



# FitnessNRG Info

April 2<sup>nd</sup> 2012

fitnessNRG.com.au

Easter is my favourite time of year; the weather is still reasonably good, there are several days off in a row which means you have a great opportunity to move more . Many people find Easter stressful because of the amount of food around. They expect to eat a lot of chocolate, disrupt their diet and put on weight - which, of course they do.

So this Easter, rather than fall victim to this typical, programmed behaviour, why not view Easter as the time and opportunity you need to get things on track. Commit to big walks and plenty of exercise, compensate when you eat a little too much chocolate on Easter Sunday and get yourself, your home and your life organized.

Imagine how great you will feel on Tuesday week if you have done this? Not only will you power into the next quarter of the year feeling organized and empowered, but if you do things right, you may even be a kilo lighter, if you expect to be.

## YOGHURT

Sweet yoghurt is not such a great food choice. It is generally high in sugar and carbs and liquid type calories so over consumed. In saying that, if you like natural or Greek style yoghurt, these are great food choices, so if you dont like them, it is time to start training your taste buds too. My standout favourite is Chobani with such a high protein content, and controlled calorie content and of course, Jalna Natural. Even considering the advertised digestive benefit of some yoghurt, I still think you are better to use a digestive aid such as Yakult if you suffer from bloating and avoid the sugars and carbs of the yoghurt.

<b>Yoghurt (per serve)</b>	<b>Fat (g)</b>	<b>Carbs (g)</b>	<b>Protein (g)</b>	<b>Calories</b>
Vaalia Low Fat Vanilla	2.2	26.4	7.8	159
Gippsland Organic	9.4	21.2	13.4	220
Ski Active Digestion	1.4	28.7	9.2	170
DF Thick & Creamy	2.7	25.7	9.0	165
<b>Chobani Greek Style</b>	<b>0.2</b>	<b>20.7</b>	<b>12.6</b>	<b>140</b>
Danone Activia***	1.9	16.9	6.1	111
Jalna Strawberry	9.8	29.8	11	250
<b>Jalna Natural</b>	<b>0.1</b>	<b>7.4</b>	<b>7.4</b>	<b>52</b>
<b>Yoplait Cal-tivate</b>	<b>1.6</b>	<b>22.4</b>	<b>8.9</b>	<b>140</b>

\*\*\*please note smaller serving size than most yoghurt

Please Note in this comparison I have avoided ALL yoghurts that contain artificial sweetener.

## A big walk every week

If there is one thing you can do over the Easter period to increase your metabolism and help in controlling, if not losing weight, it is to commit to a really long walk. 4-5 hours, at a medium pace will not only see you burn 500-600 calories but will remind you of how great you feel when you actually move your body the way it is meant to be, so get out and get walking

## RECIPE

### Eggplant Balls a great, light vegetarian meal

#### *Ingredients*

1 large eggplant  
½ cup multigrain breadcrumbs  
1 egg, beaten  
½ cup pecorino or parmesan cheese, grated  
1 garlic clove, finely chopped  
1 tbsp. parsley  
Extra 1/3 cup breadcrumbs  
Olive oil

#### *Method*

1. Cook eggplant with a little salt and then chop finely.
2. Combine eggplant with egg, cheese, garlic and parsley. Form into 3 cm balls and lightly coat each with remaining breadcrumbs.
3. Fry with a little olive oil and blot each once cooked through. Serve with hummus.

#### **Keep 100% focused on what you want**

I frequently spend much time listening to my clients talk of how frustrated they are; how angry they are that the weight is not coming off as quickly as they would like it to, how hard weight loss is, how it is not fair that some people can lose weight easily. Of course we all need time to debrief when we are frustrated and unhappy but another important thing to remember is that while it is natural to need to express these concerns and frustrations at the end of the day, when we are complaining and angry, this energy is not helping us move forward at any level.

When you are feeling this way, give yourself time to process these emotions and thoughts but try and remain focused on putting into action the higher energy phase that will allow you to continue to move forward even when things are not as you would like them to be. The golden question of what can **I DO** now to help me in this situation? will help to keep your positive, focused on what you are working towards and ultimately moving forward.

## QUOTE

**“Our doubts are traitors” William Shakespeare**

# TERM 2 CLASSES BEGIN 16<sup>TH</sup> APRIL

## “BOOK YOUR SPOT NOW”

***THERE IS A NEW CLASS ON THE SCHEDULE IN TERM 2***

### ***“EXTREME CORE”***

BEGINNING THURS 19<sup>TH</sup> APRIL

CLASSES WILL RUN THURSDAY 7PM-8PM

1 HR OF EXERCISES TO STRENGTHEN AND STABILISE THE CORE MUSCLE GROUPS INCLUDING ABDOMINAL MUSCLES AND LOWER BACK MUSCLES

This class is ideal for those wanting to strengthen and tone up not only the Abdominals but also the important back muscles . It involves exercises utilising body weight , using fitballs and dumbbells. There is an element of stretching at the end of each session. Let me know if you would like to join this group. It will run for 11 weeks . \$150 for 11 sessions.

**11 WEEKS**

**START APRIL 16<sup>TH</sup>**

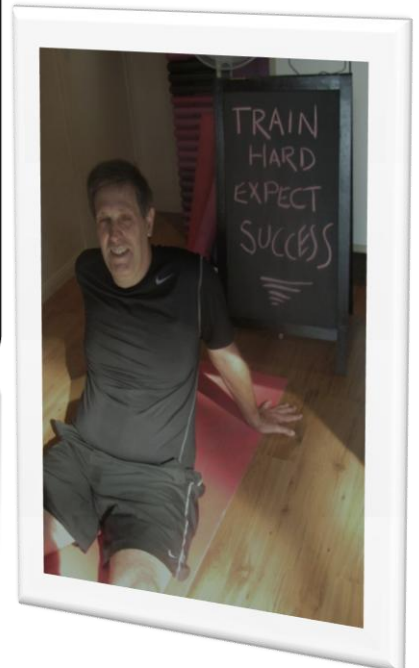
<b>DAY</b>	<b>TIME</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>COST \$150 EACH</b>
MON	5.00PM	<b><i>BOXING</i></b>	GUY	
TUES	9.30AM	<b><i>BOX/CARDIO/BAR</i></b>	CHERYLE	
TUES	5.00PM	<b><i>POWERBAR</i></b>	CHERYLE	
TUES	7.00PM	<b><i>POWERBAR</i></b>	CHERYLE	
WED	4.00PM	<b><i>DANCE CLASSES</i></b>	NARELLE	
THURS	9.30AM	<b><i>STEP/ABS/BUTTS</i></b>	CHERYLE	
THURS	7.00PM	<b><i>“EXTREME CORE”</i></b>	CHERYLE	



# BOOTCAMP “STUFF”

The Bootcamp Troops did their fitness test on Saturday morning. We had quite a few missing on the day. March was an interesting month with many of you busy and away on the weekends . The certificates will be given out and ultimate achiever will be announced Wednesday 4<sup>th</sup> April. Thanks to you all for your efforts throughout the sessions. We have had a lot of laughs along the way while you have been getting fitter and closer to your goals.. Fitness can be fun !!!!!!!

**NEXT BOOTCAMP BEGINS 16<sup>TH</sup> APRIL. LET ME KNOW IF YOU ARE JUMPING IN**



**“BOOTCAMP WHISPER”** ...*THE VANUATU BOOTCAMP HAS BEEN PUT ON THE SHELF DUE TO LOW NUMBERS. IT WOULD INVOLVE A LOT OF WORK ON MY PART TO RUN IT AND I NEEDED AT LEAST 10 PEOPLE TO COMMIT . SORRY TO THOSE WHO PUT DEPOSITS DOWN WHICH HAVE SINCE BEEN RETURNED. I WILL LOOK INTO IT AGAIN AT A LATER DATE. “BUT” I HAVE BEEN TALKING TO A LADY IN BALI WHO IS ALREADY SET UP TO ACCOMMODATE WHAT I AM AFTER . YES .....**BOOTCAMP IN BALI 2013**”.* WATCH THIS SPACE. I WILL KEEP YOU INFORMED . IT WILL MOST LIKELY BE IN JUNE 2013 AND I WILL HAVE PAYMENT PLANS AVAILABLE..