

1ST DECEMBER 2015

DATES TO REMEMBER

WED 2 ND DEC- WED 23 RD DEC	DEC BOOTCAMP \$125.00 (3 WEEKS)
SAT 12 TH DEC 7PM	FITNESSNRG XMAS PARTY
WEEK ENDING FRI 18 TH DEC	LAST WEEK OF POWERBAR, CORE, STEP, NRG EXPRESS AND KIDZ FITNESS CLASSES
MON 4 TH JAN 2016 - WED 27 TH JAN	4 WK SUMMER BOOTCAMP *SPECIAL \$100* MON AND WED 7PM. NO SATURDAYS ARE SCHEDULED SO YOU CAN HAVE YOUR WEEKENDS FREE.
FEB 1 ST - MARCH 24 TH 2016	TERM 1 2016 CLASSES BEGIN

BOOTCAMP NEWS

The Bootcamp Run & Ride event was held last Saturday at the Churchill and Lysterfield Lake Park. The troops took off at 8.30am. Some chose to do a walk instead of a ride and everyone seemed to enjoy the challenge. The overall winner was Woz Dove winning the event by just 2 seconds. Mick Buick was second. Great job guys. If only people could see what I see when everyone is reaching that finishing line. It's quite a spectacle. Admittedly the last few metres was uphill which pushed the troops to their limits. Check out the photo's on the FitnessNRG Facebook Page.

DECEMBER BOOTCAMP RUNS FROM WED 2ND DEC - WED 23RD DECEMBER COST IS \$125.00

8 WEEK WEIGHT LOSS CHALLENGE

The challenge has ended. You all have done so well. The winner and second place winner will be announced at the Xmas Party. Let me say it is very very close



XMAS PARTY SAT 12TH DEC 7PM

**SANTA WILL BE VISITING US ON THE NIGHT.
TO HELP SANTA ALONG HE WANTS EVERYONE TO
BUY A GIFT FROM THE SALVOS AS WELL AS BUY
YOUR PARTY OUTFIT. BRING ALL YOUR RECEIPTS TO
TRAINING AND PLACE IN SALVO BAG OR TEXT
AMOUNT YOU SPEND TO SARGE..
BUY A KRIS KRINGLE GIFT BETWEEN \$10-\$15.
BRING DRINKS AND
A SMALL PLATE TO SHARE**



EASY XMAS RECIPE: MINI QUICHES 18 serves

Nutrition/serve Energy: 86cal | Protein: 5.5 | Fat (Total): 4.8 | Saturated Fat: 2.3 | Carbs: 4.7 | Fibre: 1.3

Ingredients

- 2 mini muffin baking tray
- 6 pieces of burgen soy lin bread
- 2 eggs
- ½ cup reduced fat cream
- 160g baby spinach leaves
- 4 rashers of bacon, fat trimmed and diced
- 10g butter
- 1 large leek, finely chopped
- 1 garlic clove, finely chopped
- 1/4 cup light mozzarella
- 1/4 cup finely grated parmesan
- 1/2 tsp parsley

Method

1. Preheat oven to 180 and lightly spray or grease the muffin tray.
2. Use a knife or circle cookie cutter to cut three circles in each piece of bread, placing this into the muffin tray as the quiche base.
3. In a small fry pan, melt the butter and fry the leek and garlic for 2-3 minutes, until soft.
4. Add the spinach leaves and cook for a further couple of minutes until the spinach is wilted.
5. Divide this mixture among the muffin holes and sprinkle the mozzarella on top.
6. Mix the eggs, cream and parsley together, seasoning with salt and pepper before distributing the mixture over the top of the spinach.
7. Top each mini quiche with bits of bacon and a sprinkle of parmesan before baking in the oven for around 20 minutes.

WATER AND WHEN TO DRINK IT

WHEN is an easy one. Your body will tell you when you need to drink, which is when you are thirsty. You need to be able to recognise the first indication of thirst as a warning that dehydration is imminent, and then act accordingly. Many people have taught themselves to ignore this feeling and may have desensitized themselves to the initial signs of thirst.

As a general rule, you should aim to drink a glass of water :

1. When you get up, before you eat or drink anything else.
2. 10 to 15 min before each meal
3. Any other time when thirst strikes

Water may have a detrimental effect if consumed while you are eating or directly after eating. Because water leaves the stomach so quickly, it is fine to drink it before eating. Drinking water with or straight after a meal dilutes the gastric juices and carries them right out of the stomach. Drinking while eating may cause you to swallow only partially masticated food. Both of these situations will disrupt the digestive process and quite possibly lead to digestive complaints.

Ideally, drinking should not happen during eating or within two hours of the completion of a meal. I understand, however, that practically this may be difficult to avoid consistently.

*Next newsletter will explain How much water should you drink
Ref....Andrew Jobling Health and Lifestyle Consultant, B Ed (Physical Education)*