



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

APR/MAY 2010

Upcoming Events

SPECIAL OFFER!

We are offering our **1 week trial offer for April/May** where you and anyone new can trial any classes at Fitwomen or Fitmen for **only \$10 per class** for a period of 7 days. This is the perfect opportunity to try something new before signing up to any courses!

Beginners Meditation

I have had many enquiries about meditation therefore I am holding 'Introduction to Meditation' courses starting the week of May 17. These courses will introduce various meditation techniques for you to explore the approach that suits you best. We will run the course over 5 days to establish a daily routine. I am running 2 courses-one in the mornings from 9:00am to 10:30am and another course after work from 8:00pm -9:30pm

To sign up for a course, register at Fitwomen/Fitmen or Sanctuary websites. Spaces are limited so registration is essential.

www.fitmen.com.au

www.fitwomen.com.au

<http://www.sanctuaryoflight.com.au/Events.asp>

New yoga classes

FITMUM YOGA

We will be running another 8 week pre-natal yoga course on Saturday mornings from 9:00am-10:00am starting in May 1st. Please register for the course on the Fitwomen website

FITMEN YOGA

Donald will be running another Fitmen yoga course on Tuesday evenings from Tuesday 27th April at 6:30pm. Register for the next course at www.fitmen.com.au.

POWER YOGA

Donald will be taking another 8 week Power Yoga course on Mondays from Monday 3rd May at 9:00am. Register for the course online at Fitwomen or Fitmen website shops.

BEGINNERS YOGA

The beginners yoga is due to start on Thursday 6th May. Please ring the studio on 9498 5111 to register interest.

Mums and Bubs Park sessions

We are starting an 8 week course for Mums and Bubs fitness classes in Queens Park on Monday mornings at 11:00am from Monday 3rd May. Register for the course online

Pilates Matwork courses

Our next 8 week Pilates course starts the week of April 19. The next courses will be 6:30pm-7:30pm Monday evenings and 9:00am-10:00am Friday mornings. Lou is taking both courses. These classes are mixed, so register on Fitwomen or Fitmen websites. Max 10 per class.

Outdoor Boot camp and Stiletto Camp!

We are still running our outdoor squad sessions in the mornings at 6:00am. It's only \$30 per week for your 2 sessions per week and assessment sessions. Remember we have the studio as a backup in rainy weather too! Some boot camp and stiletto groups may combine in winter, depending on numbers in the colder months! If you want some variety in your training, or just want to get out in the fresh air before work, give this class a try!

Walking and Running group

Tyron is keen to start a running group and some clients have also suggested they would be interested in a walking group. If you are interested in joining a running group for \$10 per session with runs in the park, contact Tyron or Eddy via the website or on mobile 0419 419 149.

Other Holidays/Events In the coming weeks

ANZAC DAY HOLIDAY TRAINING

We will be holding some classes on Anzac Day holiday. Please see online booking system for changes in the regular timetable for Monday 26th April.

MOTHERS DAY CHALLENGE

The Mother's Day Challenge is on again this year on Sunday 9th May and we plan to have a team entered again. There is a 3 options for entry this year. 4km run, 8km run and 8km walk. If you are interested in joining a team, contact Eddy or Tyron at the studio.

SANCTUARY OF LIGHT WORKSHOPS

There is a psychic development workshop and handing down of the Munay-Ki Rites in May and June. See www.sanctuaryoflight.com.au for further details

Member Get Member Offers

Why not kick-start the year with bringing in a buddy to train with you?! We are extending our member get member competition for another month to May 15 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 for April/May and all friends of members may have a complimentary 'kick-start week' on us for for April/May 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 courses).

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.

February De-tox Challenge Results

Congratulations to Henry Capel and Sharolyn Kimmorley who were joint winners for the de-tox challenge. Due to the fact that they were so committed to the challenge and both had brilliant results over the month of February, I have had a Fitwomen winner and a Fitmen winner for the challenge! They were 1cm apart in all measurements lost(18cm total in 1 month) with a brilliant result overall. Congratulations to everyone who took part and those who had great success with body fat loss, higher energy and fitness have inspired many others in the gym to follow.

Dierdre McKinlay again did her own 'Lemon Detox' and had the greatest drop in body fat of everyone over the months of January/ February. She has brilliant results and congratulations again to you Deirdre. (I am not recommending this de-tox for people when they are trying to go to work each day. Deirdre was on holidays when doing it.)

Welcome Tyron

Tyron has joined our team at Fitwomen/ Fitmen. Tyron is a passionate cyclist and mountain biker, who spends his weekends off cycling up Mount Kosciusko for fun! Tyron also holds the rowing record for Fitmen currently, so we need one of our Fitmen to challenge him and beat his time! He is passionate about health and fitness, is great fun and motivating as a trainer so we welcome him to our team.

Psychic/tarot readings

Ann Capp will be working in our healing room on Saturday mornings from 1st May. Phone 9398 5111 to book in to see her. Ann has a background in psychology, specialising in personal and relationship direction and has been practicing for almost 16 years.

Fitwoman and Fitman of the Season

Both Sharolyn and Henry were only 1cm apart in their results for the 1 month De-tox Challenge so they were both awarded a prize and clients of the season.

Fitwoman of the Season - Sharolyn Kimmorley



Congratulations to Sharolyn Kimmorley on being joint winner in the Challenge! She had a fantastic result over the February de-tox challenge and she was highly motivated and followed the challenge with no alcohol, sugar, gluten or caffeine for the whole month. As a result, she won the challenge with the highest drop in body measurements amongst all Fitwomen and Fitmen clients.

How long have you been training Fitwomen ?

Two years and three months.

What are your tips for getting such a great result?

Sensible eating regime, zero alcohol, (just for one month), regular training and trying just a little harder!

What are your health and fitness goals for 2010?

Continue to train regularly (three times a week), lose a little more weight, learn to love the cross-trainer.

What do you like best about training at Fitwomen?

I love the fact that I don't have to wear designer gear, the small groups and that I always have someone to give me a nudge to make that extra effort.

Fitman of the Season - Henry Capel



Congratulations to Henry Capel on being Fitmen winner of the Challenge! He also showed a huge level of commitment and motivation in the challenge to have the highest drop in body fat amongst all Fitmen clients.

How long have you been training Fitmen?

15 months

What are your tips for getting such a great result?

Train every day and don't do what Eddy says (Nice one Henry - I will be sure to remember this comment for a while!)

What are your health and fitness goals for 2010?

To continue losing weight

What do you like best about training at Fitmen?

Finishing at the end of every training .

FOR SALE

Eddy is selling REPCO treadmill and commercial cross trainer which were being used in the back room as we are turning it into a healing room. Treadmill is only \$200 and cross trainer is \$350 or nearest offer. **Call Eddy if you are interested.**

Are nuts good in a healthy/weight management diet?

I am often asked whether or not nuts are good for you and whether they are good for a weight management diet.

Typically tree nuts such as almonds, brazil nuts, chestnuts, hazelnuts, macadamia, pecan, pine nuts, pistachio and walnuts contain between 50-74% fat with most of it being 'good fats' which are monounsaturated and polyunsaturated fats(as those found in olive oil, avocados and fish). These fats can contribute to lowering blood cholesterol levels.

Nuts can also be good in a weight management diet as they are very high in protein (9-20g per 100g) and fibre (5-10g per 100g) which helps satisfy your hunger for longer and reduce your appetite. Eating a handful of nuts(30g) can reduce appetite and result in less being eaten later in the day which can contribute to a lower overall daily calorie intake. The fat content in nuts releases satiety hormones in the body which also help control appetite

VITAMINS AND MINERALS IN NUTS

A handful of mixed nuts provide 20% of the recommended daily intake for vitamin E and a handful of almonds, Brazil nuts or cashew can provide more than 75% of the recommended daily intake for magnesium (which is needed for nerve, muscle function and strong bones). A handful of almonds, cashews or pecans can give more than 15% of the daily zinc intake recommended

REDUCE THE RISK OF HEART DISEASE

Studies show that eating a handful of nuts 5-7times per week can halve your risk of heart disease. The National Heart Foundation recommends snacking on plain, unsalted nuts as a way to lower blood cholesterol levels and maintain a healthy heart.

Grab a Beetroot-Ade?

A recent to reap It seems that our Aussie love affair with beetroot may be a great thing for our stamina. A recent study done in the UK showed that beetroot juice may increase stamina and endurance by up to 16%. Researchers from the University of Exeter found that the nitrate in beetroot juice reduced the intake of oxygen by a higher degree than other known methods.



Yoga Key to Mindful Eating

New research from the US has found an association between the regular practice of yoga and mindful eating, which then links to help weight maintenance programmes. The Fred Hutchinson Cancer Research Centre followed up their own previous study which had found that middle-aged yoga practitioners gained less weight over a 10-year period than their non-yogic counterparts. This study found that people with awareness of why they ate and who stopped eating when full, weighed less than 'mindless eaters' who ate when they weren't hungry or in response to anxiety or depression. Another reason to enjoy our yoga classes!

Cancer Risk

A Finnish study has found that a regular dose of relatively intense exercise may halve the risk of developing cancer. Researchers studied the lifestyles of 2,560 men between the ages of 42 and 61 over the course of a year. During an average follow-up time of 16 years, 181 study subjects died from cancer, although none had a history of the disease at the study's outset.

The data showed that the men who did moderate to high intensity exercise for a minimum of half an hour per day had a 50 per cent lower chance of developing cancer than the other study subjects.

An increase of 1.2 metabolic units (oxygen consumption) was found to be related to a decreased risk of cancer death, particularly in lung and gastrointestinal cancers, after factors including age, alcohol consumption, smoking, BMI, and fibre/fat intake had been taken into consideration.

(Ref: British Journal Sports Medicine 2009)
(Network spring, summer editions 2009)



HOW MANY PER DAY?

Typically 30g per day is considered ok-this is equal to:

- 20 almonds
- 10 Brazil nuts
- 15 cashews
- 4 chestnuts
- 20 hazelnuts
- 15 macadamias
- 15 pecans
- 2 tb pine nuts
- 60 pistachios in shells for 30g of kernels
- 10 whole walnuts or 20 walnut halves
- a small handful of mixed nuts