

24<sup>th</sup> NOVEMBER 2014

## \***SUMMER BOOTCAMP SPECIAL**\*

<b>WHEN</b>	MON 5 <sup>TH</sup> JAN – WED 28 <sup>TH</sup> JAN
<b>SESSIONS</b>	MON 7PM WED 7PM
<b>COST</b>	\$100



## **8 WEEK WEIGHT LOSS CHALLENGE UPDATE**

This is the final week of the 8 week weight loss challenge. Some people are reaching a 10 kilo loss of weight !! You have all worked hard. Final weigh in is Friday between 4pm-6pm. Eat your lunch and a small snack in the afternoon but don't have your evening meal. If you are unable to make it then please try to see me for your final weigh in on Thursday 5.30pm. I will need to collect your manuals to calculate percentages. Please bring your manuals to final weigh in. This is necessary so I can work out your results. All 8 week weight loss challenge participants can keep training and participate in the group classes until the 18<sup>th</sup> December. I am away from Sat 29<sup>th</sup> Nov till Sat 6<sup>th</sup> Dec

## **BOOTCAMP NIGHT WALK FRIDAY THE 28<sup>TH</sup> NOV CHURCHILL / LYSTERFIELD NATIONAL PARK HALLAM NORTH ROAD LYSTERFIELD STH**

Meet at the carpark at Churchill National Park. Hallam North Road. It is **NOT** the entrance on Churchill Park Drv.

Hallam North Road comes off Churchill Park Drv.

Bring a back pack with water and a torch. We will be walking the tracks of the park in a group. It will be an enjoyable end of all your hard training. BUT of course there are a couple of hills to climb so you will still have to work a little bit. ☺

If you have some catch up classes this is a great opportunity, so come along. There may be a sneaky surprise if you do ☺

**THERE WILL BE NO TRAINING SAT 29<sup>TH</sup> NOV – SAT 6<sup>TH</sup> DEC  
ALL PT SESSIONS AND GROUP CLASSES WILL RESUME MON 8<sup>TH</sup> DEC UNTIL  
THURS 18<sup>TH</sup> DEC**

## FITNESS NRG CHRISTMAS PARTY

**WHEN** SAT 13<sup>TH</sup> DEC

**TIME** 7PM

**THEME** BUY YOUR PARTY CLOTHES FROM THE SALVO'S TO SUPPORT THOSE IN NEED. PLACE RECEIPTS ON GYM MIRROR. LET'S SEE HOW MUCH WE CAN RAISE. 😊



**BRING** A SMALL PLATE AND DRINKS

**\*WINNER OF 8 WEEK WEIGHT LOSS ANNOUNCED PLUS AWARDS PRESENTED ON THE NIGHT**

### DATES TO REMEMBER

Fri 28 <sup>th</sup> November	Last Bootcamp session (Night Walk)
Fri 28 <sup>th</sup> November	Final weigh in for all 8 Week Weight Loss Participants. 4-6 pm
Sat 29 <sup>th</sup> Nov–Sat 6 <sup>th</sup> Dec	“No Classes”
<b>Sat 13<sup>th</sup> December</b>	<b><i>FitnessNRG Xmas Party</i></b> Awards presented on the night
Thurs 18 <sup>th</sup> December	Last term 4 group class
Mon 22 <sup>nd</sup> Dec – Mon 5 <sup>th</sup> Jan	Personal Training and PT Group sessions available. Bookings are essential
Mon 5 <sup>th</sup> Jan- Wed 28 <sup>th</sup> Jan	“SUMMER BOOTCAMP”
Tues 3 <sup>rd</sup> Feb	2015 Term 1 Group Classes commence
Wed 4 <sup>th</sup> Feb	Feb Bootcamp starts



**FITNESS NRG GIFT VOUCHERS ARE AVAILABLE NOW !!**

**GREAT IDEA AS A XMAS GIFT**

## THERE HAS BEEN A CHANGE OF DATE AND VENUE FOR NEXT YEAR TOUGH MUDDER !!!!!



WHEN SAT 17<sup>TH</sup> OCT 2015  
WHERE BROADFORD  
TIME 1PM (Will be confirmed 1 week prior)

### THE TOUGH MUDDER ORGANISERS HAVE CHANGED THE DATE AND LOCATION OF THE MELBOURNE TOUGH MUDDER EVENT

Some of you may already be aware that the date and venue has changed. The positive side is that we have longer to train for it . So... Come on and join in Log onto <https://toughmudder.com.au/events/2015-melbourne>.. Click on Saturday registration. Find the team FitnessNRG and log in with password Saaarge. Come on give it a go. Or you can make a donation for The Soldier On Foundation ☺

## MONDAY MAINTENANCE

While there is much debate about the role of different diets in weight loss or even weight maintenance long term, – a day of calorie controlled eating after the weekend will help to drop the kg or two of fluid many of us experience after a weekend that often features many extra calories courtesy of alcohol, sugar and high fat meals out.

For example after a high calorie 2 days of eating Have an entire day of low calorie eating using fresh fruits, vegetables, white fish and herbal tea to give the body plenty of nutrition for far fewer calories. This strategy helps us to find focus again with our eating, get rid of the fluid that can cause bloating and heaviness and reminds of how much better we feel when we control our calorie intake and eat clean, nutrient dense foods.

## ALCOHOL CALORIES

From a weight control perspective this can pose an issue as alcohol calories are quickly processed in the liver, whilst the calories we eat via foods such as high fat canapés, chips, fried pub food and other snacks is more likely to be stored. So in an attempt to keep on top of your calorie intake this holiday season, here is a guide to the calories found in the most popular alcoholic drinks so you can adjust your food intake or exercise to prevent weight gain accordingly

Drink Choice	Calories
Small glass of wine:	95
Small glass champagne:	85
Glass low alcohol wine:	80
Large (typical glass of wine):	160
2 regular beers	300
Low carbohydrate beer:	110
Pre-mix spirit	180
Bourbon & Cola:	125
Bourbon & Diet Cola:	70