



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

JAN/FEB 2010

HAPPY NEW YEAR!

Happy new year from Fitwomen and Fitmen and welcome to an exciting new year at the studio! We are planning some great events and training this year.

We have planted a beautiful new 'Zen' garden at the studio and are running many group meditations which are open to all Fitwomen/Fitmen members.

We are also introducing more dance/Spin/yoga and Pilates classes this year. We will be running more Beach/Park sessions as part of our Fitsquads at Clovelly, Bronte, Centennial Park and Rushcutters Bay.

The Adventurewomen/Adventuremen hikes are also going to be happening more regularly this year with some fun challenges and competitions!

Register your interest with Eddy for any of the events above and we will be having online communities to coordinate these everyone. We will notify you when the various groups are set up in February.

Yoga/Pilates for 2010

Iyengar yoga has started again for 2010 with Margaret taking Iyengar Intermediate classes on Sunday mornings and Tuesday evenings. There are also several names down for the beginner's course on Thursday evenings from 7:45-9:00pm. We hope to start that course in the first or 2nd week in February so if you are interested please call 9315 5571 or e-mail Eddy at info@fitwomen.com.au. We are also keen to start the men's yoga on Tuesday evenings at 6:30pm so anyone interested, please also contact Eddy so we can confirm the 8 week course start date for the Fitmen yoga

Hatha Yoga

Justine has started back on Thursday afternoons at 5:30pm with her Hatha yoga class. We also have interest in running a morning yoga class from February so if you are interested in that please put your name down. (Possibly Thursdays at 9:30am)

Pre-Natal Yoga

We will be running our 8 week Pre-natal course based on demand in late February. Please register interest for the course with Eddy.

Fitmums and Bubs Park sessions

We will be starting our Fitmums and Bubs park sessions again this year. We aim to start on Monday February 8 at 11am at Queens Park. Register for the class with Eddy. The cost is \$200 for an 8 week course. There will also be classes on Thursday/Fridays.

Pilates Courses

Our next Pilates courses will be in the first week in February. Monday evenings 6:30pm course begins on February 1st 2010 and Friday mornings from Friday February 5 at 9:00am.

Fitsquad Classes

The beach classes will be starting in the first week in February at Clovelly Beach at 6:00am on Wednesdays and Fridays for Fitwomen. Fitmen beach classes will start later in February.

Recent/Upcoming Events

February De-tox Challenge

We are running our annual 'De-tox' Challenge again from February 1st. After a month or so of partying for many members, this is the perfect way to get you back on track into some 'healthier' habits for 2010.



The essentials to take part this year are that you are measured and you have no alcohol and no sugar for the month of February (or 4 weeks exactly between measures). The 2 optional extras in the competition are no gluten and no caffeine for those who are ready for a 'super challenge!'

To motivate you, I am offering 1 month of free group training in any fitness, Pilates or yoga classes plus a massage to the winning entrant. Rivka has won for the past 2 years so she needs a challenger!! Deirdre is as per usual on track and setting the pace... so get on track and register with Eddy to be part of the challenge. The winner is based on the most crms lost in the 4 week period. Good luck!

The Sanctuary of Light Events

The Sanctuary of Light has launched! We have our guest facilitators here from USA until mid-February and then Diana arriving from Peru in March. These gatherings and workshops are the perfect complement to any mind/body/spirit programme. The Sanctuary focuses on the spiritual element of your lifestyle programme.

There have been some beautiful gatherings and ceremonies so far this year and many have no fee. Come along and join our community online to find out about our latest events, look up the Sanctuary of Light website or hook up with us on Facebook for regular updates.

www.sanctuaryofflight.com.au

<http://www.facebook.com/home.php?#/group.php?gid=183539411463&ref=ts>



Ancient Lemurian New Moon Water Ceremony Gathering

EVENTS IN THE COMING WEEKS:

Wednesday evenings are Meditation and Breath work gatherings (donation only).

Sunday 30th Jan 'Meet and Greet Potluck BBQ' at Bronte Park. Open to everyone.

February 5-7 Mastery and Ascension Workshop at Fitwomen/Fitmen Mind/Body Room.

March 12-14 Elements, Energy and the Munay-Ki

Member Get Member Offers

Why not kick-start the year with bringing in a buddy to train with you?! We are offering a member get member competition for February where you will benefit from introducing any new member to Fitwomen.

How your Friends Benefit:

You can bring a buddy to any personal training sessions at no extra charge for the month of February and all friends of members may have a complimentary 'kick-start week' on us for the month of February to come and check out any of our group classes. (Note *Pilates and yoga beginners courses may only have drop in sessions for the first 2 weeks of February).

How you benefit:

Anyone whose buddy signs up for a Gold, Silver or Bronze membership will receive 1 month of their membership/classes on us. The winning person who introduces the most people in February will win a Bronze Membership on us! (i.e. 3 months of fitness/ Pilates/yoga/studio sessions at no charge).

Health Tips

Dairy Foods Help Burn Fat

A study by the University of Tennessee in Knoxville showed that eating 3-4 servings of dairy products a day is more effective at enhancing weight loss efforts than calcium supplementation alone with pills or calcium-fortified foods. Professor of nutrition and medicine and researcher Michael Zemel, PhD says "If you compare a dairy-rich versus a dairy-poor diet you can nearly double the rate of weight and fat loss with the same level of calorie restriction."

The study compared the effects of 3 different calorie restricted diets on weight loss in obese adults, with one group's diets high in dairy, one group with high calcium-supplemented and low dairy diets and one group with low-calcium and low-dairy diets. The study showed that all of the groups lost weight, but those who ate the dairy-rich diet lost the most with an average of 24 pounds compared with 19 pounds in the calcium supplement group and 15 pounds in the low-calcium/low-dairy group. This is an average loss of 11% of total body weight for those in the high dairy group versus 6% for those in the low-calcium/low-dairy group.

The bulk of dairy's weight-loss enhancing effects is likely to be caused by its calcium content as previous studies have shown that calcium can boost weight loss by increasing fat breakdown in fat cells. This study suggests that taking in calcium from dairy products may actually improve on those effects. This may be due to some of the other minerals such as phosphorous and magnesium which may enhance calcium's beneficial effects on fat breakdown within the cells. The proteins in dairy products may also help preserve muscle and increase metabolism and further research may be done on this.

The study does point out that indulging in dairy products in isolation is not enough to result in weight loss, it may just help to enhance a calorie controlled diet to assist weight loss.

Blueberries and their Effect on Abdominal Fat

A study done on rats, published in Experimental Biology showed that rats that ate a diet rich in blueberries lost abdominal fat and had reduced cholesterol and better glucose control even if they were on a high fat diet. These results have yet to be tested on humans, but researcher Dr Steven Boling says that 'Blueberries change how the body stores and processes glucose or sugar for energy and show definite promise in mitigating heart disease'

