

## THE 8 WEEK WEIGHT LOSS CHALLENGE IS COMING SOON!

MON 9<sup>TH</sup> OCT – LAST WEIGH IN FRIDAY 1<sup>ST</sup> DEC

### WHATS THE DEAL?

Do you need to kick start your metabolism and re-ignite your enthusiasm? Well, you **CAN** do it starting Monday 9<sup>th</sup> October.

#### **This program works!!!**

This program will give you the tools to take control of your eating habits. You have access to all the classes available such as Bootcamp, PowerBar, Core, Step, NRG Fit and Yoga. You have the option to come and go as many times as you like. You will receive a manual to record your food and also record your weekly weigh ins. A Detox Food Plan, a Paleo Food Plan and examples of calorie food plans are included. You will be given a set calorie intake that you should eat per day.

#### **BUT This year is different !!! Read on.....**

Each year we give away prizes to the highest achievers. This year won't be any different. You have an option to win \$\$\$\$. You need to be in it to win it!

**The cost of the 8 Week program is \$495**

#### **BUT**

**For an extra \$50 (optional) you will also receive a full Nutritional, Antioxidant and Toxicity Assessment. The total cost of the 8 Week Challenge and the Nutritional Assessment is \$545.**

The benefit of this assessment is to pin point your deficiencies and act upon it with planning a healthy food intake focusing on the foods you need to eat everyday according to your particular deficiency.

Deficiencies in vitamins and minerals can present itself in many ways. Examples are:

cracked lips

eczema

swollen abdomen

frequent colds

lack of energy

premature greying hair

muscle cramps

white marks on nails

exhaustion

dry skin

flaky skin

plus many many more.....

**BUT THAT'S NOT ALL!! THAT \$50 PAYMENT FOR THE NUTRITIONAL ASSESSMENT GOES INTO A WINNERS POOL. WE ARE GIVING IT BACK TO YOU!!**

CASH PRIZES WILL GO TO THE TWO HIGHEST ACHIEVERS IN THE CHALLENGE.

THE TOP 2 PEOPLE WHO DROP THE HIGHEST % OF WEIGHT WILL SHARE THE TOTAL AMOUNT OF ACCUMULATED \$\$\$\$. ONLY THOSE WHO TAKE ON THE NUTRITIONAL ASSESSMENT AT THE START OF THE CHALLENGE ARE ELIGIBLE TO WIN THE \$\$\$\$. WE CAN ARRANGE A PAYMENT PLAN IF REQUIRED. IF YOU DON'T WIN YOU WILL BE RECEIVING PROFESSIONAL NUTRITIONAL ADVICE FROM OUR QUALIFIED NUTRITIONAL THERAPIST CHERYLE MILLIGAN. IT'S A WIN WIN FOR EVERYONE. YOU CAN CHOOSE TO DO THE 8 WEEK CHALLENGE FOR \$495 AND NOT INCLUDE THE NUTRITIONAL ASSESSMENT. REMEMBER THOUGH THAT YOU WONT BE ELIGIBLE FOR CASH PRIZES. **WE HOPE YOU JUMP ON BOARD TOWARDS A HEALTHIER YOU ☺**

# 8 WEEK WEIGHT LOSS CLASSES

MON 9<sup>TH</sup> OCT – SUN 3<sup>RD</sup> DEC

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>BOOTCAMP</b>
	5.30PM <b>POWERBAR</b>				
	6.30PM <b>CORE / YOGA</b>		6.30PM <b>POWERBAR</b>		
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP</b>	7.30PM <b>YOGA</b>		

# BOOTCAMP 5 WEEKS

MON 9<sup>TH</sup> OCT – SAT 11<sup>TH</sup> NOV

MON	TUES	WED	THURS	FRI	SAT
					9.30AM <b>BOOTCAMP</b>
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP</b>			

# BOOTCAMP COSTS 5 WEEKS

MON 9<sup>TH</sup> OCT – SAT 11<sup>TH</sup> NOV

3 SESSIONS / WEEK	\$12 EACH SESSION	\$180
2 SESSIONS / WEEK	\$15 EACH SESSION	\$150
1 SESSION / WEEK	\$20 EACH SESSION	\$100

# TERM 4 PT GROUP CLASSES

10 WEEKS MON 9<sup>TH</sup> OCT – SAT 16<sup>TH</sup> DEC

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			
	5.30PM <b>POWERBAR</b>				
	6.30PM <b>CORE / YOGA</b>		6.30PM <b>POWERBAR</b>		
			7.30PM <b>YOGA</b>		

# PT GROUP CLASSES COSTS

MON 9<sup>TH</sup> OCT – SAT 16<sup>TH</sup> DEC

MON 9.30AM	POWERBAR	\$150	10 WKS
TUES 5.30PM	POWERBAR	\$150	10WKS
TUES 6.30PM	CORE / YOGA	\$150	10WKS
WED 9.30AM	STEP/ABS/BUTT	\$150	10 WKS
THURS 6.30PM	POWERBAR	\$150	10WKS
THURS 7.30PM	YOGA	\$150	10WKS

# TERM 4 UNLIMITED NRG

## 10 WEEKS

MON 9<sup>TH</sup> OCT – SAT 16<sup>TH</sup> DEC  
COST \$400

MON	TUES	WED	THURS	FRI	SAT
9.30AM <b>POWERBAR</b>		9.30AM <b>STEP/ABS BUTT</b>			9.30AM <b>BOOTCAMP</b>
	5.30PM <b>POWERBAR</b>				
	6.30PM <b>CORE / YOGA</b>		6.30PM <b>POWERBAR</b>		
7PM <b>BOOTCAMP</b>		7PM <b>BOOTCAMP</b>	7.30PM <b>YOGA</b>		

### QUICK CHECK ON SQUAT TECHNIQUE

Squats are often hailed as the king of exercise moves. That's because they involve a lot of muscles, which in turn means they burn a lot of calories. You learned to walk by squatting, but as natural as this movement is, you might have forgotten how to do it. Here's what you need to know to get started:

1. Stand with your feet shoulder-width apart.
2. Keeping your heels planted, lower your body as far as you can by pushing your hips back and bending your knees until your thighs are parallel to the floor. Check knees are not pushing over and in front of the toes. Make sure core is activated and eyes are looking straight ahead.
3. Pause, and quickly stand back up again.

# How Does Strength Training Actually Help Me Burn Fat?

**Q) I've heard that strength training increases my metabolism. How does it do that and will that help me lose weight?**

Strength training, which involves using weights, bands, kettlebells or other forms of resistance that challenge your body to work harder than it does in everyday life, definitely does increase your metabolic rate. However, so does endurance exercise (such as running). The difference is how long and how much these activities boost your metabolism that really has an impact on your overall ability to lose body fat and/or decrease your weight.

Just so we're all on the same page, let's talk about the components of our metabolism:

First we have our resting metabolic rate, or RMR. This is the energy needed (quantified in calories) to keep our bodies alive – our heart beating, our lungs breathing, etc. Your RMR makes up about 60 to 80 percent of our total metabolic rate. The variation in RMR is due to individual differences among people, the foods we consume, and the activity we engage in which can directly change RMR.

Second we have the Thermic Effect of Activity, or TEA. The more active you are, the more your total metabolic rate will be increased. TEA includes all activity from mowing your lawn (with a push mower, that is), to playing basketball, to walking across the room. It's not just structured activity, but also the activities that we engage in every day to live our lives.

Third, we have the Thermic Effect of Feeding, or TEF. This is the amount of energy expended to eat and digest food and use those nutrients to create more energy.

So our metabolism, known as total energy expenditure (TEE) = RMR + TEA + TEF. Each component is different for each person, resulting in unique metabolic rates.

Strength training increases our TEE by elevating the amount of calories expended in activity (TEA). The harder you strength train, the greater the amount of calories you burn through exercise. In turn, if your food intake does not highly exceed your needs and consists of quality choices, you will lose weight and body fat.

Interestingly, strength training also increases the amount of calories expended in your RMR. The reason it does this is by increasing the amount of lean muscle mass you carry, which requires more energy to maintain and repair than fat tissue.

Both strength training and endurance exercise will increase your energy expenditure at the time of activity, and for a few hours afterwards, when they are conducted at the same intensity (you all have experienced that increase in hunger after a good workout, whether it be strength or cardio work).

However, strength training is unique in that if you perform multiple sets of a challenging weight to failure, scientists have shown that the energy expended afterwards, known as EPOC (excess post-exercise oxygen consumption) can be elevated for 24-36 hours. Some people call this the "Afterburn" effect of serious strength training.

Overall, strength training can boost your metabolism, but it has to be more challenging than activities you do every day. You can't expect 3lb dumbbells to make much difference to your metabolic rate if your children (that you carry around) weigh more, or your grocery bags are heavier. Your body needs to remember that strength training requires "strength" so you have to load your exercises accordingly. Otherwise your body won't get the challenge it needs to build muscle, lose fat and look better in your clothes – and that's what we're all looking for, right?

# RECIPE    Smoked Salmon Omelet

## Ingredients

- 5 Egg Whites
- 2 teaspoons chopped fresh Parsley
- 1/8 teaspoon Herbes de Provence, crushed
- 1 cup Baby Spinach
- 30g Smoked Salmon, thinly sliced
- 2 tablespoons crumbled Goat Cheese
- 1 slice Whole Wheat Bread, toasted
- 1 Orange, sectioned

## Directions

Whisk together the egg whites, parsley, and herbes de Provence in a medium bowl until blended. Set aside.

Heat a small nonstick skillet coated with cooking spray over medium heat. Cook the spinach in 1 tablespoon of water for 2 minutes or until wilted. Place in a bowl and set aside. Wipe the skillet clean.

Recoat the skillet with cooking spray and heat over medium heat. Add the egg mixture and cook, without stirring, for 15 seconds. When the edges begin to set, push them into the center with a rubber spatula, allowing the uncooked portion to cook. Cook for 2 to 3 minutes, continuing to push edges into the center as they set, or until the eggs are no longer runny.

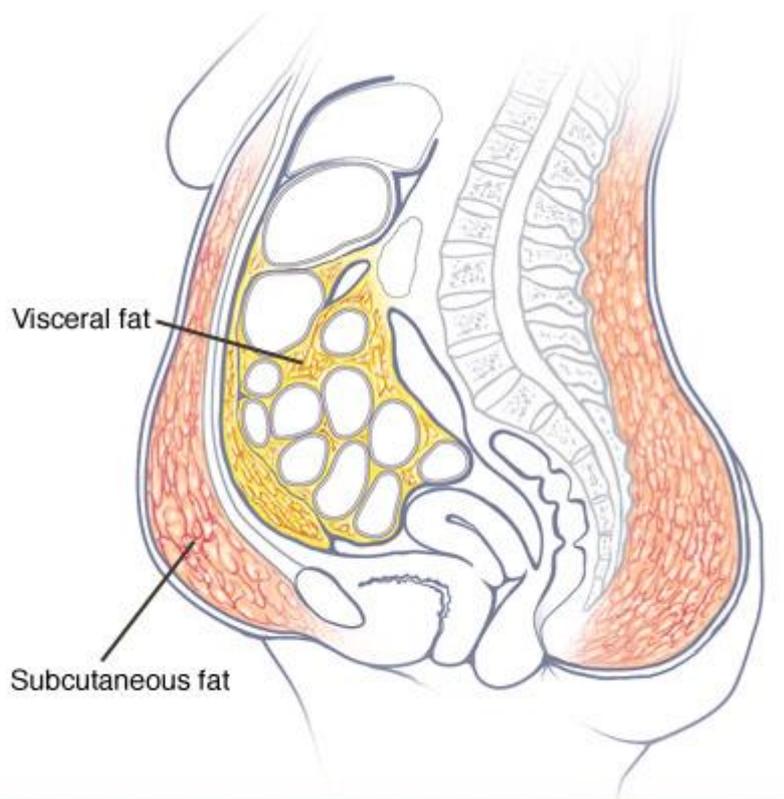
Scatter the spinach, salmon, and goat cheese on half of the omelet. Gently fold the other half over and cook for 1 minute to melt the cheese. Slide the omelet onto a plate. Serve with the toast and orange.

## Nutrition Information

**Serves:** 1 | **Serving Size:** 1 omelete

**Per serving:** Calories: 330; Total Fat: 8g; Saturated Fat: 5g; Monounsaturated Fat: 2g; Cholesterol: 20mg; Sodium: 773mg; Total Carbohydrates: 31g; Dietary Fiber: 6g; Sugars: 15g; Protein: 34g

# WHAT IS VISCERAL FAT ?



Subcutaneous fat is the belly fat you can feel if you pinch excess skin and tissue around your middle. Visceral fat, which is more dangerous, is belly fat that accumulates in your abdomen in the spaces between your organs. Too much visceral fat increases the risk of serious health

Your weight is largely determined by how you balance the calories you eat with the energy you burn. If you eat too much and exercise too little, you're likely to pack on excess kilos — including belly fat.

However, aging also plays a role. Muscle mass typically diminishes with age, while fat increases. Loss of muscle mass also decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight.

Many women also notice an increase in belly fat as they get older — even if they aren't gaining weight. This is likely due to a decreasing level of oestrogen, which appears to influence where fat is distributed in the body.

The tendency to gain or carry weight around the waist — have an "apple" rather than a "pear" shape — might have a genetic component as well.

What to do ??? Eat a healthy diet .Watch those calories. Exercise more. It's quite simple.