

# FAMILY FIT

Boutique Gym



The Art of Healthy Living

## MAY NEWSLETTER

Fitness comes in many ways. Below a couple of happy snaps show the healthy aspect of competition with a plank strength test. Also how it is never too young or too old to exercise. Joel, 16 and May, 85 both hard at it doing their own exercises. Joel now building strength for his winter Grid Iron season and May building strength, stamina, balance and flexibility so she can go on a trip to the Antarctic in December ! Whatever it is that you desire in life, you can do it. You can achieve it. The trick is not to give up. To dream and follow your own passions in life gives us our individuality. Follow your dreams and make them a reality, even if you have to modify them a bit, or start small and take bite size steps to achieving your goals. Your dreams and passions help underlie daily plans and achievements. The old saying "one step forward, two back" is something we all experience. Sometimes it is because of injury. Other times it is because our life-style changes and we have to give ourselves over to other obligations and responsibilities. But not withstanding any of these important aspects of our daily lives we should continue on our paths of self discovery and be proud of every day's achievements. No matter how small, each day reflects our journey in life and is a building block towards future experiences. Sometimes we arrive, only to reflect upon the fact that all decisions, no matter how hard, helped us to be where we are at that particular point in time. It was meant to be. So let your fitness be part of that journey. Let your body have the best life you can give it. After all, it is all you have. Imagine ourselves without a body. Brain only ! What a funny thought! How on earth would we get round? Many years ago I was wondering why people run long distance. Flying across the pacific I had a conversation with an English man living in France travelling to Tahiti to observe an eclipse. As a distance runner he said it helped him combat depression, gave him energy, helped him think and allowed him an opportunity to understand his sister better who enjoyed competing in marathons. So I surmised that "control of the mind" was a big part of distance running. As a sprinter I decided to take up distance running and see if I could learn mind control. Now years later after achieving 3 City2Surf's and a number of Fun Runs I was able to not only learn how to control my mind, but use breathing and postural running techniques to enhance my heavy sprinting training schedule. The cross training did not hurt me, but only gave me new insights into life, a better understanding of others abilities and interests, and also an opportunity to build my fitness skills and improve my running techniques. The moral of the story is "mind control". If I can offer you nothing else today, it is my true belief that my own personal fitness journey has helped me learn more about myself emotionally and also how to manage myself through the rigours and wonders of life. Think about it. Learn to control your mind by controlling your body. Learn to control your body by controlling your mind. Discover more about yourself. .... !



Here is a great home program you can do. It's as easy as eating pie!



### 3X Home Program

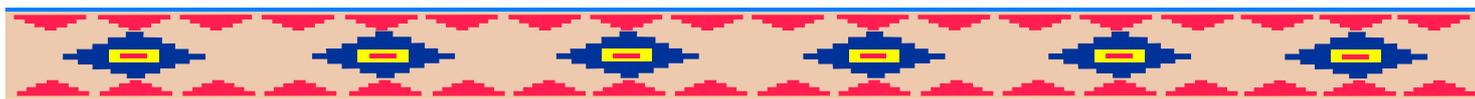
Do on 3 non-consecutive days. Maximum number of reps in 30 sec x 3 sets each. On alternative days do 3 x 45 mins walking with good arm movement, cycling, swimming, running or a combo of skipping rope & trampolining. Plus 2-3 + sessions at the gym each week to round out your fitness plan.

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|--------|---|----------------------|------------------------|
| Day 1. | Squats  | bridge               | forearm plank          |
| Day 2. | lunges  | single leg aeroplane | ab curls               |
| Day 3. | Single leg slides with both feet off the ground | cobra push ups       | alternating side plank |





Let the winter months give you the opportunity to be like a beautiful butterfly within its warm cocoon waiting for spring to arrive. When you are released and spread your wings to fly. Let the cooler months be your time to wrap up and stay warm, but also to do your off season fitness so that you are in a state of readiness for summer. Do not wait until it is warm to begin your exercise routine. Begin now. You have 6 amazing months ahead of you. Exercise hard over this next six months and then when you are free of the winter clothes your friends and neighbours will be astounded at you. You will be their inspiration! They will say, "what happened to you?!" Yet you know that over these 6 months you have worked so hard to follow your goals that you alone have decided for yourself. Only you have the power. Only you can deliver. Only you will be who you are. No one else can make you change. Only you. Take heart and know that whatever your goal, you can achieve it with a given amount of time. For example, Robyn is beginning her off season training now so that she can be in top form at the beginning of the next summer athletics season and intends to stay injury free and improve over the summer months to build up to a world class performance at the next indoor world masters athletics championships at Hungary in March 2014. The plan is to train daily with a good range of methods including strength, plyometrics, running skills and drills, stretching, pilates and tai chi for mental calmness. It's over to you now, you decide .....



### Fitness Testing

Please come along to the basketball courts behind Franklins and next to the little park adjacent to SHARE, Summer Hill, on **Saturday May 25th at 2.00-3.00pm**. Fitness tests will include push ups, sit ups, the Beep 20m Shuttle Run test and a 12 min / 2.4km run. Just bring a water bottle, towel, where your gym gear and bring the family for moral support or for them to have a go too! We will start with the 1 minute push up test, 1 minute sit up test then do The Beep test which involves running until you cant run any longer 20m back and forth. Then we will have a rest and then do a 12 minute run. Everyone can have a go even if you just walk for 12 minutes. (Just leave valuables at home, travel light, or we will leave valuables with a guard or locked in a car parked close by) A 2.4km track will be marked out and the idea is to see if you can run that track in 12 minutes. If you can then you get to enter the army as this would give you a pass at entry level to basic military training in the Defence Force. If you want to push yourself then you need to do the 2.4km in 11 minutes and 20 seconds to be able to enter the Navy. We need land crew for this activity. That means we need others cheering us on, giving us massages, bringing us cappuccinos for energy boost and champagne for celebrating. Any volunteers! So in other words, if you are at a loose end, just come down to the Summer Hill basketball courts for an hour of fun. Hope to see you there. If it is raining it will be postponed.

### Tough Mudder Challenge.

A crazy tough fitness event that has been borne from the British military training. There are many events to choose from but Family Fit will be putting in a team for the October event. If you would like to join or know of someone who would, then contact Robyn to put your name down. Robyn will provide a Family Fit T shirt, and a training program. Of course you should do your own training in addition and your own research as this will most likely be just one extra thing you need to think about and plan in to your already busy schedule. We will of course be doing our best to win! But it surely will be an experience of great fun and challenge. Details are:- <http://toughmudder.com.au>



**12 and 13 October 2013      20 kms   20 obstacles      \$180 to enter**  
**\$40 for non participants to view      Free under 10      Location– Mulgoa**

### A WORD ON NUTRITION

### Good food = good nutrition

We eat, break it down in our stomach and intestines, absorb it into our blood stream and then use it within the body in ways appropriate to our needs at the time. Much of the food we eat is used as fuel, ie fuel for the process of internal combustion which give us the energy to live, move and stay warm. The rest is used for building or repairing body tissues and to provide chemicals necessary to support our bodily processes. What we don't use we eliminate from the body through various channels usually dissolved in water. Just remember, that being well nourished involves more than just an adequate supply of nutritional food. It also requires healthy digestive organs, a good blood supply and efficient excretory mechanisms for waste products. In other words, whilst there is a difference between healthy foods and non healthy foods there is no such thin as "healthy food" that will make you healthy all by itself., just by eating. What will make you healthy is by having a healthy digestive channel. So good exercise will aid in this. Keeping you strong, aerobically fit, toned so muscles can help the lymph system remove waste products and create muscle tone in the abdominal muscles to also help with elimination. Apart form getting a flatter stomach you have all these extra benefits ! So don't forget to keep exercising as this is the spring board to good health. + 7-8 hours sleep each night.