

NEWSLETTER - JULY 2009.

<http://www.revivefitness.com>

BREAKING NEWS

- As you pass Reception on your way in for a great workout at Revive Fitness, look out for our new **Monthly Calendar Sheet**. The idea came from admin & Group Fitness manager Lisa to highlight special events & offers - e.g. July 15 wear a hat/cap in RPM & win a prize.
- Nutrimetics Product Display** - Lisa has also arranged for a Nutrimetics consultant to conduct a product display at Revive Fitness on Monday 13th July. Members will have the opportunity to try the wonderful skincare products, along with a free 'hand pamper' & chance to win a Nutrimetics prize.
- The Revive Fitness Management Team has begun the countdown towards construction of the new **Soundproof Wall** to divide the Group Fitness Studio from the Main Gym area. The construction of this latest improvement is to commence on Saturday 18th July.
- Revive Fitness welcomes Mary** to the friendly fashionable front foyer & sales team - speaking of which - **Dylan has returned**, great to have him back for an extended period.
- The Winter Solstice has passed!**

GROUP FITNESS NEWS

- The recent **Launch Week** at Revive Fitness of the quarterly Les Mills program releases were a real hit!!! A BIG THANKYOU to all who attended. Check out the photos.
- The Revive instructor team are thrilled to welcome 2 **new instructors**: **Lisa Pink** returns to Revive Fitness - she now has 2 gorgeous little boys! Have a great Body Attack workout with her on Tuesday evenings. **Jane** takes Body Pump on Wednesday evening, followed by Pamela with Body Balance - a truly awesome double.

WEIGHTS ROOM TIT-BITS

c/-EXRX.net

Life Strength

Men & women reach peak strength around 20 to 25 years of age. After age 25, strength generally decreases an average of 1% per year. Individuals who are more active, or those who continue to strength train, can considerably decrease this tendency for declining muscular strength. Strength training for older adults can reverse the loss of muscle mass & enhance their ability to perform activities of daily living.

Combined Muscular Strength

It is estimated that, if all the muscles of the human body were working together, it could lift 11 tons or the equivalent of 4 SUVs!

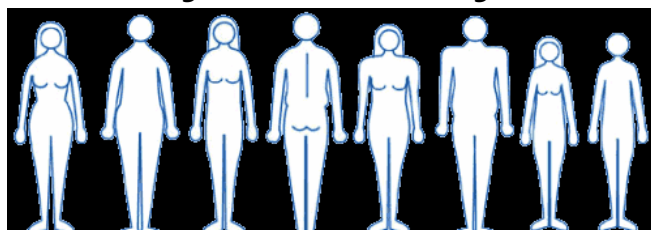
Dumbbell Origin

"The original dumbbell was an apparatus contrived like that for ringing church-bells; that is, a heavy fly-wheel with a weight attached, which was set in motion like a church-bell, until it acquired sufficient impetus to carry the gymnast up & down & so bring the muscles into active play. There is one at New College, Oxford, to the present day. The modern weights, so called, produce similar results, in a less cumbersome & more agreeable manner." - Edwards's Words, Facts & Phrases.

EXERCISE FOR YOUR BODY TYPE

There are a number of different body types & you can thank (or blame) your parents & their genetics for what you have inherited. You can't change your height or bone structure but you CAN change your body fat levels, muscle definition & body shape.

Note: *Some people will not fit into any of these categories but the basic principles still apply. Regular exercise, light weights or resistance training & a healthy low fat diet will deliver lasting results over the long term.*



What are the body types?

Type A You are lean, may have long legs & a very fast metabolism. You can get away with eating anything & still not gain weight. Your body fat levels are low & you have difficulty gaining weight.

Training Tip: Cardio: 2-3 times per week of light to moderate intensity exercise. Weights: 3 times per week working the whole body & combining light to moderate weights.

Suggested Classes: RPM; Body Step/Pump/Balance; Step; Low Impact Fat Burner; Aqua; Pilates.

Type B You gain weight easily & have a rounded body with poor muscle definition & a high percentage of body fat. Your weight fluctuates & losing weight is difficult. Your eating plan may be erratic.

Training tip: Cardio: 4 times per week of moderate to high & low intensity exercise. Weights: Twice a week using light weights & high repetitions. Keep the rest interval between sets to a maximum of 1 minute.

Suggested Classes: RPM; Body Attack/Combat/Step/Pump/Balance; Step; Low Impact Fat Burner; Aqua; Kickbox; Pilates.

Type C You are athletic & have good muscle definition (low body fat). Your weight is distributed evenly throughout your body & you can lose weight easily or gain lean muscle fast. You generally eat well & it takes very little training to make you look fit and healthy.

Training Tip: Cardio: 2-3 times per week of moderate intensity exercise. Weights: 2-3 times per week focusing on all muscle groups.

Suggested Classes: RPM; Body Attack/Combat/Step/Pump/Balance; Step; Low Impact Fat Burner; Aqua; Kickbox; Pilates.

Note: *Some people will not fit into any of these categories but the basic principles still apply. Regular exercise, light weights or resistance training & a healthy low fat diet will deliver lasting results over the long term.*

3 COMMON TRAINING MYTHS

Myth No. 1 (for the females):

Strength training will make me "bulk up".

Some women avoid weight training because for fear of "bulking up". However, strength training is a critical element in maintaining a healthy weight & strengthening the body. Research has found that the average woman will not typically gain size from strength training, due to the lack of the hormones which are necessary to build massive amounts of muscle. Even men have a tough time gaining muscle as individual genetics play a part. Generally it is something you need to work very hard to achieve, male or female.

Myth No. 2 (for everyone):

If I can't workout often enough & hard enough, I might as well not even do it.

The general rule for weight loss is to do cardio 4-5 times a week for at least 30-45 minutes, as well as weight training 2-3 times a week. Most people are simply unable to find sufficient time to workout to that extent. This may lead to many thinking that, since they are unable to workout that much, then why do any at all? We must remember that *any amount of exercise is better than none at all*. Being physically active is proven to reduce stress & make us healthier.

Myth No. 3:

If you stop working out, your muscles will turn to fat.

Fat & muscle are 2 completely different substances - one cannot / will not & has never turned into the other. Less of one simply means more room for the other. When you stop using your muscles, your body becomes significantly less efficient at burning calories, which allows the weight, in the form of fat, to creep back on. If strength training were to cease, you may continue to see the same number on the scales, however the ratio of fat to muscle would shift dramatically. Working out with weights can slow the 10% loss of strength per decade that occurs in those of us who do not weight train at all.

TROPICAL PIZZA (idea thanks to Sally!)

Quicker than picking up takeaway pizza!

5 minutes preparation

10-15 minutes cooking

5 serves of vegies

25cm pizza base or

Turkish bread

¼ cup tomato pasta sauce

100g ham, chopped

225g can pineapple pieces

(in natural juice), drained

1 medium red or green capsicum, seeded & chopped

100g mushrooms, sliced

100g grated Mozzarella cheese

1 tablespoon chopped herbs (parsley, oregano and/or basil) or a pinch of dried mixed herbs

Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms & cheese. Sprinkle with herbs. Bake for 10-15 minutes until heated through and browned. Serves 4.

Hint

Make 8 mini pizzas - 4 halved English muffins as bases.

Variation

On top of the tomato sauce pile sliced onion, cooked red kidney beans, mushrooms, olives, cooked sliced potato & rosemary and top with cubes of reduced-salt feta cheese.

