

## WELCOME BACK TO TRAINING

Term 2 has started back with loads of enthusiasm. I hope you all enjoyed your Easter break and ready to get back into your training again. Too much chocolate can make us feel sluggish, unmotivated, bloated and will put on excess kilos. So the best thing to do is to get back into your exercise routine as soon as possible. Don't put it off.

Every year we do an event on the Mother's Day weekend to either fund raise or create awareness for Breast Cancer. Last year we did a fund raiser for The National Breast Cancer Association by running an event along the challenging Ryan's Road. This year will be A Long Walk for Breast Cancer Awareness. Details coming soon.

Welcome to all new participants. I hope you are enjoying your exercise and feel that it is "your" place to come to train. I feel we have a fantastic group of supportive people who come here. I think you are all amazing ☺

## CAR PARKING

Most of you are aware that last year we were asked to inform FitnessNRG members not to park in the car spaces across the road. The owners of the shops across the road had expressed their concern and involved the council, leading to a very stressful situation. I know it may appear to be an unreasonable request especially when the shops are closed BUT to allow FitnessNRG to run I can't risk any further complications from the shop owners.

So please adhere to their requests.

You **CAN** however park on the street and the child care centre have kindly offered car spaces in their carpark **but only** after 6.30pm.

To operate FitnessNRG Personal Training, it's important I don't upset the local shop owners so that we can all operate in a co-operative manner. Sorry for any inconvenience. ☺

## DATES TO REMEMBER

**ANZAC DAY  
MON 25<sup>TH</sup> APRIL**

**"CLOSED"  
NO CLASSES OR PT SESSIONS**

**FRI 29<sup>TH</sup> APRIL**

**JACKS ORIGINAL BAND "TEMPUS"  
PLAYING AT FERNTREE GULLY HOTEL.  
PURCHASE TICKETS FROM JACK \$10**

**SAT 30<sup>TH</sup> APRIL**

**NO BOOTCAMP THIS MORNING.  
SARGE IS AT A FITNESS CONVENTION**

**WED 4<sup>TH</sup> MAY**

**LAST SESSION FOR APRIL BOOTCAMP**

**SAT 7<sup>TH</sup> MAY**

**BOOTCAMP BREAST CANCER AWARENESS  
EVENT.**

**SAT 7<sup>TH</sup> MAY**

**START OF MAY BOOTCAMP  
4 WEEKS \$150  
3 SESSIONS / WEEK MON & WED 7PM SAT 9.30AM**

**SUN 8<sup>TH</sup> MAY**

**MOTHERS DAY**

**MON 13<sup>TH</sup> JUNE**

**QUEEN'S BIRTHDAY**

**FRI 24<sup>TH</sup> JUNE**

**LAST DAY OF TERM 2**

# BOOTCAMP BREAST CANCER



## AWARENESS EVENT

|                        |   |
|------------------------|---|
| <b>WHEN?</b>           | <b>SAT 7<sup>TH</sup> MAY</b>   |
| <b>WHERE?</b>          | <b>TBA</b>  |
| <b>TIME?</b>           | <b>TBA</b>  |
| <b>WHATS INVOLVED?</b> | <b>A VERY LONG WALK.<br/>NO IT'S NOT RYANS RD. MAYBE JUST A<br/>LITTLE SECTION OF IT.</b>   |
| <b>THEN WHAT?</b>      | <b>BREAKFAST / BRUNCH AT "BREW TIME<br/>CAFÉ"<br/>BELGRAVE STH. (ADDITIONAL COST)</b>   |
| <b>COST?</b>           | <b>IT'S INCLUDED FOR THOSE WHO JOIN IN<br/>THE MAY BOOTCAMP.<br/>AND FOR ALL TERM 2 UNLIMITED NRG<br/>MEMBERS.</b><br><br><b>A CASUAL FEE APPLIES IF NOT ENROLED.</b> |

**\*THIS YEAR WE ARE NOT FUNDRAISING BUT CREATING  
AWARENESS.  
WE WILL ALL BE WEARING PINK.  
PINK SHIRTS SUPPLIED IF YOU DON'T HAVE ONE 😊**

# SORE MUSCLE TREATMENT TIPS

The only “cure” for sore muscles is time for them to recover and heal.  
 Wait for the muscles to heal before working at the same level that originally caused the muscle soreness.  
 Move the sore muscles slowly and easily until they return to their normal state.  
 Work below your previous intensity until their strength returns.

No-one has discovered a panacea for DOMS yet but there are remedies that have proved to be of some help in the recovery process. These include ice, rest, anti-inflammatory medication, massage and heat treatment.

To reduce sore muscles;  
 Gradually warm up your muscles to increase the flow of oxygen and nutrients to the muscles before you work them. Your joints will also become less stiff and your body better adapted to the demands of the exercise.  
 Stay hydrated.  
 Keep your muscles fueled with good nutrition and good dietary habits.  
 Give your body time to recover properly so that it can adapt slowly to your improved levels of performance.  
 A massage will reduce muscle soreness by stimulating the neutrophils (white blood cells that fight inflammation).  
 Relaxing in the pool, a hot tub or a salt bath for 15 minutes will reduce muscle tension.  
 Include stretching and flexibility training as part of your long term exercise program.

**It is important to distinguish the difference between moderate muscle soreness induced by exercise and muscle overuse or injury.**

## BEEP TEST

On Saturday at Bootcamp the troops did the Beep Test as part of their fitness testing. This will be repeated in 8 weeks. It is a physically challenging test, which tests cardio fitness. Well done everyone for giving it a go.. Have a look at Beep Test results below to see where you are. If you can't remember what you did I have your Saturday results. Text me and I will send it.

| BEEP TEST   |      |      |         |      |           |           |
|-------------|------|------|---------|------|-----------|-----------|
| MALES       | poor | fair | average | good | very good | excellent |
| 12 - 13 yrs | 3/4  | 5/2  | 6/5     | 7/6  | 8/9       | 10/9      |
| 14 - 15 yrs | 4/7  | 6/2  | 7/5     | 8/10 | 9/9       | 12/2      |
| 16 - 17 yrs | 5/1  | 6/9  | 8/3     | 9/10 | 11/4      | 13/7      |
| 18 - 25 yrs | 5/2  | 7/2  | 8/6     | 10/2 | 11/6      | 13/10     |
| 26 - 35 yrs | 5/2  | 6/6  | 7/10    | 8/10 | 10/7      | 12/9      |
| 36 - 45 yrs | 3/8  | 5/4  | 6/5     | 7/8  | 8/10      | 11/3      |
| 46 - 55 yrs | 3/6  | 4/7  | 5/6     | 6/7  | 7/8       | 9/5       |
| 56 - 65 yrs | 2/7  | 3/7  | 4/9     | 5/7  | 6/9       | 8/4       |
| > 65 yrs    | 2/2  | 2/6  | 3/8     | 4/9  | 6/2       | 7/2       |

| BEEP TEST   |      |      |         |      |           |           |
|-------------|------|------|---------|------|-----------|-----------|
| FEMALES     | poor | fair | average | good | very good | excellent |
| 12 - 13 yrs | 2/6  | 3/6  | 5/2     | 6/2  | 7/5       | 9/3       |
| 14 - 15 yrs | 3/4  | 5/3  | 6/5     | 7/6  | 8/8       | 10/7      |
| 16 - 17 yrs | 4/2  | 5/7  | 7/2     | 8/5  | 9/8       | 11/11     |
| 18 - 25 yrs | 4/5  | 5/8  | 7/3     | 8/7  | 10/2      | 12/7      |
| 26 - 35 yrs | 3/8  | 5/3  | 6/6     | 7/8  | 9/5       | 11/5      |
| 36 - 45 yrs | 2/7- | 3/8- | 5/4     | 6/3  | 7/5       | 9/5       |
| 46 - 55 yrs | 2/5  | 3/6  | 4/5     | 5/4  | 6/3       | 8/1       |
| 56 - 65 yrs | 2/2  | 2/7  | 3/6     | 4/5  | 5/7       | 7/2       |
| > 65 yrs    | 1/5  | 2/2  | 2/7     | 3/5  | 4/4       | 5/7       |

# RECIPE : SOY CHILLI CHICKEN WITH CUCUMBER SALAD

Prep time: 20 Minutes

Cooking time: 25 Minutes      \$ Low Budget

Serves 4

4 x chicken breast fillets, lightly scored diagonally on top about 1.5cm apart  
2 cloves of garlic, finely minced  
1 tbs of freshly grated ginger  
1-2 long red chilli, sliced diagonally (seeds removed if you prefer)  
2/3 cup of soy sauce  
2 tbs of brown sugar  
2 tbs of rice wine vinegar  
1 tsp of sesame oil  
Steamed Jasmine rice to serve

For the Cucumber Salad:

2 Lebanese cucumbers, sliced with a potato peeler, rotating the cucumber (discard the seeds once you get to them on all sides)  
2 handfuls of bean shoots  
1 cup of coriander leaves  
1 cup of mint leaves  
1 red chilli, deseeded and finely shredded  
1/2 a small red onion, finely sliced top to bottom  
2 tbs of toasted sesame seeds

Preheat the oven to 200°C

Combine the soy, brown sugar, rice wine vinegar, chilli and sesame oil in a jug and whisk until the sugar has dissolved. Place the breast fillets in a shallow baking dish and pour the marinade over the top. Marinate if you have time for the best results. Place in the oven for 25 minutes, basting the chicken every 10 minutes.

While the chicken is in the oven, peel your cucumber into a bowl and add the bean shoots, coriander and mint leaves, onion and chilli. Toss well with your hands to combine.

Remove the chicken from the oven and allow to rest for 5 minutes. Slice each breast on the diagonal (where the score marks are) and place it in a fan like fashion around some steamed rice. Spoon the marinade from the chicken over the chicken and the rice reserving a little for the salad (1-2 tablespoons). Pour the remaining marinade over the salad and toss gently before placing a generous helping on top of the chicken. Scatter over the toasted sesame seeds and serve.