

FITNESSNRG^{PT}

INFO 29th FEB 2016

“CONGRATULATIONS” TO THE SAT TRIATHLON GROUP



These guys did an amazing job on Saturday. They began with an approx 100 metre swim, a quick change and then took off on their bikes for 9.5km along a dirt track with a hill every now and then. They returned leaving their bikes behind and then racing off to complete a 3 km run. One change over took just 18 seconds. Guess who ?? Some chose to do bike and run only and some chose to do the run twice. Everyone put in and it was great to watch.

A special mention to Mick, Woz, Peter, Ian, Roland and especially Amanda being the only girl who jumped into the swim leg. Mick smashed it completing the whole Triathlon first, with a time of 45.35. Woz was not far behind with a time of 47.47 ☺

It was a really great morning. Check out all the pics on

<https://www.facebook.com/media/set/?set=a.784916094986259.1073741854.306117296199477&type=3>

Thanks for coming along and giving it a go ☺

TEMPTED BY EARLY EASTER EGGS? CHECK THIS OUT!



The supermarket shelves are starting to stock Easter treats. A single Easter Bun with butter (and choc chips) or 4-5 mini eggs contains an extra 250 calories. If you indulge in Easter treats for the next 4 weeks, you will gain at least 2kg or more. Be strong and leave the treats until Good Friday.

Eggs Selection	kJ	Fat	Exercise units
200g Easter Bunny	3740kJ	50g fat	2 hrs of running
2 Caramello Eggs	500kJ	6 g fat	15 min rowing
1 Crème Egg	718kJ	6g fat	45 min fast walking
100g Deluxe Bunny	2270kJ	33g fat	2 cycle classes
3 mini eggs	560kJ	7.5g fat	15 min skipping
Small hot cross bun (no butter)	600kJ	2 g fat	30min swimming
Large hot cross bun with butter	1200kJ	10g fat	30 minutes jogging
Choc chip hot cross bun	1100kJ	9g fat	30 min boxing class

RECIPE HOMEMADE FISH AND CHIPS

Ingredients

200 grams sweet potato
Spray olive oil
2 cups corn flakes
1 egg, beaten
2 tablespoons low fat natural yoghurt
600 grams boneless white fish
½ cup wholemeal flour

Method

1. Preheat oven to 190°C. Microwave sweet potato until nearly cooked. Cool, and cut into wedges. Spray with olive oil and lay on baking tray.
2. Crush cornflakes. Combine egg and yoghurt in a bowl. Place fish in flour and coat. Dip coated fish in egg mixture and then coat with cornflakes.
3. Place on tray with chips and bake for 15minutes or until crispy and brown.

HOW DO I MANAGE CALF CRAMPS?

Q *In almost every run I get severe calf cramps; one or both of my calves just lock up. What's the cause of the cramping and how do I prevent it?*

A There are a couple of schools of thought on cramping; one suggesting it is hydration and electrolyte based and another suggesting there is a neuromuscular cause involving fatigue. I tend toward the latter in the marathon setting. Bruce Jones did a lot of work on marathon medical problems with the Boston Marathon through the '80s and '90s. In a comparison of medical problems in a hot and cold marathon, he found most problems increased with hot conditions; however, muscle cramping stayed at the same high level in both groups. So, heat is probably not the culprit. If you've hydrated and supplemented well, with various combinations of electrolytes, vitamins and minerals in your training and on race day, fluid balance and electrolyte deficiencies are likely not the primary villain either. My guess is that you are dealing with "**muscle fatigue**" resulting in severe and painful cramping, generally termed exercise-associated muscle cramping. The onsite treatment is to stretch the cramping muscle.

DATES TO REMEMBER

MON 29 TH FEB	MARCH BOOTCAMP BEGINS	COST \$150
MON 14 TH MARCH	LABOUR DAY. CLASSES ON THE DAY ARE 9.30AM POWERBAR AND 7PM BOOTCAMP	
THURS 24 TH MAR	BOOTCAMP NIGHT WALK. LAST SESSION FOR MARCH BOOTCAMP.	
THURS 24 TH MAR	LAST DAY OF TERM CLASSES SCHOOL HOLIDAYS BEGIN	
FRI 25 TH MAR	GOOD FRIDAY NO CLASSES	
SAT 26 TH MAR	EASTER SAT NO CLASSES	
SUN 27 TH MAR	EASTER SUNDAY	
MON 28 TH MAR	EASTER MONDAY NO CLASSES	
MON APRIL 4 TH	APRIL BOOTCAMP STARTS	
MON 11 TH APRIL	TERM 2 CLASSES BEGIN	



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- Tecoma

"We renovated our bathroom and Gavin gave us a lot of great advice. He worked with us to use the existing fittings and the result is fantastic."
Dave Thomas - Selby

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Some of you may recognise this face. Gavin is a regular NRG Express and Bootcamp participant. You couldn't meet a nicer guy and he is our very first to advertise his business in the FitnessNRG newsletter. He has a great reputation and very reliable so give him a call if you need any plumbing.

If you would like to advertise your business in the next newsletter email a pdf to fitnessnrg@gmail.com and we will put it in for you. ☺