



## NEWSLETTER - OCTOBER 2009.

<http://www.revivefitness.com>

### REVIVE ROLLS INTO 'ROCTOBER'!

#### 1. 2009 CITY-BAY:-

Congratulations to the Revive Fitness City-Bay Team for completing the 12km course from Adelaide City to Glenelg. The Revive Roving Reporter reveals the fabulous effort of Kirsty, our 'pocket rocket' from reception, who ran the course in under 60 minutes!

Let's all look upon the City-Bay as a great *starting block* for spring fitness, a chance to make a fresh new commitment towards a fit & healthy lifestyle. The friendly Revive Fitness family of Personal Trainers & Group Fitness Instructors are always approachable & have many ways to assist you towards reaching & maintaining your very own 'personal best'.

#### 2. WARM WELCOME BACK:-

To Fiona from Reception & to Group Fitness Instructor Jeanette, both return from OS.

#### 3. DAYLIGHT SAVING:-

Put all your clocks forward 1hr, before you 'hit the sac' on the night of Saturday 3<sup>rd</sup> so you can wake up & be at Revive Fitness in time for the awesome LIFB class next morning at 9:30am.

If you miss it, don't stress, you can always 'treat' yourself to BODYBALANCE at 10:30am.

#### 4. LABOUR DAY:-

Monday 5<sup>th</sup> YES WE ARE OPEN 9am to 12noon!

Continue kick-starting your revived fitness plan with a visit to Revive Fitness. Put the FUN into fitness with a morning Group Fitness workout (2 B advised), a sensational start to a leisurely non-laborious Labour Day.

#### 5. SMALL BUSINESS AREA FOR RENT:-

Phone Gina Barille on 8297 8433 if you are interested in an area ideally suited for beauty or sports massage therapy etc. The area is constantly passed by Revive members heading to the Gym & Group Fitness areas.

### GROUP FITNESS NEWS

#### 1. TECHNIQUE CLASSES:-

As valued members of Revive Fitness, you have all invested in yourselves & whenever possible you take time to exercise hard in order to make the most of your lives & to look & feel great. Correct technique in exercise execution acts as insurance to protect this valuable investment of yours & ensure its longevity.

This month Revive will run 4 Technique classes, half an hour in duration, just before scheduled Les Mills BODYPUMP & BODYSTEP classes.

Here is a great opportunity for beginners to preview the workout & gain confidence before taking part in an exercise program; as well as for regular class participants, the chance to review, identify & adjust technique flaws & therefore optimise future workouts.

In the Fitness Industry, the Les Mills Group Fitness programs are regarded as benchmarks, continually drawing on the latest developments in exercise science. They are highly regulated & give participants a 'state of the art' workout every time. Les Mills trained instructors also undergo a rigorous selection, training & qualification process.

#### TECHNIQUE CLASSES AS FOLLOWS:

MON 19 <sup>th</sup>	BODY PUMP	5:30pm
TUE 20 <sup>th</sup>	BODY PUMP	10:00am
WED 21 <sup>st</sup>	BODY STEP	10:00am
THU 22 <sup>nd</sup>	BODY STEP	5:30pm

Information gained from attending these classes assist in all other training regimes.

#### 2. HALLOWEEN CLASSES:-



Yeah man, we know it's an American 'thang' but this month *do* have some fun with us at Revive Fitness on **SATURDAY 31<sup>st</sup>**

## ONLY IN AMERICA

### Some interesting facts about Coca-Cola vs. Water that may knock your socks off!

#### WATER:

- ❖ 75% of Americans are chronically dehydrated (Likely applies to half the world population).
- ❖ In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- ❖ Even MILD dehydration will slow down one's metabolism as much as 3%.  
1 glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- ❖ Lack of water is the no. 1 trigger of daytime fatigue.
- ❖ Preliminary research indicates that 8-10 glasses of water a day could significantly ease back & joint pain for up to 80% of sufferers.
- ❖ A mere 2% drop in body water can trigger fuzzy, short-term Memory; trouble with basic maths & difficulty focusing on the computer screen or on a printed page.
- ❖ Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79% & one is 50% less likely to develop bladder cancer.

#### Are you drinking the amount of water you should drink every day?

#### COKE:

- ❖ In many U.S. states the highway patrol carries 2 gallons of Coke in the trunk to remove blood from the highway after a car accident.
- ❖ You can put a T-bone steak in a bowl of Coke & it will be gone in 2 days.
- ❖ To clean a toilet: Pour a can of Coke into the toilet bowl & let the 'real thing' sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous China.
- ❖ To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of aluminium foil dipped in Coke.
- ❖ To clean corrosion from car battery terminals: Pour a can of Coke over the terminals to bubble away the corrosion.
- ❖ To loosen a rusted bolt: Apply a cloth soaked in Coke to the rusted bolt for several minutes.
- ❖ To remove grease from clothes: Empty a can of Coke into the load of greasy clothes, add detergent & run through a regular cycle. The Coca-Cola will help loosen Grease stains. It will also clean road haze from your windshield.

#### FOR YOUR INFORMATION:

- ❖ The active ingredient in Coke is phosphoric acid. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones & is a major contributor to the rising increase of osteoporosis.
- ❖ To carry Coke syrup (the concentrate) the Commercial trucks must use a hazardous Material placard reserved for highly corrosive materials.
- ❖ The distributors of Coke have been using it to clean the engines of the trucks for about 20 years!

#### Now the question is would you like a glass of water or Coke?

## HALLOWEEN PUMPKIN SCONES



#### Nutritional Information - Per Serve:

2.5g protein  
4g fat (2g saturated fat)  
20g carbohydrates  
1g dietary fibre  
525 kJ (125 calories)

#### Ingredients:

400g butternut pumpkin  
3 cups self-raising flour  
1 tsp ground ginger  
60g butter, chopped  
3 tbs raw sugar  
1/4 cup chopped pecans  
1/4 cup milk

#### METHOD

1. Preheat oven to 200°C. Line a baking tray with baking paper. Peel Pumpkin, remove seeds & cut into 2cm pieces, steam over boiling water for 10 mins until tender. Transfer to a bowl & set aside to cool.
2. Sift flour & ginger into large bowl, add butter & rub in using your fingertips. Add sugar & pecans, stir to combine.
3. Mash Pumpkin & stir in milk until smooth, add to flour mixture & mix together quickly with a spatula. Turn onto lightly floured surface & lightly knead.
4. Pat out to a 3cm thick round shape. Cut out scones using a 5.5cm cutter & arrange them close together on the baking tray. Reshape the dough & continue to cut out more scones.
5. Brush tops with a little extra milk & sprinkle with a little extra sugar. Bake for 25 minutes until well risen & golden. Split & serve with butter if desired.