



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

**OCT/NOV 2010**

## CLIENT SURVEY

We are always wanting to improve our service and information to you, so we would love to have your feedback in a 10 question survey for current and past members. This will help us determine what you would like not only for those who are training with us but also those on our newsletter who would like more health tips and information.

We appreciate you are busy so thank you for taking a couple of minutes out of your day and we look forward to hearing from you.

<http://www.surveymonkey.com/s/FNM5WK9>

## Upcoming Events

### Hatha Yoga Course

We are starting the next Hatha yoga course on Thursday evenings at 7:30pm starting on October 14. We are also looking at starting the Tuesday evening classes again at 7:30pm. This is a Hatha style class with Evangeline. Please register on the website to secure your place for Thursday evening and register interest with Eddy at [info@fitwomen.com.au](mailto:info@fitwomen.com.au) or Evangeline for Tuesday evenings.

### Fitmen Yoga

There has been an interest in starting the Men's class at 6:25pm on Tuesday evenings again. Please register interest to Eddy or e-mail to [info@fitmen.com.au](mailto:info@fitmen.com.au).

### Fitmum Yoga

We are currently running a pre-natal yoga course at 9:00am on Saturday mornings and a new course is likely to continue after this one, so come along! The next 8 week course will start on 23rd October.

### Next Pilates Matwork courses

the next Pilates course will be starting on 15th October at 9:30am (note time change). We are also moving the evening class to Wednesdays starting on Wednesday 13th October at 6:30pm. Please register for this class online. All courses are a maximum of 10 people per class.

### Express Classes

We now have express classes on Mon/Wed/Fri mornings from 7:30am to 8:00am and Monday evenings 7:30pm-8:00pm.

### Real Body Talks

Eddy will be running talks on training the body and mind from December at our Fitwomen/Fitmen studio. Register interest for the talks with Eddy or via e-mail: [Edwina@realbodymanagement.com](mailto:Edwina@realbodymanagement.com).

### 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 your personal assessment sessions. Remember we have the studio as a backup in rainy weather too! 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! We are looking at bringing in a 3rd class on Monday mornings if there is more interest for it, so e-mail us if you are keen for another time.

### The 100 Push ups Challenge Continues!

The push up challenge continues as we wait for the first to hit 100! Now summer is coming everyone has plenty of motivation to push themselves to achieve their perfect summer physique. I look forward to announcing the winner! Remember an extra motivation is your prize of \$100 cash and a Mediball for their home training programme as well as video footage of them performing their 100 push up challenge! I have set the challenge day for November 27.

### Henry Trains Tyron Challenge

After Henry winning the challenge to beat one of Tyron's rowing times, he now has the joy of training Tyron for a session! We have set the training day to be Saturday November 6 in the afternoon. Henry is calling on all requests for challenges to give Tyron in the session. Post any suggestions up in the gym.

### Rowing Records

We now have a sign up in the gym for the rowing (Concept II) records held in the gym. If you are not up there, get training to beat the times. Next up will be the push up records!

### Grow a Mo' for Men's Health and Fitness in November

One in 11 men will develop prostate cancer before they are 70 and 1 in 8 men will experience depression in their lifetime. Movember celebrates a lifestyle of exercise and well-being with participants growing moustaches to raise funds for and in awareness of men's health issues. Now it's in its 7th year and all proceeds go to the Prostate Cancer Foundation of Australia and Beyond Blue, the national depression initiative. So let's all our Fitmen take part and raise funds register at [www.movember.com](http://www.movember.com)

### Running Group and Results

Congratulations to everyone who competed in the running festival and City 2 Surf and Congratulations also to Tyron who ran in his first Half Iron Man-an awesome and inspiring achievement! Now we are keen to get our running group started! If you want to do a few extra sessions to get your results for summer, or to prepare for an event, come along for the running group. Send an e-mail to Eddy if you are keen to join.

### Fitmum classes

We are running more outdoor classes for new Fitmums and also the combined weights/cardio/stretch sessions are starting again. We also have the pre-natal yoga on Saturdays at 9:00am. I hope we see some more Fitmums in classes between now and Christmas!

## Welcome Tesa

We now have a new team member, Tesa. Tesa has worked in the fitness industry at various locations including Fitness First, UNSW Lifestyle Centre and Wild Fitness UK. Tessa has training in personal training, kettle bells, group training and running groups. She is passionate about health and fitness and is currently studying for her Diploma in Fitness. We are excited to have her as a new member of our team and welcome her to Fitwomen and Fitmen.

## Online Health/Lifestyle Programmes

We will be launching our online fitness/lifestyle programmes next month. Keep an eye out for the new website and launch!.

## NSW Fitness Professional of the Year Award

It has just been announced that Eddy won NSW Fitness Professional of the Year 2010 and will be going for the National Award in October. This has given her more inspiration for more ideas and events to come!



## *Fitwomen of the Season - Helene Finidori*

**Congratulations to Helene for winning our Fitwomen of the season! Helene has had fantastic results over the last few months and is looking fit and trim for Spring having lost 2 dress sizes over the past couple of months. She has kept up a great fitness regime and eating plan achieving results while having many changes in routine and travel overseas. I asked her a few questions about her motivation and how she achieved her brilliant results.**

### 1. How long have you been training Fitwomen?

I started training last May, but had to leave for Europe in June and August for weeks in a row, so it's only been a couple of months that I have been training consistently twice to three times a week

### 2. Why did you originally start at Fitwomen

I had hurt myself by overstretching my joints, I needed to build up some muscular strength to improve my stability. In addition, my cardio was very poor as I had never actually trained. I had put on weight after I had stopped smoking a few years ago. I wanted to get back in shape, get stronger and tone my body.

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

I think you need to be persistent and just do it regularly and steadily. I try to walk every day and do some exercises at home when I am not training at Fitwomen. It also helped that I started a very effective diet when I returned from Europe in June. Seeing visible results on the scale, in my jeans, and in the mirror has been a great encouragement. The training was really effective to tone me up while I was losing weight. The combination of the two helped me achieve great results. It also required a change of mindset: I had always thought that yoga was best for me because I was flexible. Well this was a mistake as working on flexibility when you are already quite mobile prevents you from building the right muscles and may even hurt you.

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

Well, I like that it is nothing of a bootcamp or sweatshop... but a real body management process. Edwina understood what I needed and we worked on goals and results. She taught me how to gain awareness of my body and movements, to work on my mental resolve, and most of all, to know when/what I needed to push further, and when/what I needed to stop in order not to hurt myself.

### 5. What are your other health/fitness goals for 2010?

These past months have been quite intensive. We now need to consolidate the good work and find a routine that I will be able to stick to. This will probably be the most difficult phase as results won't be as spectacular, and it is so easy to get caught again in other routines and neglect to take care of yourself! My goal now is to slide from an intensive effort to a new lifestyle.



### Moderate exercise means living longer

A study from the London School of Hygiene and Tropical Medicine, Cambridge University and Sweden's Karolinska Institute found that individuals who usually took part in minimum physical activity gained the greatest health benefits from light or moderate exercise. The study found that half an hour of moderate intensity activity **for 5 days** per week reduced the risk of death by about **19%** and when increased to **7 hours** per week, reduced the risk by **24%**.

ABS statistics show that over 7.4 million Australian adults are classified as overweight or obese and those figures are expected to increase by 50% within 5 years, another reason to encourage everyone around you to keep active and eat well. (ABS Overweight and Obesity in Adults, Australia, 2004-2005).

### Studies Comparing WiiFit to Regular Exercise

The National Institute of Health and Nutrition in Tokyo, Japan conducted a study on METS in adults while playing active video games. They had 12 men and women with an average age of 34 years and fat percentage of 22.3 take part in the study. Each subject completed different protocols in a metabolic chamber, which included:

Wii Fit Plus balance and resistance, Balance, Wii Fit Plus yoga, Wii Sports.

Each subject completed each of the exercise at the beginner level for a total of 8 minutes on different days. They measured in METS (metabolic equivalents which equal VO<sub>2</sub> of 3.5m/kg/min). Overall, 67% of the activities were classified as light intensity and the met values for Wii sports versions was found to be lower than actually playing the different sports, however yoga and resistance training were found to be similar to completing the actual exercises. The conclusion it seems is that Wii-fit is an alternative to regular exercise which may not get heart rate up as high (or social interaction!) but it does still have some physical benefit.



Ref: National Institute of Health and Nutrition, Tokyo, Japan, NETWORK, Spring 2010

### Sunshine, Exercise Calcium for good bone Density

Along with exercise, both calcium and vitamin D are also essential for good bone health and bone density. Children should aim to consume 1,000 -1300mg per day of calcium and adults aim for around 1,000mg per day (Sanders2009). Enough Vitamin D can sometimes be a challenge and the best source of vitamin D is ultra-violet light from the sun so time out in the sunshine is the solution to that! The recommended amount of vitamin D is 400-600IU and the recommended daily sun exposure to uncovered skin on arms, legs and face for July/August between 10am and 2pm is

**Sydney – 26-28 minutes** | **Melbourne – 32-52 minutes** | **Perth – 20-28 minutes**

(Ref: Diamond 2005)

### How many KJ's are your Coffee/Tea /Hot Chocolate Adding to your Day

Drink	Kilojoules Per Serve
Regular long black	60
Regular flat white	100
Full cream cappuccino	440
Vente skim cappuccino	240
Regular skim Latte	420
Vente skim Latte	620
Large Skim Latte with syrup	1200
Full cream hot chocolate	1000
Skim hot chocolate	900
Chai Latte	520
Green Tea	10

1 teaspoon of sugar is an extra 67kj.