

NEWSLETTER - JANUARY 2010.

<http://www.revivefitness.com>

BEST WISHES TO ALL MEMBERS FOR A FIT & HAPPY NEW YEAR!!!

2010!!! A BIG New Year number. What will it have in store for us all? At least most of us have the ability to control & make even small improvements to our overall fitness & health.

January is the door to the year named after Janus (Ianuarius), the god of the doorway; the name has its beginnings in Roman mythology, coming from the Latin word for door (*ianua*). **Open the door & enter Revive Fitness the friendliest fitness facility & you will find the assistance you need for your own fitness.**







TOUR DOWN UNDER 17th - 24th January



The first stop on the world cycling calendar - the Santos Tour Down Under has grown to

become the biggest cycling race in the Southern Hemisphere & kicks off the cycling year in exhilarating style. The week-long event brings the world's top ProTour professional cycling teams to race on the streets of Adelaide & regional SA. A festival of cycling that creates a massive party atmosphere across South Australia.

Join the Revive Fitness RPM Showcase during Tour Down Under week:

- Stage 1 - Tues 19th  6:15am with Kevin
- Stage 2 - Wed 20th  9:30am with Sally
6:30pm with Grant
- Stage 3 - Thur 21st  6:15am with Kevin
6:30pm Grant/Kev
- Stage 4 - Fri 22nd  10:30am Kevin***
- Stage 5 - Sat 23rd  8:30am Jeanette
- Stage 6 - Sun 24th  10:30am Lisa/

James

***Note: Kevin will be leading the RPM pack on Fridays at 10:30am from the 8th of January.



RPM™ is a 50min indoor cycling class based on outdoor riding. You ride to inspirational music, over the equivalent of 20-25km of varied terrain, controlling the

intensity of your workout with a resistance dial & pedal speed. Your inspiring team coach leads the pack through hills, flats, mountain peaks, time trials & interval training. Discover your athlete within - sweat & burn to reach your endorphin high.

Benefits of RPM™

- Increases cardiovascular fitness, burns fat, tones & shapes legs, hips & butt.
- Increases leg strength & muscular endurance without building bulk.
- Burns up to 600 calories in 50min.
- Releases endorphins for a natural high.

KEEPING YOUR COOL IN HOT WEATHER



The heat is something all Australians face. A sudden temperature increase adds another item to our body's 'to do list' - keeping cool... When external temperatures exceed our skin temperature, the only way heat can escape is via evaporation of

water from the skin & respiratory tract. When one litre of water is completely evaporated from the skin, 2,400 kJ (580 cal) of heat is removed from the body.

To ensure oxygen & energy needs are met in the muscles, blood flow needs to be maintained at a high level; however blood flow to the skin is also required to facilitate convection of heat from the body. Thus when temperatures rise & the volume of blood is reduced via sweat loss, the body can often struggle to meet both demands.

Adequate hydration is essential to maintaining performance & this doesn't simply refer to water:

- Intake fluid regularly across the day. Most people require about one & a half litres
- Increase fluid intake in hot &/or humid weather
- When performing endurance activity in hot weather, increase your water intake but also consider an electrolyte sports-drink to replace body salts lost via sweat (sweat rates are very individual)
- Keep fresh summer fruit intake regular - these offer a high water content plus key vitamins, minerals & antioxidants
- Monitor your hydration status 1st thing in the morning - if your urine is pale, you're doing well. If very dark, start drinking!*
- Choose light, breathable clothing to minimise sweat loss caused by added heat.
- Replace 150% of your losses. You can determine your sweat losses by weighing yourself before & after your workout where 1 kg = 1 litre of fluid.

*NOTE: Nutritional supplements & vitamins can also impair urine colour.

Reference: Burke L, Deakin V, "Clinical Sports Nutrition", 2006, 3rd ed., McGraw-Hill Aust.

FAMILY MAKING YOU FAT?

Weight gain can be a holiday tradition. A few months after the annual Christmas food-&-drink binge, do you still carrying Santa's belly? Relatives "can encourage overeating & even sabotage your efforts to keep control of your diet", warns Cynthia Sass, co-author of *Your Diet is Driving Me Crazy*. (Marlowe & Co.)

Her hints for avoiding "family-induced flab":

MUM: She expresses affection with food.

The fix: Tell her ahead of time if you're limiting carbs or fat & she won't be so insulted. Bring plastic containers to load up on leftovers, you'll be set for weeks.

IN-LAWS: There are politico-familial reasons to "enjoy" what his/her mum serves.

The fix: Pick 1 dish & praise it mightily. Go light on the rest.

BROTHER OR DAD: They expect you to down beer, chips & ribs like in the old days & take it personally if you don't.

The fix: bring light beer & healthy nuts & revive the traditional outdoor sports activity.

KIDS: They want to stop at McDonald's on the way to Nanna's.

The fix: Pack snacks so you won't be finishing off their fries. Rice crackers, pretzels & stick cheese are good choices.

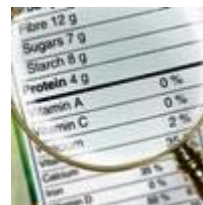
<http://au.lifestyle.yahoo.com/mens-health/weight-loss/article/-/5928992/is-your-family-making-you-fat/>

7 QUICK LESSONS IN FOOD LABELLING

1. "90% fat-free" means the product has 10% fat - that's the same level of fat as some ice-creams!

Think backwards.

2. "Low fat" products must contain no more than 3% fat but they may contain the same or higher levels of sugar than their full-fat equivalents. Low-fat yoghurts can contain more kJ than chocolate!



3. "Reduced fat" products can still be high in fat. For example, cheese.

4. "Light" or "lite" might refer to the colour or flavour of a product, rather than the fat content. For example, olive oil.

5. A product which is "cholesterol free" or has "low cholesterol" might still be high in saturated fats, which can increase blood cholesterol.

6. "Sugar free" or "no added sugar" usually means a product is free of sucrose, but other sugars might be included. For example, fructose. The same rule applies to fat & salt.

7. Look at the recommended serving size. Sometimes a product which appears to be a single-serve is actually 2 - which means double the kJs!

NEVER TOO LATE



It's never too late to take up exercise, even if you're over 50 & never exercised regularly.

A new study published on the *British Medical Journal* website by scientists from Sweden's

Uppsala University has shown that men who began exercising after 50 have the same life expectancy, after 10 years as those who have always exercised.