



INFO 12th November 2012

DATES TO REMEMBER

| | |
|-----------------------------------|---------------------------------------|
| LAST BOOTCAMP SESSION 2012 | WED 5 TH DECEMBER |
| LAST DANCE CLASS 2012 | WED 5 TH DECEMBER |
| “XMAS PARTY” | FRI 7 TH DECEMBER |
| LAST TUESDAY GROUP SESSIONS 2012 | TUES 11 TH DECEMBER |
| LAST THURSDAY GROUP SESSIONS 2012 | THURS 13 TH DECEMBER |
| 2013 GROUP CLASSES AND BOOTCAMP | COMMENCE WED 30 TH JANUARY |
| PERSONAL TRAINING | “BY APPOINTMENT” |

BOOTCAMP 5KM TIME RESULTS SAT 3RD NOV

Well done to everyone who ran the 5km distance sat 3rd November. Below is how much quicker you ran the distance compared to the 1st test. **“Congratulations to Everyone”**. Each one of you achieved a quicker time. Some of you were away on the day so unfortunately could not compare your time. Jarrod and Angelina ran the 5km in their own time outside of Bootcamp.. The highest achiever who ran in Bootcamp session is Arna and Jo not far behind . Congrats to Jarrod who ran the fri night before in his own time.

| NAME | TIME ACHIEVED |
|-----------|-----------------|
| ARNA | 7 MIN 52 SEC + |
| SARAH | 56 SEC + |
| JASON | 14 SEC + |
| ROLAND | 2 MIN 20 SEC + |
| ANDREW | 3 MIN 04 SEC + |
| RACHEL | 3 MIN 39 SEC + |
| JO | 7 MIN 40 SEC + |
| LAUREN | 3 MIN 22 SEC + |
| GERALDINE | 4 MIN 42 SEC + |
| WENDY | 5 MIN 33 SEC + |
| GABRIELLA | 1 MIN 07 SEC + |
| NAME | RUN IN OWN TIME |
| JARROD | 9 MIN 12 SEC + |
| ANGELINA | 2 MIN 34 SEC + |

FOOD TIP

The best foods to pick up on the go

At times we all need to pick up a fast food meal on the run, and while we may think that Thai or even sushi are healthy options, there are actually some better options, especially when it comes to considering the carbohydrate and protein content of the foods you are choosing. Here are some reasonably good options, some of which may surprise you a little –

| | Cal | Carbs | Protein | Fat |
|---|-----|-------|---------|-----|
| Mad Mex Naked Beef Burrito | 120 | 2 | 14 | 4 |
| Oporto Chicken Strips | 260 | 6 | 42 | 8 |
| Honey & Oatbran 6" Roasted Chicken Subway | 282 | 36 | 24 | 4 |
| Sumo Warm Moroccan Lamb Salad | 330 | 22 | 25 | 12 |
| McDonalds Grilled Fillet O'Fish | 300 | 31 | 13 | 13 |

SHOULD YOU EAT BEFORE YOU TRAIN ?

“Should you eat before you train in the morning?” For many, the belief is that if you do not eat, you will have no readily available fuel in the form of carbohydrate, and as a result you will burn a greater proportion of fat. Unfortunately, things are not so clear-cut when it comes to physiology and fat metabolism.

If no carbohydrate is available to the muscle when it is being trained, while you will burn a higher percentage of fat overall, but smaller amount of total energy, as the body will reduce metabolism to adapt to the perceived fuel shortage. For this reason, if you complete a light training session of <30 minutes of moderate intensity activity, before 7:30-8am, you do not need to eat before you train. But, if you train for >45-60 minutes, have cut out carbs the night before and/or will not eat your breakfast until after 8am you are likely to train more efficiently and burn more fat if you do eat a small portion of carbohydrate before your session. Please note, small, just 10-20g, which will top up your blood glucose level and let you access your fat stores more efficiently. Good choices include 1 slice of toast with peanut butter or cheese, a couple of Vita Weat crackers and ½ glass of milk.