

NEWSLETTER - AUGUST 2009.

<http://www.revivefitness.com>

BREAKING NEWS

1. **The new Soundproof Wall**, dividing the Group Fitness Studio from the Main Gym area, is almost completed, improving the area for all.
2. **2009 City-Bay 20th SEPTEMBER** -



Join the motivated members of the Revive Fitness City to Bay Team & help Kids for Cancer. Sign-up on the sheet at the front desk & preserve our proven track record. A delicious hot breakfast will

be served at around 11am at Revive Fitness.

3. **Lost anything lately?** Lost Property is full to overflowing. Check it out as all items will be tossed out if not claimed by mid-August!

GROUP FITNESS NEWS

1. **Body Combatants read on!** The Revive Fitness Management Team listened to your concerns.



Les Mills Body Combat will continue. Jasmin's Saturday 8:30am class remains on the timetable!

"but wait, there's more!"

A new Body Combat class will begin in August on

Mondays at 9:30am with Anthony.

"but wait, there's even more!"

2. **A new Kickbox class will also begin in August on Wednesday at 5:30pm with Tim.**

3. **Warm welcome** to the following new faces on the Revive Fitness Instructor Team:

Anthony: Body Combat 9:30am Mondays.

Tim: Kickbox 5:30pm Wednesdays.

Kevin: RPM 6:15am Tuesdays.

Alison: RPM 10:30am Fridays.

AUG TIMETABLE ADJUSTMENTS

MONDAY	9:30am	BODY COMBAT	NEW
MONDAY	5:30pm	KICKBOX	NEW
WEDNESDAY	10:30am	BODY STEP	was 9:30am
FRIDAY	10:30am	RPM	was 9:30am

SPRING INTO SEPTEMBER!!!

Keep September 5th free - for a sensational start to sizzling September - A Revive Fitness **Open Day & Les Mills Quarterly Launches.**

BENEFITS OF GROUP FITNESS



Even if you usually prefer to exercise on your own, consider a group fitness class to add variety to your work-out routine. Benefits of group fitness include:

1. Meet fellow fitness fanatics. Someone you meet in RPM may become a cycling training partner.
2. Feel the group energy. Many find they are able to get more from a class by drawing on the collective energy of a group & you may find yourself energized by being with other people as committed to improving their fitness as you are.
4. Get tips & advice from the instructors. No matter what group fitness class you take, try to be on time. The first time can be rather daunting so be a little early & approach the instructor, who will be happy to provide assistance & put you at ease.
5. Working-out in a group provides support, accountability & structure. You are more likely to complete a well-rounded exercise routine, pushing yourself further for a potentially tougher workout.

WEIGHT TRAINING BASICS



Weight training, like anything else has its do's & don'ts & if you want to change your physique, you should pay special attention to them! Basic training principles are important to follow, to ensure you are optimising your work-outs.

To achieve those sought after results sooner rather than later! - read on:

Progressive Overload - The basis for increasing fitness parameters - strength, size, endurance, etc. - is to make your muscles work harder than what they are accustomed to. If an exercise no longer proves difficult, it probably means you won't be making any further significant gains.

If you wish to advance, then progressively increasing your load is important. If you progress too quickly, you run the risk of overdoing it & never being able to go back!

1. To gain strength, gradually increase the weight in your work-outs.
2. To increase muscle size, gradually handle heavier weights & increase the number of sets.
3. To increase muscle endurance, gradually decrease your rest time between sets or increase the number of repetitions or sets.

TOO SICK TO EXERCISE?

It's hard to keep gym junkies down, even when they're sick but when it comes to colds, sticking to an exercise routine may pay off. "Mild exercise can clear the sinuses & nasal congestion," says David Pyne, senior physiologist at the Australian Institute of Sport. "It can also temporarily prime the immune system, reducing the severity or duration of symptoms."

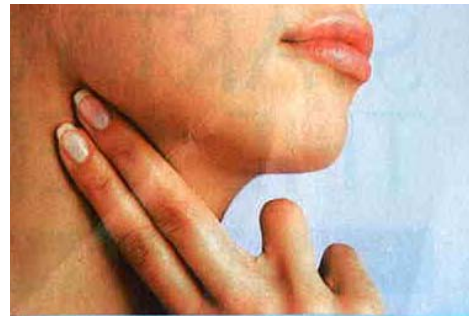
'Hit the treadmill' with something more serious however & you risk making yourself worse. As a general guide, follow the "neck rule":

- If your symptoms are "above the neck" - runny or stuffy nose, sneezing or sore throat - you're OK for a mild work-out.
- If your symptoms are "below the neck" - chest congestion, hacking cough, aching muscles & limbs or upset stomach - postpone your work-out.

If you're feeling well enough to exercise, keep work-outs short & simple. "Studies show that various elements of the immune system fail to operate at full capacity after too strenuous a work-out", says Pyne.



"Afterwards, stay warm, avoid other infected people, rest & recover. Don't forget the water - staying well-hydrated is always important. A runny nose & cough syrups with antihistamines can dry you out further."



Heart check

AFTER YOU WAKE UP, check your resting heart rate. Place two fingers on your carotid artery (on your neck) and check your pulse. How many beats are there in 60 seconds?

- **40-60** Often a sign you're in peak physical condition. But if you haven't exercised for years it could indicate a health problem. See your GP.
- **60-100** The normal resting heart rate range.
- **OVER 100** Your fitness levels aren't great. See a GP if your heart rate is always this high - it could be due to medication use or stress.

Thanks to Body Attack & L.I.F.B. instructor Cheryl for providing the above 2 health articles.

DEB'S PUMPKIN FRUIT CAKE

Thanks to the lovely Deb (a Mum who regularly attends & works hard in Group Fitness classes, often with her daughter) for sharing the following great recipe, which has no added sugar or fat:

- 2 1/2 cups mixed dried fruit
- 1/2 cup dried apricots, chopped
- 1 cup (any) juice

COMBINE the above ingredients; bring to the boil; simmer for 3 mins & cool.

"I do this & cook the pumpkin the night before"

STIR IN:

- 1 cup mashed pumpkin
- 1 1/2 cups SR flour
- 1 teaspoon mixed spice
- 1 teaspoon bicarbonate of soda

BAKE at 180°C for approx. 40 mins.

"This recipe is very versatile - it can be used for muffins; sliced up as a warm dessert with custard or the quantity can be doubled & cooked in a roasting tin for a crowd"
