



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

JANUARY 2011

Health Tips



BARLEY GRASS

Many people have been speaking about the benefits of chlorophyll and so I thought I would discuss barley grass and its many benefits. Barley grass powder is made from the dried young leaves of the barley plant and it is believed that the cultivation of barley's

young leaves first took place as early as 7000 BC. Barley grass contains extremely high levels of vitamins, minerals, enzymes, amino acids and chlorophyll. It contains very dense nutritional and healing properties in a concentrated form that is easily assimilated by our digestive system.

Barley grass has many benefits:

- It helps to alkalize the body
- It helps in cell DNA repair
- It acts as a free radical scavenger, reducing the amount of free radicals in the blood
- It helps in improving skin health
- It helps to stimulate weight loss.

What barley grass powder contains:

- Essential and non-essential amino acids
- High amounts of antioxidants
- High amounts of enzymes, including the antioxidant enzyme, superoxide dismutase (SOD)
- High amounts of folic acid
- Pantothenic acid
- High amounts of carotenoids, including beta-carotene – more than 6 times the amount of carotene in spinach
- Flavonoids
- High amounts of vitamin B1 – apparently 30 times the amount in cows' milk; and 4 times the amount in whole wheat flour

- Vitamin B2, vitamin B6, high amounts of vitamin B12
- High amounts of vitamin C – nearly 7 times the amount in oranges and more than 3 times the amount in spinach
- High amounts of calcium – more than 10 times the amount in cows' milk
- Copper
- High amounts of iron –almost 5 times the amount in spinach
- Magnesium
- Manganese
- Phosphorus
- Potassium
- High amounts of organic sodium –more than 25 times the amount in celery; organic sodium helps in joint health and improving digestion
- Zinc
- Barley grass is also rich in living chlorophyll.

Chlorophyll has the following benefits and effects:

- It is the basis of all plant life, playing a critical role in photosynthesis
- It is the first product of light, containing more light energy than any other element
- It is anti-bacterial, stopping the development and growth of harmful bacteria. It can be used inside the body as well as topically as a healing agent
- It rebuilds the blood. Chlorophyll is very similar in structure to blood hemoglobin
- Liquid chlorophyll gets into the bodily tissues, rejuvenating and rebuilding them
- It alleviates blood sugar problems
- It neutralizes toxins in the body
- It helps to purify the liver
- It washes drug deposits from the body.

FITWOMEN AND FITMEN PLANS FOR 2011:

HAPPY, HEALTHY NEW YEAR EVERYONE!

We are looking forward to an exciting 2011! We have many exciting plans this year introducing new classes, events and a more informative website to keep you up-to-date on all health information to help you achieve your goals. The Fitspace website is also about to launch, so look out for our launch party in February

FEBRUARY DE-TOX

It's that time of year again! Our annual de-tox challenge will start again in the first week in February- it is a 4 week challenge from your measurement date. The winning Prize will include 1 month group training for any fitness sessions and a personal coaching session with Eddy as well as a Fitwomen health pack with plenty of goodies including clothing and accessories for your training.

Send an e-mail to edwina@realbodymanagement.com to register for it- write 'De-tox Challenge' in the heading and you will be sent all the details and conditions for it. We have always had great results in this challenge so get motivated and join in for a positive kick-start to your year!

COMPETITION FOR FACEBOOK PAGES

I have added our business pages for Fitwomen, Fitmen, Fitmum and Real Body Management on Facebook. Please go to the front page of each website and click and 'like' us if you feel you do! For those who 'like' all 3 or 4 of our pages, you will go into the draw (to be drawn on February 12) to win 2 personal sessions with me in personal training, hypnotherapy, healing or coaching (your choice) – a great way to get you focused and set for 2011! So get online and 'like' us now!

FITWOMEN – <http://www.facebook.com/pages/Fitwomen/112596455466156?ref=ts>

FITMEN – <http://www.facebook.com/pages/Fitmen/130241423692677>

FITMUM – <http://www.facebook.com/pages/Fitmum/176688665684110>

REAL BODY MANAGEMENT – <http://www.facebook.com/pages/Real-Body-Management/158053704222323>

Or go to our websites and click from there!

I will be putting regular tips, video and events up on each page and this page will also enable you to post to other members!

KYLE VIALLI: So what in the world am I supposed to eat?

Learn the Truth about Nutrition Sunday 23rd January in Bondi Jct from 3:00pm-6:00pm.

I have had the pleasure of meeting one of the few Vitality coaches in Europe, speaking with him at the Brazen Event last weekend. Kyle Vialli is currently in Sydney and I highly recommend coming to listen to him this Sunday, his philosophy on nutrition is totally aligned with our approach to nutrition at Fitwomen/Fitmen and he is a wealth of information, an expert in this area of vitality and nutrition. He is also available for consults at our centre the week of January 24, contact Eddy to book an appointment www.kylevialli.com.

Drawing from over 7 years of highly focused results-based research in the field of human nutrition, Kyle has developed a pioneering blueprint of nutritional principle that gets down to the "nitty gritty", the central axioms, of what it means to be eating optimally. Kyle will bring his flashlight of clarity over the "nutritional maze" so as to guide us in making confident and empowered food choices for the rest of our enlivened lives, turning confusion into advanced inspiration.

His unique specialty is a wide-spectrum understanding and approach towards the creation of real, actual and palpable vitality. In this sense Kyle is a meta-vitalist, and as an educator he seeks to explore and share the entire cluster of effects that either constrict or expand the generation of optimal vitality.

Places are limited so book your place today:

<https://choice02.worldsecureystems.com/BookingRetrieve.aspx?ID=81454>



ZUMBA AT FITWOMEN & FITMEN!

I am excited to say that from February, we will be holding Zumba classes upstairs at our centre. I am happy to welcome Greer to our team! She is passionate about Zumba, with a background in dance and martial arts; her classes are plenty of fun.

We are confirming times for classes so please register interest with Eddy. Classes are \$15(\$60 for 4 week course) and it's a maximum of 10 people per course. Gold members at the gym can use tokens for Zumba classes if they wish. Bookings are essential so please register with Eddy. Our first 4 week course will run from the week of February 7, 2011.

Zumba Times:

Monday evening: 6:30pm-7:30pm
Thursday evening: 8:00pm-9:00pm
Saturday morning: 8:30am-9:30am

PILATES

Pilates is finally back on at Fitwomen/Fitmen! Our first course will start on Tuesday February 8 at 6:30pm. I am happy to say that we have another brilliant Pilates instructor, Lana who will be taking this first course for the year. Lana is a highly experienced teacher with over 10 years teaching Pilates. Lou will also be back teaching in March and we look forward to having both Lana and Lou as part of our team this year!

Please register for Pilates by February 1 as we need to confirm numbers to hold both courses. Classes will remain to a maximum of 10 people per class.

Pilates Times:

Tuesday evening: 6:30pm-7:30pm
Friday morning: 10:30am-11:30am



HATHA YOGA

Yoga has started on Friday mornings at 9:30am with Janetta. I am happy to welcome Janetta to our centre. Janetta comes to yoga from a background in classical dance and has been practicing yoga for 13 years. She will be increasing her classes at our centre from February.

Leonie will also be joining our team this year. Leonie has been practicing Ashtanga, Hatha and Iyengar Yoga for 10 years and has a very devoted keen awareness to the benefits of Yoga in daily life. She will be taking morning classes on Tuesdays and Thursdays.

Yoga Times:

Tuesday morning: 6:30am-Leonie (on now)
Thursday morning: 6:30am-Leonie (from Feb 1)
Friday morning: 9:30am-Janetta (from Feb 1)

PRE-NATAL FITMUM YOGA

Saturday morning Fitmum yoga is due to start up again! Please register interest with Eddy to join the next 8-week course.

Fitmum yoga time: 9:00am-10:00am

STILETTO AND BOOT CAMP

Stiletto camp will be back on from February 4th and Boot camp from February 10th. Come along for a beach session at only \$15 per class!

FITNESS CLASSES

All studio sessions are up on the website so if you haven't come in yet, see you soon!

We will be holding some group meditations at the Sanctuary in February again. Please register interest with Eddy or join our group on Facebook.

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

MASSAGE/ACUPUNCTURE

Scott is available again for all massage and acupuncture. Contact him on 0416 191 196 to make an appointment.

THERAPY ROOM

We will be having various practitioners working in our back therapy room this year. I will update with all details soon and if you are a practitioner who may be interested in using the room 1-2 days per week please contact Eddy.

Member bring member offer:

For the month of February, all our members can bring along a friend to any of their private or group sessions on us! Your friends can come along for up to 2 sessions for free and if your friend becomes a member, we will shout you both a night at the movies with a pass for 2 to Hoyts to say thank you

Client of the Season - Gaby Warwick

Gaby Warwick has won Client of the Season due to her brilliant results in fitness and changes in body shape. Congratulations to you Gaby for being so focused and I look forward to working with you this year for your home programme to achieve your new goals!

1. How long have you been training Fitwomen?

I began training at Fitwomen around July 2010

2. Why did you originally start at Fitwomen

I began training at Fitwomen under the suggestion of my GP, and because I had been wanting to improve my fitness for some time

3. What are your tips for getting such an awesome result?

Well, you probably shouldn't eat as much Pavlova as I have been known to this time of year.... And then I aim to be short of breath at one point every day.

4. What do you like best about training at Fitwomen?

Everyone is so lovely! The atmosphere is so welcoming and inviting, it actually makes me want to go to the gym. There are no intimidating trainers yelling at you to go harder and faster; Edwina is the type to encourage you, tailor training to your needs and actually tell you what the benefits of each exercise is, which results in a greater understanding of how you can care for yourself. Also, we always play really good music! (Sounds to me like a calling for Boney M again?! Thanks Gaby! Eddy)

5. What are your other health/fitness goals for 2011?

I hope to continue to build on my fitness and improve on last year's second place result this year's school hockey season. After years of abysmal results, I figure that we have to win sometime!