DROPPED 9CM
*4 <sup>TH</sup> PLACE	<b>IAN BRUCE</b>	LOST 19.63% OF BODY FAT BIOLOGICAL AGE DROPPED 16 YRS DROPPED 6.3KG

2018 SAAARGE BOOTCAMP HERO

**NAOMI PRITCHARD-TILLER**

FITNESSNRG PT GROUP AWARD

**MICHELLE WEINER**

FITNESSNRG PT GROUP AWARD

**MICHELLE PASCOE**

FITNESSNRG PT GROUP AWARD

**ALLI GALLIOT**

BOOTCAMP MOST INSPIRING AWARD VOTED BY THE PARTICIPANTS

**SHELLIE JELLINEK**

Congratulations to all the award winners for 2018. You have made a huge impact on FitnessNRG with your determination and goals. We hope you continue your journey and that your results will inspire others to join our fantastic programs...

## DOES WALKING AND RUNNING BURN SIMILAR CALORIES IF THE WALK WAS 10KM AND THE RUN WAS 5KM?

It really is a complicated answer. A lot needs to be taken into account such as intensity, the metabolic switch across from burning fat opposed to burning calories, heart rate, age and weight. A good personal experiment would be to do the trial study on yourselves. But you must take into account the apps we use would not be totally accurate. To get accuracy requires a clinical environment with proper heart rate monitors. There is no correct answer but the information below may be helpful. Plus, there are many opinions out there so we need to take notice of actual studies undertaken before we know the answer. If you find another study than what's below, please share it. 😊

Walking and jogging are both effective for burning calories and improving your cardiovascular health. When it comes to burning fat, many people assume that jogging is more effective than walking. But walking can be just as effective as jogging if you walk for a ***long-enough duration at a high-enough intensity.***

### Speed and Energy Expenditure

A 2004 study published in "Medicine and Science in Sports and Exercise" found that running required more energy than walking over a distance of 1,600 meters. But the running speed in this study was twice that of the walking speed.

Another study published in the Journal of "Sports Medicine and Physical Fitness" found that during walking and jogging at the same speed over the same distance, walkers burned as much or more energy than joggers.

### Intensity and Fat Recruitment

An article published in "The Physician and Sports Medicine" noted that moderate-intensity activity such as easy jogging has a higher rate of fat oxidation than low-intensity walking.

***But walking at higher intensities may result in similar fat-burning activity.***

An article published in the "American Journal of Clinical Nutrition" found that endurance exercise performed at 65 percent of maximal oxygen consumption recruited nearly twice as much fat as activities performed at 25 percent of maximal oxygen consumption.

### Duration and Fat Recruitment

The time you spend walking versus jogging will influence how much fat you burn, particularly if you jog faster than you walk.

**A 2013 study of 33,000 runners and 15,000 walkers by the American Heart Association found that runners tend to expend twice as much energy as walkers, probably because they cover more distance in the same amount of time.**

However, if you are more likely to maintain a walking program, walking is probably a better choice for burning fat over the long run.

### Calories burned walking or running five miles

