



550 Marion Road, Plympton Park SA 5038
 Telephone: (08) 8297 8433 Email: info@revivefitness.com

NEWSLETTER - SEPTEMBER 2009.

<http://www.revivefitness.com>

BREAKING NEWS

Welcome to the end of Winter - we are in for a sensational start to Spring at Revive Fitness!



you know who you are!

We will be launching our 6 fantastic Les Mills programs from Saturday 5th Sept. with a Royal Adelaide Show theme.

Read on for the dates of our Les Mills Quarterly Launches, brought to **YOU** our fabulous, fit Group Fitness fans & all fitness freaks who have not yet ventured into our great Group Fitness Studio.....

SATURDAY 5th SEPTEMBER

- ✓ 8:30am BODY COMBAT release 41
- ✓ 9:30am BODY PUMP release 71
- ✓ 10:30am BODY ATTACK release 66

SUNDAY 6th SEPTEMBER

- ✓ 10:30am BODY BALANCE release 46

MONDAY 7th SEPTEMBER

- ✓ 6:30pm RPM (cycling) release 44

THURSDAY 10th SEPTEMBER

- ✓ 6:15pm BODY STEP release 77

WE'D LOVE TO SEE YOU THERE!

THE LES MILLS GROUP FITNESS SYSTEM IS CHANGING THE WAY THE WORLD THINKS ABOUT FITNESS.

Right here at Revive Fitness we have no less than 6 Les Mills programs. These provide people with an effective, fun way to exercise. Great music & passionate instructors inspire an exhilarating workout experience for everyone to include in their regular fitness regime.....

Created in New Zealand, the programs are currently offered in more than 12,000 facilities in more than 70 countries, with an estimated 5 million participants every week. Les Mills has stamped a huge footprint on the global fitness industry - which has earned recognition in the leading Club Business International magazine for "doing for group exercise what McDonald's did for hamburgers". Les Mills has produced much more than an innovative & effective form of exercise - creating a 'global fitness phenomenon'.

NEW AT REVIVE FITNESS!!

REVIVE FITNESS TOPS

Top off a great work-out at Revive Fitness wearing a great new T-Shirt or Singlet from the range now available, in all sizes, for both males & females, from only \$15.

REVIVE FITNESS FACT FILES

1. You may have noticed a steady transformation in muscle definition of Aqua class instructor Wendy. Setting herself gigantic goals this year, she has quietly & tirelessly been training hard towards the 2009 International Natural



Bodybuilding Association South Australian Titles.

Wendy is such a quiet achiever & it was difficult to pin her down to find out more about her amazing resolve. I managed to corner her however one evening & obtained the following information:

- Venue:** Norwood Concert Hall,
175 The Parade
- Date:** Sunday 27th September
- Time:** 1pm - 6pm

I have a feeling she would be thrilled to have some support from Revive Fitness members!

FURTHER FITNESS FACT FILES

2. City-Bay Fun Run - 20th SEPTEMBER

The Revive Fitness Team has been training hard for the 12km distance from the City-Bay.



Their great efforts will help raise money for the charity **Kids for Cancer**. **A delicious hot breakfast - will be available from around 11am**, for everyone - fun-runners/ walkers or otherwise - at the

Revive Fitness clubrooms.

3. Who's the pretty 'snow bunny' who slipped away



for some Superb Spring Skiing? Having been bitten by the snow bug before, I'm green with envy. I have seen this speedy snow bunny sizzle

down the slopes, with style & grace of course!



4. Legacy Week Aug 30th to Sept 5th

Be sure to look out for the Legacy box containing pens & 'we all need heroes' wrist bands for purchase



at the front desk. What is Legacy? You may well ask. Legacy is Australia's iconic fundraising campaign since 1942 - also known for its Badge Day - Fri. Sept. 4th Legacy week is the annual

national appeal to raise awareness & funds for the families of our deceased Veterans. The funds raised help Legacy continue to assist 115,000 widows, 1,900 children & people with disabilities Australia-wide, with essential services such as counselling, special housing, medical, advocacy & social support. Thousands of Australian Defence Force personnel are currently deployed overseas. Legacy stands ready to assist their families should the worst happen. My own dear Dad is a Royal Australian Navy World War Two Veteran who at 80+ years of age is a volunteer worker for Legacy.



DO CRUNCHES HELP OR HURT?

By Ashley Neglia Jun 17th 2009



Having strong abdominal muscles not only looks good, it's a hallmark for good health but if you want to get 6-pack abs, your daily 100-crunch routine may not only hinder your progress, it could hurt your lower back by putting stress on its weakest part.

We're always told to bend at the waist & lift with the legs when picking up something heavy, to prevent a back injury. Well, a crunch is the same kind of motion, only you're lying down instead of standing up. Repeatedly bending over during crunch sessions slowly breaks down spinal disks, creating a disk bulge or herniation, which can cause back pain, weakness & tingling. *"There are only so many bends or a 'fatigue life,' in your spinal disks,"* Stuart M. McGill, a professor of spine biomechanics at the University of Waterloo, told Newsweek. *"When people are doing curl-ups over gym balls, sit-ups & that kind of thing, they are replicating a very potent injury mechanism on their back,"* says McGill. *"Every time they bend it they are one repetition closer to damaging the disk."*

Back pain aside, crunches aren't even the best method to flatten abs. In fact, if you strictly strengthen the rectus abdominus muscles by doing crunches, you could cause your stomach to become abnormally distended instead of flat. *"When performing crunches some people add extra resistance & the primary focus is for strength & to increase the strength of the abs. We're usually talking about adding sheer size to the muscle,"* says Jessica Matthews, a certified trainer & spokesman for the American Council on Exercise.

Doing exercises that stabilize the core & keep the spine straight, such as push-ups, planks & side bridges, can help prevent back injuries & combat overworking one abdominal muscle group. Just to be clear, crunches *do* have some merit if they're done moderately & correctly. People often run into problems only when they lose proper form after doing 50 or more crunches in one set.