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<http://www.revivefitness.com>

WELCOME TO NEW MEMBERS!!!

The Revive Fitness Reception Staff have been kept busy lately with an influx of new members joining our Friendly Fitness Family Facility, with its unique blend of Real People / Real Staff & Real Value. Our Personal Trainers are flat out prescribing great programs to assist new clients become the best they can be in fitness & health. Group Fitness Instructors are also being handed more of the "L Plate" tickets which indicate new participants attending their class for the first time. All Revive Fitness Professionals understand that, for those who have never set foot in a Fitness Facility before, making that commitment to join can be rather daunting but we guarantee that you will not regret it.

GIVE GROUP FITNESS A GO!!!

Make the most of your membership at Revive Fitness by including Group Fitness in your daily regime. Our guarantee is that you will not be disappointed by taking your initial tentative step into our airy, comfortable & freshly carpeted Group Fitness Studio & joining a class. Our friendly fabulous Group Fitness regulars & awesome approachable Group Fitness team of Instructors just love having new faces join in. We strive to make the experience leave you wanting **more & more**.



**HAPPY SAFE AUSSIE EASTER
FROM TEAM REVIVE!!!**

OPEN AS USUAL EASTER SATURDAY

THE AWESOME BUT OFTEN ELUSIVE 6-PACK EFFECT

Infomercials showcasing picture-perfect bodies vow that you too can enter the Promised Land of rock-hard bodies & ripped abs. All it takes is a few minutes of your time, their equipment & a good credit card number.

Magazine ads touting the "before" & "after" belly effect of popping diet pills also offer quick fixes as long as you're willing to pay for them. If only it were that easy to get that awesome ripped, six-pack. So here comes the 'ugly' truth: To sport washboard abs you need to be genetically blessed, eat healthy & exercise—a lot.

I know what you're thinking: If "awesome abs" are out of my league, I may as well just curl up on the couch with a bag of chips & continue watching the miracle work of the cynical medical genius "House" or CSI's forensic scientists on television.

Ultimately, this defeatist attitude will only increase your weight, zap your energy & likely deteriorate your health condition & physical well-being. Studies have shown that physical inactivity & an unhealthy diet are risk factors for chronic illnesses, including diabetes, heart disease & obesity.

THE TRUTH ABOUT BETER ABS.

The good news is that working on a healthier, more physically active lifestyle, does not have to be painful. All it takes is consistency & a willingness to stick to a plan that is right for you. While not everyone will be able to build the perfect Abs, trimming overall body fat can go a long way toward a flatter belly.

WHY SPOT REDUCTION DOES NOT WORK.

A common fallacy that many people cling to is that by working the Ab muscles alone, the fat layers will magically disappear. When we gain weight, we gain weight over the entire body. Everyone has areas where more or less fat is stored. Hence, when we lose weight, we lose it in similar proportions. The idea that you can target specific areas for weight loss, simply does not work.

BODY TYPE

Your body type also plays a role. "Apple-shaped" body types, especially in men, tend to store more fat around the waistline; "pear shaped" body types tend to have heavier hips & thighs. Excess fat in the midsection also increases the risk for serious chronic diseases i.e. high blood pressure & diabetes.

Reducing fat layers all over your body, especially in the midsection, can prevent such life-threatening diseases from developing in the first place. Also, it is no accident that people with great Abs have low body fat.

THE IMPORTANCE OF GENES.

Low body fat is not always enough to make Abs stand out, genetics is also a factor as some people build muscle easier than others. A body builder & an endurance athlete may have the same low body fat percentage but the body builder's Ab muscles will be much larger & have greater definition between them, than a marathon runner with lean Abs but not necessarily the muscle size.

THE IMPORTANCE OF EXERCISE & DIET.

Both diet & exercise are very important in trying to achieve better-looking abs,

- ❖ Reduce added foods such as mayonnaise, butter, sauces & high-calorie salad dressings
- ❖ Instead of skipping deserts altogether, treat yourself to your favourite desert 3 times a week & only eat half
- ❖ Try to cut back on sodas & alcoholic beverages, which tend to be high in calories
- ❖ Don't skip meals - this often leads to binge eating
- ❖ Eat breakfast every day
- ❖ Get enough sleep

Still, the most effective & efficient way to trim body fat & gain lean muscle mass, which is the only way to a well-defined physique, is to make physical activity part of your daily routine. While aerobic activity - cycling, running or swimming is important for a healthier heart & burning calories, strength-training helps build stronger bones & muscle tissue. Lean body mass is also responsible for the number of calories burned at rest - the basal metabolic rate. Gaining more lean muscle will lead to a greater metabolic rate, which makes it easier to maintain a healthy body weight.

EXERCISE GUIDELINES

Healthy adults, older adults & adults with disabilities should engage in at least 2.5 hours of weekly moderate-intensity aerobic exercise, such as brisk walking. To gain lean muscle mass, adults should also incorporate strength-training at least twice a week. A well-designed strength-training program will strengthen bones, muscles & connective tissue. Regular physical activity is also the key for controlling stress levels. Stress increases the circulation of cortisol, also known as the stress hormone. Cortisol is associated with an increased fat storage in the waist line.

AB EXERCISES FOR EVERYONE

4 basic Ab exercises that most people can perform safely without any equipment are:

The Plank, Side Plank & Crunches & an exercise for the torso stabilizers & rotators: **Equal weight on all fours, with a flat back & long neck, simultaneously extending opposite arm & leg, changing sides smoothly, keeping the torso still.** Infomercials typically claim results that are too good to be true. Getting a 6-pack takes a lot of work but the infomercials try to convince you that if you buy their product you will get instant results. A lot of patience & a commitment to putting in the work are guaranteed to bring results. We will not put on 20 kilos overnight just as we will not lose 20 kilos overnight. Stick with a plan, be consistent & you will see the results & if you have a setback, don't beat yourself up over it. Just get straight back into your routine.

EASTER SALAD

Ingredients (serves 6)

- 1 small broccoli, cut into florets
- 100g sugar snap peas, trimmed
- 2/3 cup fresh or frozen peas
- 1/2 cucumber, cut into large cubes
- 1 avocado, diced
- 150g tub mixed salad sprout combo
- 1/4 cup finely chopped parsley
- 1/4 cup finely chopped mint leaves
- Juice of 2 lemons
- 100ml olive oil
- 3 tbs mixed salad seeds* (such as sunflower, sesame & pepita)
- 100g feta, crumbled

Method

1. Blanch the broccoli in boiling water for 2-3 minutes & the sugar snap peas & fresh or frozen peas for 1-2 minutes. Drain, refresh in cold water & drain again.
2. Place the blanched vegetables in a bowl with the cucumber, avocado, sprouts, parsley & mint. Whisk the juice & oil in a bowl, then season & toss through the salad with the salad seeds. Top with crumbled feta.

REMEMBER ANZAC DAY

"LEST WE FORGET"



To respect the tradition Revive Fitness will be closed for Anzac Day APRIL 25th