

## DATES TO REMEMBER

WED AUG 6 <sup>TH</sup>	BOOTCAMP GROUP PHOTO TAKEN
SAT AUG 9 <sup>TH</sup>	NO BOOTCAMP SCHEDULED TODAY
MON AUG 11 <sup>TH</sup>	LAST BOOTCAMP SESSION FOR CURRENT BOOTCAMP
MON 18 <sup>TH</sup> AUG	AUG/SEPT BOOTCAMP STARTS. COST \$150 FOR 4 WEEKS
THURS 18 <sup>TH</sup> SEPT	END OF TERM 3 CLASSES
MON 6 <sup>TH</sup> OCT	THE 8 WEEK BIGGEST LOSER CHALLENGE STARTS !!!!!

## REFUELLING AN UNSETTLED STOMACH

Hard workouts and long runs often leave the exerciser with queasy stomachs. But to get the most benefit from your workouts, it's important to refuel within an hour of exercising, says Leah Thomas, a sports dietitian. If your post-workout routine has you racing for a bathroom rather than a protein bar, Thomas offers these tips to help you get the recovery you need:

### Avoid trigger foods

Some foods like chocolate milk or yoghurt can be great recovery aids, but dairy can also be a trigger food for nausea. Learn which foods to avoid in your post-workout fuelling.

### Start with the carbohydrates

Although you want to have a mix of carbohydrates and protein in your recovery snack, Thomas says they don't need to be taken simultaneously. Minimising protein and fat early may make it easier to get something in right away. Start with a high-carbohydrate drink like Gatorade or Powerade that will sit easier on your stomach and also help to rehydrate you after a workout.

### Don't rush it

If all else fails, give yourself time. "If there are times that you just can't stomach something, then just wait, let yourself settle down and gradually introduce food," Thomas says. Missing the recovery window one time is not going to ruin you if you just can't handle it.

## DO YOU LOVE YOUR FOOD?

What is your favourite treat? A glass of beautiful wine; the richest of dark chocolate or a Lindt ball? Do you love Japanese, or Thai? Or for your last meal would you love nothing more than some buttery vegemite toast?

We live in a world in which food is readily available and relatively cheap. This means that treats are ample as are the calories that go with them. We often waste our calories on foods that we do not even really like that much – cheap fries or rice with meals; poor quality bread or catered sandwiches that we consume not because we are that hungry, or really feel like them, rather just because they are there.

As we seek to take control of our food and our calorie intake as a result, simply focusing on eating only foods that are good quality; what we really feel like eating and what will truly satisfy us is one of the simplest ways to cut back on extra calories and sometimes even lose weight as a result, even with eating all the foods that you really, really love.

*"The faster you run, the more kilojoules you expend," says exercise physiologist Adam St. Pierre. Research suggests that interval training also prompts the body to burn more kilojoules in the hours after exercise. It shouldn't replace moderate running entirely, says St. Pierre. You need both. But a weekly speed session can spice things up and utilise different muscles, potentially reducing your injury risk (provided you're careful to ease into speedwork and build workout duration and intensity gradually).*

# SAAARGES EASY TO COOK .....BEEF & BARLEY SOUP

## INGREDIENTS

500g Chuck Steak .Trimmed of fat  
1 cup Barley (Pearl)  
11 cups water with 10 Chicken Stock Cubes  
8 Spring Onions chopped  
3 Carrots diced  
3 Sticks of Celery chopped

## METHOD

1. Brown the meat
2. Add all the ingredients and bring to boil
3. Skim surface and reduce heat
4. Simmer for 2 hours
5. Add pepper to taste
6. Enjoy ☺

## FITNESSNRG HOODIES NOW AVAILABLE TO ORDER AGAIN

COST \$45 ..

## ORDERS CLOSE AND MUST BE PAID BY WED 13<sup>TH</sup> AUG.

Orders are being taken for FitnessNRG hoodies. These are at cost price at the moment. So get in now. It may not be this price again. Must pay when ordering. Sizes are unisex XS, S, M, LRG, XL, XXL and XXXL. They come in a crew neck or zip. The feedback is that they are really warm !!! Fantastic to wear to training on these cold nights or wear them out and about.

Check them out below. Modelled by the Milligan boys !! ☺

