



NEWSLETTER - NOVEMBER 2009.

<http://www.revivefitness.com>

REVIVE SPRINGS INTO SUMMER

November - Ahhh!!!! I've said it 1000 times: "2009 has raced by", which brings to mind the race they say 'stops a nation' - **Melbourne Cup, November 3rd**. No excuses however, missing a workout here with us at Revive Fitness, with so many awesome ways to achieve your full fitness potential. Apart from the Cardio & Gym areas, you could saddle up early at 6:15am for an awesome ride in **RPM** with Kevin / prance in the pool for an awesome water workout in **Aqua** / gallop around in **Body Attack** in a super awesome workout with Ali at 9:30am / or with Lisa at 6:15pm / gain the muscular strength & tone of a thoroughbred in **Body Pump** with Sally at 10:30am / **Step & Sweat** away your Melbourne Cup Luncheon with Gail at 7:30pm.

Fund Raising Efforts have 'Rocked' at Revive Fitness over the past couple of months! September saw us raising funds for *Legacy*, along with *Kids for Cancer* - in the City to Bay. In October it was for *Breast Cancer Research*. In '**MO**vember' we are on the lookout for fellas sporting facial hair - raising awareness for men's health. Tell us who you are!

When next on FACEBOOK, be sure to look up REVIVE FITNESS & join our brand new group for the latest in specials & updates.

Welcome: To Michael & Kayla - new in sales & on reception & to Lisa, Rebecca, Michael & Tim - new in the Gym.

Festive Season Social Meet & Greet

When? Friday November 27th

Where? Avoca Hotel

What time? 8pm

Congratulations - well done Wendy!!! Yours was a truly inspirational outcome at the 2009 International Bodybuilding Association SA Titles. Few of us realised the dedication required for achieving your goals & commend you for such a magnificent effort.



Remembrance Day

On 11 November 1918 - 11am, the guns of the Western Front fell silent after more than 4 yrs of continuous warfare. This year marks the 91st Anniversary of the Armistice, when Australians remember those who fought & died for our country in war & armed conflicts.

The following poem 'In Flanders Fields' says it all:

In Flanders fields the poppies blow
between the crosses, row on row,
that mark our place: & in the sky
the larks, still bravely singing, fly
scarce heard amid the guns below.

We are the Dead. Short days ago
we lived, felt dawn, saw sunset glow,
loved & were loved & now we lie
in Flanders fields.

Take up our quarrel with the foe:
to you from failing hands we throw
the torch; be yours to hold it high.
If ye break faith with us who die
we shall not sleep, though poppies grow
in Flanders fields.

John McCrae (1872-1918)

GROUP FITNESS NEWS

GROUP FITNESS OPEN WEEK

Free Group Fitness classes for a whole week!

From November 16th to 22nd

Don't miss the opportunity to invite friends, family, colleagues along to experience free, the friendly relaxed atmosphere of **Revive's Great Group Fitness Classes**. Be a 'Revive Role Model' to those who may have always been too shy to attend classes. Give them the chance to discover the health & fitness benefits any or all our Group Fitness programs & classes can provide.

A new Revived summer timetable will be released on December 1st.

DECODING THE LABEL

Susie Burrell - 'Body & Soul'



With so much information on food labels, it's easy to get confused about what you should look for. Here's a crash course.

1. Check the fat. Remember that the less saturated fat a product has, the better it will be for you. Generally speaking, products with less than 10g of saturated fat per 100g are good choices. Checking the saturated fat content as opposed to the total fat content of a product ensures that highly nutritious foods, including nuts & grain breads, which have a relatively high fat content, are not eliminated from your diet unnecessarily. Saturated fat: aim for less than 3g of saturated fat per 100g.

2. Check the kilojoules. Recommendations for kJ intake are based on an average figure for both men & women, no matter what their level of activity, of 8700kJ per day, which in my experience is relatively high. Generally, I find adults burn between 6000 - 8000kJ each day. Now that you know this, a quick scan of the energy-per-serve column of a food will tell you what proportion of energy it contains. For example, if a packet of chips provides more than 1000kJ per serve, this can be as much as one-sixth of your entire daily energy requirement. Aim for snacks to be no more than 600 - 1000kJ & meals 1500 - 2000kJ. Energy: An average adult burns up to 8700kJ per day

3. Check the carbohydrates. Looking at the total carbohydrate content per serve is a great way to find out how much fuel the food offers. While some foods may be low in fat, if they mostly consist of carbs, they tend to offer little nutritionally. Examples include biscuits, noodles, rice dishes & snack foods, which can contain as much as 45g of total carbs per serve. Remember 1 slice of bread on average contains 15g of total carbohydrates. Ideally, foods should contain just 20 - 30g of total carbs per serve to avoid a fuel overload. Carbs per serve: 2 slices of bread contain 30g total carbs.

4. How many ingredients. A quick scan of ingredients in a food product can be revealing. Remember that ingredients are listed in order of those found in the highest amounts to those found in the smallest quantities. So if you find a product in which the first 3 ingredients are flour, sugar & vegetable oil, it is unlikely the product offers a lot nutritionally. In general, the less processed the food type, the fewer ingredients it will contain. Common ingredients or additives you may prefer to avoid include palm oil, which is often labelled as vegetable oil, artificial colours (102, 104, 107, 110, 122, 123, 124, 127, 128, 129, 132, 133, 142, 151, 155) & MSG (621). Sodium: aim for less than 2000mg per day - the lower the better.

*** Food Tip:** While plant-based fats & oils are regularly referred to as 'good fats', a number of food products, including biscuits, muesli bars & cakes, are often made using palm oil, which is predominantly saturated. Saturated fat is more likely to be stored by the body & is known to increase blood cholesterol levels. Look for processed foods made using clearly labelled canola, sunflower & olive oils.

RANGE OF MOTION

A push-up isn't a push-up unless you go all the way down & all the way back up again. The same can be said for all body weight exercises. So many people do half-range reps because they're rushing or they aren't being diligent with their technique. A muscle is at its weakest when it's at its greatest length.

TERRIFIC TRAINING TIP

Michelle Hext - 'Body & Soul'

"My clients often say, 'I'm just not motivated now' but you don't need to be motivated, you just need to do it. Motivation's fickle, if you wait for it, it won't happen. "Structure your week every Sunday night & plan for the things you know are going to crop up. "Don't aim for perfection or wait for the perfect day to start living a healthier lifestyle. Consistency is the key. Too many people start out with unrealistic expectations of what they can achieve. Start small with your exercise plan, get it done & then you can up the time later on. "Nobody goes from never being a runner to running 10km. Set yourself up to win, so set mini-goals. When you accomplish them, the big goals will just happen.

Zucchini & sweet potato FRITTERS

Preparation: 10mins / Cooking: 20mins / Serves: 8

Ingredients:

400g green zucchinis	2 eggs, lightly whisked
300g sweet potato, peeled	2/3 cup plain flour
½ leek, finely sliced	½ cup grated parmesan
2 tbs chopped mint	½ cup vegetable oil
pinch nutmeg	tzatziki dip, to serve

Method:

- Coarsely grate the zucchinis & sweet potato & squeeze out any excess moisture. Place into a bowl with leek, mint & nutmeg. Season with s & P. Add eggs, flour & parmesan & mix together well.
- Heat oil in a medium frying pan over medium-high heat. Using a ¼ cup measure, drop batter into oil & flatten slightly. Fry for about 2mins each side until golden. Remove to a plate lined with paper towel & keep warm. Continue with remaining mixture.

Thanks to Sally.