

FitnessNRG INFO

16th July 2012



Welcome back to classes !!!!. I'd like to welcome all the new participants who have joined their chosen exercise group, whether it's Personal Training , Groups or Bootcamp. The weather has been cold and now is the time to start planning and considering goals you want to achieve for the warmer months. The outdoor training area will hopefully be completed soon, which will provide more room for the gymfantry and boxing classes. Also providing another area for personal training and other groups .The current Bootcamp will include a mini biathlon so get your bikes out and start your training troops!!!! The biathlon will include a 6km run/power-walk and a 12km bike ride.

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.

RATE YOUR MAXIMUM PUSH-UP

RATING	AGE				
	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

STOP THE FOOD FOCUS

In the past week alone, how many of your social occasions have revolved around food and eating – coffee (and cake) with a friend; dinner out, drinks and snacks at the pub and a Sunday catch up over brunch. Food, eating and socializing are all a normal and important part of life, but when the extra calories that we also consume when we eat food away from the home start to stack up, it may be time to have a closer look at your social engagements or at least engineer them so they are not so focused on food and eating, particularly if your ultimate weekly goal is weight loss.

1. Incorporate movement as part of the social event – whether it is walking there or home.
2. Try and limit yourself to 2-3 occasions in which you eat out each week. If you tend to be out more than this, learn to compensate with lighter meals the rest of the day.
3. Focus on vegetables and salad no matter where you are eating out.
4. Practice ordering a coffee or tea without necessarily needing to order something to eat with it.
5. Mentally separate 'special' food occasions from times when you need to order meat/fish and vegetables.