



NEWSLETTER - JUNE 2009.

<http://www.revivefitness.com>

BREAKING NEWS

Revive Fitness will be open on the Holiday Monday, June 8th, from 9am to 12:00: So, for the Queen's b/day, give your body a RIGHT ROYAL WORKOUT TREAT using our many & varied facilities or why not join a fabulous Group Fitness class?! Classes TBA.

Soundproof dividing wall between the main gym area & group fitness studio: For the comfort of our valued members - construction to begin in about 4 week's time. **Punching bags:** Now in the house for KICKBOX! **New staff:** Welcome to Revive Fitness: Kirsty on reception & Personal Trainer Jess.

GROUP FITNESS NEWS

LES MILLS PROGRAMS LAUNCH WEEK!!!

FROM SATURDAY JUNE 13th
TO THURSDAY JUNE 18th

The Revive Fitness Les Mills instructors are working their butts off learning the brand new Les Mills Group Fitness program releases to present to you during **REVIVE LAUNCH WEEK** - see below.

Did U know? LM fitness programs are offered in more than 12,000 facilities in more than 70 countries. Also in "Oz" & SE Asia, an estimated million people per week attend a LM class. This is testament to the power of Les Mills' programs & it's mission to create life changing fitness experiences every time, everywhere. **Your attendance makes all the extra effort worthwhile**

LES MILLS JUNE QUATERLY LAUNCHES:-

SATURDAY 13th JUNE

- ✓ 9:30am BODY PUMP release 70!
- ✓ 10:30am " ATTACK release 65

SUNDAY 14th JUNE

- ✓ 10:30am B/BALANCE release 45

MONDAY 15th JUNE

- ✓ 6:30pm RPM (cycling) release 43

WEDNESDAY 17th JUNE

- ✓ 5:15pm B/COMBAT release 40!

THURSDAY 18th JUNE

- ✓ 6:15pm BODY STEP release 76

EXERCISE: A CURE FOR FATIGUE & TO BOOST ENERGY LEVELS.

When fatigue can no longer be blamed on winter hibernation, the cure may be as simple as to exercise, even if it is the last thing you feel like doing.

Researchers at the University of Georgia found that sedentary, otherwise healthy adults who engaged in as little as 20 mins of low-to-moderate aerobic exercise, 3 days a week for 6 consecutive weeks, reported feeling less fatigued & more energized.

Findings that low-intensity exercise improves feelings of fatigue come as no surprise to Pete McCall, Exercise Physiologist at the American Council on Exercise: "If a sedentary individual begins an exercise program it will enhance the blood flow carrying oxygen & nutrients to muscle tissue improving their ability to produce more energy (the chemical adenosine tri-phosphate)," McCall said.

The University of Georgia study, which appeared in the March 2008 issue of the Swiss medical journal *Psychotherapy & Psychosomatic*, involved 36 sedentary healthy, young adults who reported persistent fatigue. The study called for a 6 week program of moderate-intensity exercise, low-intensity exercise or no exercise. The moderate-intensity group was prescribed 20 mins on an exercise bike comparable to a fast-paced walk up hills while the low-intensity group biked for the same duration & frequency but at an intensity level equivalent to a leisurely walk, reported the *New York Times* newspaper on Feb. 29, 2008.

Both exercise groups experienced a 20% increase in energy levels by the end of the study compared to the non-exercising group; the low-intensity group reporting a 65% drop in feelings of fatigue, as opposed to a 49% drop for the more intense exercisers. McCall noted "the discrepancy between the low-intensity & moderate-intensity groups could be explained, because if the participants in the moderate-intensity group did not take the time to develop an aerobic base, then the higher rate of work might leave them feeling more physically drained." The results suggest - expending more energy during exercise does not necessarily translate into feeling more energized.



The scientists also noted that higher energy levels in this formerly non-exercising group did not improve aerobic fitness.

Exercise Recommendations for Healthy Adults

To gain health & wellness benefits, according to the U.S. Dept of Health & Human Services exercise guidelines, healthy adults need to engage in 2½ hours of weekly moderate-intensity exercise. For more physically fit adults, 75 mins of vigorous physical activity can offer similar benefits in half the time.

Even 10-minute bouts of heart-pumping activity are better than none at all. To regain lost muscle mass & strengthen weakening bones, which is part of the typical aging process, the experts also recommend that adults lift weights twice a week.

McCall tells his clients: "I want you to set a goal of making it to the gym at least 3 days a week. At the onset of a fitness program the most important consideration is to establish a habit of regular exercise. Once that pattern is established, the program can be tweaked to meet your specific goals - Chronic exercise beats chronic fatigue every time", he noted.

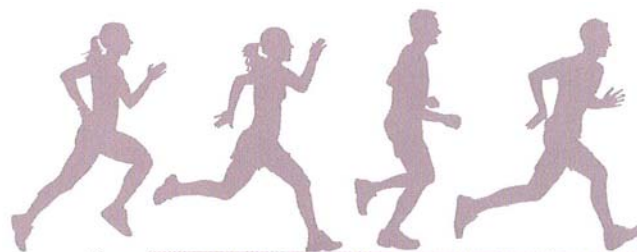
RESISTANCE TRAINING FOR KNEE ARTHRITIS

A new Australian report has emphasised the ability of resistance training to increase muscle strength & improve physical function in individuals with knee osteoarthritis, while also decreasing pain.

Previously conducted trials into resistance training & knee osteoarthritis were analysed by a team of researchers led by the University of Sydney. The various trials utilised isometric exercise & equipment including resistance machines, free weights and resistance bands. In the majority of studies, resistance training was found to improve symptoms, physical function & strength.

Over 50 per cent of the studies also showed a decrease in self reported pain & in almost 80 per cent of cases self-reported mobility improved following resistance training. Increasing levels of resistance training were also mirrored by an increase in overall activity levels.

Source: Arthritis Care & Research



Q

Should you exercise when you have a cold?

A

It is best to undertake only light exercise, if any, in the early days of a cold. If a fever is present, then exercise should be avoided altogether. When the nose is running, the eyes watery, you are coughing, the throat is sore and a headache is present, it is preferable to rest for a couple of days to allow the body's immune system to muster its forces to overcome or minimise the effect of the cold virus. Apart from the difficulty of exercising with the accompanying cold symptoms, any fatigue element developing in association with such activity could compromise the immune system, making it less effective in combating the cold virus infection. Once the worst symptoms are over, usually after two or three days, and any associated fever has settled, it is safe to engage in light activity building to more strenuous exercise as symptoms abate.

OATY FRUIT SLICE

Yummy Member Recipe - thanks Deanne!

Preparation Time 10 minutes

Cooking Time 30 minutes

INGREDIENTS:

⅓ cup roughly chopped nuts - pecans, walnuts, cashews

2½ cups rolled oats

⅓ cup self-raising flour

½ cup dried cranberries (craisins)

½ cup brown sugar

125g (½ cup) salt reduced margarine, melted

2 tablespoons golden syrup

2 ripe bananas, mashed

1 egg

2 tablespoons sunflower seeds

STEP 1: Preheat oven to 180°C. Lightly grease an 18 x 28cm slice tin, or line it with baking paper. Place dry ingredients in a bowl & stir in margarine, golden syrup, bananas & egg. Mix well.

STEP 2: Spoon into the prepared tin, smooth surface & sprinkle with sunflower seeds.

STEP 3: Bake for 25-30 minutes or until golden brown & firm to touch. Mark into 16 slices while still warm.

This slice is ideal for a delicious breakfast on the run