

FitnessNRG Info

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MAINTAINING WEIGHT LOSS

Below are simple hints on how to maintain weight loss, once you have achieved it. It is hard to lose weight and just as hard to maintain these losses, simply as the body likes to gain weight and old habits are easy to fall back into. Here are some tips on ways to maintain weight losses, with a minimal of fuss.

- 1) Weigh yourself regularly** -this way you can easily monitor when it starts to creep up and make the necessary changes to stop it doing so.
- 2) Constantly change your exercise regime** the body gets used to doing the same things very quickly so we need to change things around constantly to keep challenging the metabolism.
- 3) Always have a reset day** one day of the week that you eat lightly, based largely around fresh fruits and vegetables to remind yourself what it feels like to be hungry.
- 4) Limit alcohol** a lifelong solution to weight control is to try and limit the number of days each week in which you drink.
- 5) Add in a daily walk** just 20-30 minutes that you do every single day to compensate for all the sitting down we do.

LEARNING TO BREATHE

If you have not been breathing properly during stretching or other physical activities, it might seem a little awkward at first. Once you learn how to breathe properly, the process becomes second nature. The whole trick to breathing properly, is knowing when to breathe in (inhale) and when to breathe out (exhale).

The easiest way to remember how to breathe during a stretch is to exhale as you are moving into the stretch and inhale as you return to your original position. For example, try doing a simple leg stretch. Sit on the floor with your legs straight out in front of you and try to reach towards your toes while inhaling. It's not very easy, is it? Now, try the stretch again as you exhale. You will find that as you release the air from your lungs, you can stretch a lot farther.

Exhaling occurs whenever you are moving weight. Sometimes it is away from your body (as with leg presses or push-ups) and sometimes it is towards your body (as with bicep curls or lateral pull-downs). This is the same during a stretch; your body is the weight that you are moving. When you move into the stretch, you are moving the weight of your body, so you should breathe out. As your muscles return to their original positions, you should breathe in.

If you get confused in the beginning, that is all right. The important thing to remember is to breathe no matter what. Holding your breath will not help you at all, and you will find yourself tiring faster. For your body to get the maximum results, you have to consciously make an effort to do everything you can to increase internal performance.

BOOTCAMP NEWS

Welcome to the June Bootcamp.. Its really great to see all your smiling faces.. I promise to never demonstrate an upper cut again !!!! For those not in attendance last Wednesday , the Sarge was demonstrating how to perform a proper uppercut and all of a sudden the troops where in fits of laughter ! (You all have devious minds)

This Saturday session will be at Birdsland. Please arrive at 9.20 am to put packs on for the session. The night sessions will be cold out but soon we will have an outdoor undercover training area which has been a long time coming.

Next Wednesday the 20th June will be a Train in your PJ's session.. It is meant to be a bit of fun and a small prize will be given for the best PJ's. You will need to wear your runners. I warn you though, if you don't turn up in PJ's you will have to wear what Sarge has in her trunk.

BOOTCAMP IN BALI 2013

Very soon I will be organising final details and advertising this fantastic adventure. To give you a brief outline, it will be mid year 2013 . 5 nights 6 days. I will have a full outline very soon . If you are interested please let me know which month/s would suit you.

GROUP CLASSES

The group classes are getting close to end of term. I have really enjoyed every single session and its great to see you all working hard to achieve your goals. Please check with me if you think you may have some catch up classes. I am starting to plan for the next term , so if you have suggestions on what type of class you would like , please let me know. Term 3 starts Mon 16th July.

CLASSES AVAILABLE

MON 7.00PM	Gymfantry
TUES 9.30AM	Cardio/Box/Bar
TUES 5.00PM	Powerbar
TUES 7.00PM	Powerbar
WED 7.00PM	Box & Battle
THURS 9.30AM	Step/Abs/Butts
THURS 7.00PM	Core Extreme
SAT 9.30AM	Bootcamp