



Welcome to the **FitWomen™** and **FitMen** newsletter

AUG/SEP 2009

Recent Events

MS Fun Run/Walk and City to Surf

Congratulations to Amanda Loughman and Marisa Loughman for joining me in the MS Society Run/Walk in June. Congratulations to Carmel Pelunsky and Tony Squires for competing in this year's City to Surf event on Sunday 9th August and to Tony for running the full distance ☺

Dry July

Congratulations to Sharolyn Kimmorley who successfully completed Dry July and raised money for Cancer research. She completed the challenge easily and is looking and feeling great for it so we have decided to have a Dry July challenge at Fitwomen and Fitmen in 2010-thanks for the inspiration Sharolyn!



Upcoming Events

Oxfam Trailwalker

Good luck to Greg Shaw, Simon Jagot and Dave Brewster who are entering the gruelling Oxfam trailwalker. This is a 100km walk in teams of 4 over 48 hours walking through bushland around the harbour, Great North and Hawkesbury walking tracks. Dave is entering with his team for the 10th year! We wish you all luck and we'll be thinking of you on the weekend of August 28.

The Running Festival

The Running Festival is on again this September so let's see if we can get a group together to enter the event. Several people have expressed interest this year, so register online now at: www.sydneyrunningfestival.com.au

The September Running Festival is one of the most picturesque fun runs in my opinion. Traffic is closed while you can enjoy great views running across the harbour bridge. It is being held on Sunday September 20 this year. There are 2 events for either a family event or a longer fun-run. The half marathon is also held on the same day. The family fun run is a short 4km run which starts at 7:30am.

The Running Festival is on again this September so let's see if we can get a group together to enter the event. The bridge run is 9km event starting at 8:30am.

Once you have registered, put your name and contact details at the gym so we can hook everyone up if you want people to go to the event, to meet up at the end or just to let us know you will be there ☺

Client of the Season – Molly Squires

Congratulations to Molly who has won client of the season due to her fantastic results with her programme over the winter months. She is an inspiration as she has stayed focused and achieved the highest loss in measurements amongst all Fitwomen and Fitmen clients over the past 3 months. I asked her a few questions about her programme and how she achieved her results.

How long have you been training at Fitwomen?

My training at Fitwomen started at the end of 2008, but SERIOUS training begun in the New Year when I realized that I had actually lost weight over Christmas!! I know! I was surprised too...

What kept you motivated through the winter months?

Though winter is usually a time to sit at home in 85 layers and eat anything you can see, I found that having already set up my previous routine kept

me on track with continuing to exercise. Also my lack of car has been, just quietly, a blessing in disguise! If I want to go anywhere I have to walk, which has been actually an enjoyable transition as I have noticed that a walk that used to take over 20 minutes I can now do in approximately 12 minutes and 39 seconds, but who is timing?

Do you have any tips for keeping on track?

KEEP ON TRACK! Don't let the winter months trick you into changing your exercise or eating regime.

I know it sounds cliché but running or even walking is such an easy way to exercise. And you can incorporate it in so much of your daily routine. Running is a rain or shine activity that has seen me through the winter months. When I say rain or shine I mean it! Running in the rain is extremely fun. Just don't wear white...

How did you achieve your goals? What have you changed?

My intended reason for joining Fitwomen was to lose weight, which has happened (woo hoo) but without realizing it, I have suddenly become more healthy and fit! So in realizing that the results can be both internal and external, I took the time to enjoy my training sessions rather than dread them as I would have before.

What are your health and fitness goals for the rest of 2009?

I am hoping to continue on the path I am on now. I have realized that being able to walk up a hill without stopping at least 12 times is probably worth more than being a size 6. But if by summer I feel I am ok with wearing a bikini then that is just a bonus!



What do you like best about training at Fitwomen?

Undeniably the atmosphere. Training every week with Eddy and meeting the other amazing people there, staff and members, has been one of the most important reasons as to why I come back the next week wanting more. Fitwomen has become an important new addition to my lifestyle, and I have started to become excited for exercise, something I never thought would happen.

Spin Classes

Spin classes will be a mixed class on Monday evenings from 7:35pm. They will start on Monday evenings from September 8th. There will be an 8 week course limited to 6 people so put your name down if you want to join the course.

Fitsquad Introductory Spring Offer

From Sept 2009, we are offering an introductory 'get fit for summer' membership for new members to join Fitsquad for \$60 per fortnight for 8 weeks, including initial assessments for Fitmen and Fitwomen classes at Clovelly Beach on Wed/Fri mornings at 6am. We are also looking at offering the classes at other locations in summer, so enquire via e-mail at info@fitwomen.com.au or info@fitmen.com.au or ring the studio on 9398 5111 and mention this newsletter promotion to receive your discount.

Fitmen Yoga Classes

Fitmen yoga classes are continuing this year on Tuesday evenings from 6:30pm to 7:30pm.

Fitmen Healthy Class

Fitmen studio sessions are expanding so ring the studio if you are interested in times that are not on our current timetable as there may be other classes being held.

Pre-Natal Yoga

We are holding a pre-natal workshop with Veronique who has been teaching yoga for 20 years and is a trained doula. The workshop includes topics on:

Physical and emotional changes in pregnancy, nutrition, nurturing, stages of labour and how to recognise them and cope with contractions, positions for labour, breathing and relaxation techniques, role of partner and a support team, breastfeeding etc..

The workshop will run for 2 hours for women and their partners. Ring the studio if you are interested.

Free Meditation Classes at Fitwomen/Fitmen Centre

We will be running free meditation classes in an introductory course from mid-October on Sunday evenings at our centre. To put your name down to join the course, please call the studio or e-mail at info@realbodymanagement.com. The course is open to anyone who is interested, including friends who may not come to the gym.

Hatha Yoga Returns

I am happy to say that Justine has recovered from her surgery and is ready to join us again, starting her Thursday afternoon yoga class at 5:25pm. This will run as an 8 week course from September 3rd so put your name down at the studio to join the course. The cost is \$144

for the 8 weeks (those with credits prior to her injury can use them for the course). She will also be starting her 6:30am Tues/Thurs morning classes next month based on demand.

Pilates

Lou is back from her trip to England and Pilates matwork classes are on again this term as most of you know. The next course will start after the next school holidays on Monday 19th October and Friday 23rd October for 8 weeks. The 8 week course costs \$144 (no joining fee for new members). Numbers are limited to 10 people per class so put your name down by calling the studio for full payment by October 12 to secure your place. We may also run Wednesday morning and Thursday evening classes depending on demand.

During the school holidays, we may run an interim course for those who want to continue through the break. Register interest for this before September 1.

Dynamic Movement Yoga

Beata is moving overseas so will no longer be holding Dynamic Movement yoga classes on Tuesday and Thursday mornings. We are sorry to see Beata leave but wish her well in her travels and she may return sometime in the future!

Welcome To Kat And Anne-Marie Good Bye To Sage

We have 2 great new team members in personal training. Welcome to Kat and Anne-marie, if you have not already met them you will over coming months and check out their bios on the website Sage is heading home to Canada in September, we will miss her but wish her well on her trip home.

New Website

Check out the new Fitwomen website in early September and then the new Fitmen site in October. We will now be adding more information for you on the site so let us know if there is anything you want that may not be there to the site regularly We will also be sending more regular health/fitness info for you to keep you informed and motivated!

Eddy Away

Eddy is going overseas to do a business course and do research in Central and South America in September/October. Eddy will be back to her usual routine on Monday 19th October. Kat will be managing Fitwomen and Fitmen while she is away, working with Anne-marie and Sage. Eddy will still be able to be contacted on e-mail (edwina@realbodymanagement.com) but will not be checking e-mails as regularly over that period. All classes will run as usual during her absence and for any enquiries please call Kat at the studio on 9398 5111 or on her mobile on 0421 541 250.

Health Tips

Cutting down your calorie intake by 500kj can mean ½ kg fat loss in 1 month and 1000kj can mean 1kg fat loss in 1 month from making just a few simple changes in your diet. Here are some suggestions on how to do it!

500kj	1000kj
Swap your large coffee to a small size	Swap your pasta or rice at dinner for a soup
Swap a large coffee to a small size	Swap a large coffee for a tea
Replace half or your meat at dinner with veges or salad	Use spray oil for cooking instead of pouring oil
Cut out your glass of fruit juice and drink water	Have a salad for lunch instead of a sandwich
Swap your afternoon snack for a carrot	Don't have avocado or cheese in your salad
Swap a banana for berries	Order an entree serve rather than a main serve
Replace 10 rice crackers with vegetable sticks	Replace 50g chocolate or rich ice cream with a Jarrah hot chocolate
Halve your morning serve of cereal	Swap cereal and a banana for an up and go breakfast
Have 1 slice of bread for lunch instead of 2	
Have a 100g tub of yoghurt instead of 200g	

NOTE: Total caloric expenditure still needs to be considered and carbohydrate/protein/fat content as well as glycaemic index is all relevant in your diet. These are just quick tips to complement your balanced diet.

Higher Intensity Physical Exercise Can Reduce The Likelihood Of Death From Cancer

People who are more active and exercise harder are less likely to develop cancer and die, suggests research published ahead of print in the British Journal of Sports Medicine. A higher use of oxygen consumption during physical activity is linked to a reduction in the level of illness in a person and their likelihood of dying from cancer.

Researchers from the universities of Kuopio and Oulu in Finland studied 2,560 men aged between 42 and 61 from eastern Finland with no history of cancer and assessed their leisure time physical activity over a 12-month period.

The men were followed up for around 16 years, on average, and a total of 181 of them had died from cancer. The most common types of cancer death noted were gastrointestinal, lung, prostate, brain and lymphoma.

The study found that Men who exercised to a moderate to high intensity level for at least 30 minutes a day were half as likely to get cancer as those who did not.

The authors say that physical inactivity during a person's lifetime could be a key factor in the person developing cancer. They conclude "The intensity of leisure-time physical activity should be at least moderate so that beneficial effect of physical activity for reducing overall cancer mortality can be achieved."

"Intensity of leisure-time physical activity and cancer mortality in men."

Br J Sports Med 2009; doi 10.1136/bjism.2008.056713

Source: *British Journal of Sports Medicine*

More Evidence Healthy Living Brings Long Life

People who adopt four healthy behaviours never smoking, regular exercise, eating well and maintaining a healthy weight can dramatically reduce their likelihood for chronic disease and an early death, a new study confirms. On average, healthy living may cut your odds for heart disease, cancer and diabetes by about 80 percent according to research reported by Dr. Earl S. Ford, a medical officer with the U.S. Public Health Service and U.S. Centres for Disease Control and Prevention and his team. They released the findings in the Aug. 10/24 issue of the Archives of The authors drew on data from a German study conducted between 1994 and 1998. That research probed the lifestyle characteristics, food habits and disease history of about 23,000 German adults between the ages of 35 and 65. Adherence to four key lifestyle indicators were tracked: never having smoked; having a body-mass index below 30 (the threshold for obesity); exercising for a minimum of 3.5 hours per week; and eating healthfully, as evidenced by a diet high in fruit and vegetable intake but low in meat. Less than 4 percent met none of the criteria for a healthy lifestyle, while 9 percent followed all four. Regardless of age, gender, educational achievement or job status, those following all four lifestyle behaviours had a 78 percent lower risk on average for heart disease, cancer and diabetes compared with those who had adopted none of the preferable lifestyle factors. Taken one by one, diabetes was the most significantly impacted by practicing all four healthy behaviours, with a 93 percent reduced risk compared with those who followed none of the four. Those who practiced some but not all of the highlighted behaviours did achieve some risk reduction for chronic disease, the researchers noted, although not as much. Having a BMI below 30 appeared to lower disease risk the most, followed by never smoking, routine physical activity and consuming a good diet.

Ref: "Health Day" Alan Mozes, Aug 2009

Yale University School of Medicine, Derby, Conn.; Aug. 10/24, 2009, *Archives of Internal Medicine*