

NEWSLETTER - DECEMBER 2009.

<http://www.revivefitness.com>

DECEMBER DATES TO REMEMBER

Well here's the final Revive Fitness Newsletter for 2009, can you believe it?! Seems surreal - the next Newsletter will come out in 2010!!

THE REVIVE LES MILLS DECEMBER PROGRAM LAUNCHES ARE A CHRISTMAS CELEBRATION NOT TO BE MISSED!!!
"STEP-STARTED" WITH BODYSTEP - 9:30am FRIDAY 11TH DECEMBER.

A light & festive morning tea will follow. Be there for an easy to follow, fun-filled **LOW IMPACT, HIGH INTENSITY** workout for everyone - well worth workers taking the morning off for.

FRIDAY 11th DECEMBER

✓ 9:30am BODY STEP release 78

SATURDAY 12th DECEMBER

✓ 8:30am BODY COMBAT release 42
 ✓ 9:30am BODY PUMP release 72
 ✓ 10:30am BODY ATTACK release 67

SUNDAY 13th DECEMBER

✓ 10:30am BODY BALANCE release 47

MONDAY 14th DECEMBER

✓ 6:30pm RPM (cycling) release 45

WE'D LOVE TO SEE YOU THERE!

DECEMBER STEP SHOWCASE

STEP TRAINING FOR FITNESS & FUN



Within the last few years, the popularity of step training has climbed rapidly.

Vigorous stepping provides the cardiovascular benefits of running but stresses the joints little more than walking. Performed to invigorating music with creative choreography, this low-impact workout is also lots of fun.

The First Step to Stepping

Before beginning a step-training class, be sure that your step—the platform & risers—is secure. If you are new to step-training, you may be more comfortable using the platform only or 1 set of risers underneath, to begin with. As your confidence builds you can try raising your step height - in a BODYSTEP class the instructor advises when you can safely adjust the step height for an optimum workout. Keep the area around your platform clear.

Align Your Body

Proper body alignment during step training helps prevent injuries. While stepping:

- Relax your neck & keep it straight.
- Always keep your knees soft without locking the knee joints.
- Maintain good posture with the shoulders back, chest lifted, abdominals braced & pelvis slightly tucked under.
- Lean from the ankles, not the waist, stepping onto the platform, without bending too much from the hips.
- Avoid arching your back.

Proper Stepping Techniques

Correct stepping technique also prevents injuries & improves your workout:

- Always place your entire foot on the platform; no part of the foot should hang over the edge.
- Stay fairly close to the platform, allowing the heels to contact the floor.
Note: Only the ball of the foot, not the heel, should touch the floor during lunges or other rapidly repeated movements (called "repeaters").
- Step quietly. Pounding can unduly stress the ankles & knees.
- Keep an eye on the platform at all times.

- Avoid using hand weights. They may increase the risk of injury & provide no significant benefit.

Stepping Out

If you initially find step training difficult to follow, focus on learning the foot patterns first, omitting the arm movements, you can add them later.

Remember that raising your arms above shoulder level makes your heart work harder & can leave you breathless. So, if you have a hard time keeping up, lower your arms & catch your breath.

To avoid injuries caused by too much stepping, alternate step-training classes with a variety of cardio & strength workouts.

Step-training workouts may seem difficult at first, but beware—they're habit-forming! Just remember to maintain proper body alignment & stepping technique to keep you stepping injury-free for years to come.

FOOD (or drink?!) FOR THOUGHT IN THE FESTIVE SEASON:

I DRINK THEREFORE I EXERCISE



Recent research from the US suggests that those who are more inclined to have an after work drink may also be more inclined

to work some of the calories off by exercising. Using data from the 2005 Behavioural Risk Factor Surveillance System (a yearly telephone survey of approximately 230,000 individuals in the US), the study team from the Uni. of Miami discovered that the more people drink, the more likely they are to exercise.

Lead study author Michael French, a professor of health economics, said:

"Alcohol users not only exercised more than abstainers but the differential actually increased with more drinking. There is a strong association between all levels of drinking & both moderate & vigorous physical activity".

The findings revealed that drinking was linked to a 10% increase in exercise participation. Drinkers were shown to spend an average 7.2 minutes per

week extra working out than their non-drinking counterparts.

Although he cautioned against excessive alcohol consumption, French said that exercise could help counteract some of the negatives associated with drinking:

"While those who are at risk for problem drinking should minimise or curtail their consumption of alcohol, light to moderate drinking may be health-enhancing for some people. If responsible drinkers are using exercise to partially counteract the caloric intake from alcohol, that is not such a bad thing". Source: American Journal of Health Promotion

CHRISTMAS BERRY TRIFLE



Enjoy layer-upon-layer of this berry decorative & delicious dessert. Spoon through seasonal fruit & smooth creamy fromage frais to find squishy sponge

finger biscuits bathed in berry-flavoured jelly.

Preparation Time: 20 - 260 minutes

Cooking Time: 5 minutes

Ingredients (serves 10):

200g (about 16) sponge finger biscuits

2 x 9g pkts Aeroplane Jelly Lite raspberry-flavoured low-joule jelly crystals

1 tsp rosewater essence

80g unsalted pistachio kernels

4 x 150g ctns Fruche Vanilla Creme 99 % fat-free fromage frais

500g fresh or thawed frozen mixed summer fruit: strawberries, raspberries, blueberries, cherries

7.2 tsp icing sugar mixture

Method: 1. Break biscuits into large pieces.

Arrange over the base of a 2L (8-cup) capacity serving dish. 2. Prepare jelly following packet directions. Stir in rosewater essence. Carefully pour jelly mixture over biscuits. Cover with plastic wrap & place in the fridge for 4 hours or until set.

3. Meanwhile, place pistachios in a frying pan over medium heat. Cook, stirring for 3-5 minutes or until lightly toasted. Set aside to cool slightly. Coarsely chop.

4. Spoon the fromage frais over the jelly. Top with the mixed summer fruit.

5. Sprinkle with pistachios & dust with icing sugar to serve.

Source: *Good Taste - December 2007, Page 64*
Recipe by Aneka Manning