

BOOTCAMP MINI TRIATHLON

WHEN SAT 28TH FEB
TIME 8.30AM
WHERE LYSTERFIELD LAKE PARK
BRING SWIMMING ATTIRE, BIKE,
HAT, WATER, TOWEL AND SUNSCREEN



CATEGORIES ARE

SWIM APPROX 50 – 100 METRES
BIKE 9.5KM
RUN 3KM

NO COST FOR FEBRUARY BOOTCAMP TROOPS
\$20.00 FOR CASUAL ATTENDANCE

WHICH ICE CREAMS SHOULD I HAVE IF I HAVE TO ??

As a general rule of thumb choose ice creams and desserts with fewer than 100 calories and <20g total sugars

If you enjoy a little ice cream every now and again, here are some of the better choices -
Paddle Pop - A single Paddle Pop contains just 80 calories and 2g of fat. How good is that?
Mango Weis Bar - Another great low calorie choice with just 111 calories per serve and our favourite Aussie fruit for Summer.

Skinny Cow Vanilla Ice-Cream Bar - With just 82 calories and <2g of fat this is another great choice, although it does contain sweetener to keep the calorie content low

SplICE - With just 77 calories and 1g of fat, you cannot go wrong with this refreshing choice.

SOME OF THE REASONS WHY WE EXERCISE

When endorphins are released into your bloodstream during exercise, you feel much more energized the rest of the day

Exercise increases energy levels and increases serotonin in the brain, which leads to improved mental clarity,

Exercise produces a relaxation response that serves as a positive distraction. It also helps elevate your mood and keep depression at bay

Group training starts great friendships. For long-term weight loss, you need to have social support

Research has shown that exercise can slow or help prevent heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (bone loss), and loss of muscle mass.

Your heart and cardiovascular system will function more effectively

“With a goal of losing weight and enhancing health, exercise has to become a part of a person's life, not an afterthought”

THE FITNESSNRG RELAY FOR LIFE TEAM

WHEN MARCH 28TH - 29TH
START SAT 4PM
FINISH SUN 10AM
WHERE KNOX ATHLETIC TRACK
FERNTREE GULLY
JOIN BY PURCHASING A TICKET FROM



www.relayforlife.or.au. Make sure you join FitnessNRG Personal Training team

FitnessNRG are putting a relay team together and you are invited. We plan to walk the athletic oval in shifts from 4pm Sat 28th March till 10am Sun 29th. All you need to do is spare an hour or 2 or perhaps set up camp for the night on the oval.

Times will be allocated to each person or small group. It costs \$20 to participate but donations are also welcome. Go to the website and find the Knox event. Then find our team. You will be sent a Relay For Life shirt to wear at the event and breakfast is included.

Candlelight ceremony is at 8pm on Sat. Entertainment is provided and a 6am wake up Bootcamp Games will get you up and motivated followed by breakfast.

Relay because you want to make a difference in the fight against cancer. Cancer is one of the leading causes of death in Australia, and together we can change that. Cancer Council's Relay For Life raises funds for research, prevention and support services for those affected by cancer.

By joining the FitnessNRG team or donating you will be helping Cancer Council give hope to thousands of Australians.

Thank you for your support !