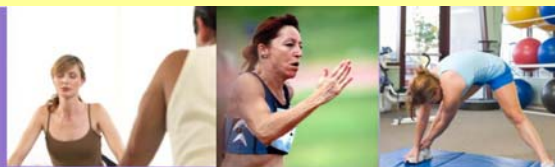


# FAMILY FIT

Boutique Gym



The Art of Healthy Living

## Family Fit November Newsletter

Wow what a year. So close to Christmas now and the Summer months that we all enjoy so much. Christmas is a time of celebration and being with family and friends. It is a great time of year and signals the ending of the current year and soon a new year. With that opportunity comes knocking. The opportunity to reflect on your overall health and wellbeing and how in the coming year you might make small or significant changes to your lifestyle to ensure a healthier and fitter "you" ! We will have a short closure for Christmas with PT available between Christmas and New Year and a full program starting at the beginning of January. 2014 timetable will be available early in December. Perhaps you might like to give the gift of Fitness to a friend by way of a Gift Certificate. These can be arranged to suit your request and budget. With Christmas fast approaching we need strategies to keep us "on the straight and narrow" with our exercise. Here is a fun way to bring the Christmas spirit into your fitness regime.

*On the first day of Xmas Robyn said to me– pick up your dumbbells or therabands at home and do 3 sets of 10 bicep curls ! On the 2nd day tricep extensions, on the 3rd day lateral raises, On the 4th front raises. On the 5th shoulder presses. On the 6th day of Xmas Robyn said again , do 3 sets of 15 squats. On the 7th lunges, on the 8th rear leg raises, on the 9th side leg raises and on the 10th front leg raises with your foot turned out. On the 11th day of Xmas your trainer said again, do bent over rear rows, on the 12th supine lying chest press, on the 13th push ups, on the 14th dips on the 15th prone lying supermans ( lift both arms and legs up together off the floor) . On the 16th day of Xmas your trainer called out "Core!" and you did the prone plank, the 17th side planks, the 18th ab curls, the 19th hip rolls and the 20th stir the Pot ( Or Xmas pudding!) . So close to Xmas now your trainer says "Don't give up !" so on the 21st you do 4 laps jogging of your local oval, 22nd you swim 20 laps, 23rd you stretch lots , 24th you walk the Bay and on the 25th you use all your will power to enjoy your day without over indulging and remind yourself of all you have achieved this year*



Over the last couple of months you will have noticed the class changes. Family Fit is currently involved in a joint venture with Summer Hill Gym combining both sets of classes so that you can enjoy a full Yin and Yang experience from the beautiful moves of Yoga through to the vigorous energy of Commando and everything in between. Personal Training and Group Personal Training continues to be the major thrust of Family Fit services and in recent times an additional service has been added called Independent Training allowing those individuals who want the training independence of a gym membership without the gym membership.

From January 2014 , Summer Hill Gym will be discontinuing some of their classes within their membership packages, however, Family Fit Gym will take over these classes and continue to offer them at a competitive rate. Current members of Summer Hill Gym will be able to continue their membership and also take up the offer of classes at Family Fit using the casual or 10 class pack options or combine any of the Family Fit training options with classes. In 2014 Family Fit also intends to progress the Sprint Training for local children wishing to achieve improved times and adults wishing to enter Masters Athletics. A Summer training program will commence in January building up to a Winter training season from April through to October laying the foundation for an awesome Summer season in 2014/15. Stay tuned for more information towards the end of the year or please make inquiries now. Sprinting is not for the faint hearted. It is a power based form of running. You know if you are a sprinter. If you aren't sure what type of runner you are then just answer these simple questions to help you work it out.

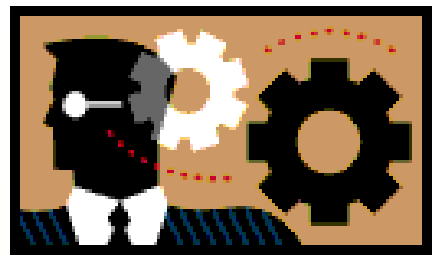
- *Do you like to sprint (sprinter) or jog ( distance) up hills ?*
- *If you miss the bus do you like to run and try to beat the bus to your destination. (could be sprint, middle distance, long distance but more likely if you do it with speed then sprinter and middle distance sprinter)*
- *When you played as a child did you like to run and run and run and run ( distance runner)*
- *At your school carnivals did you like to try the longer (endurance) distance or shorter (sprinter) distance races.?*
- *Do you want to run a marathon one day? ( distance runner)*
- *Do you like to have a go at everything and it doesn't worry you about your times, just enjoying participation ( distance runner)*
- *Do you run to win ( sprinter)*
- *Do you like to run distances but want to do sprint training to improve your distance running ( still distance runner)*
- *Do you sprint in races up to 800m. (sprinter / middle distance sprinter)*
- *Do you like the idea of running 1500m or more? ( distance)*
- *Do you like the idea of trying 100m sprinting because it is not too far to run to see which races you might then go in? ( most likely a middle /longer distance runner as many do this to try to improve their distance running and also just to get a feel for being on the track.*
- *Have you never run but always wanted to. Then you could be any type of runner but your childhood playing will be a general guide as to your body type and which running is best for you.*
- *Have you always secretly wanted to win a 100m (sprinter)*



Running is an interesting phenomenon.. It is really a life journey. Once you start you discover things about yourself. Unanswered questions. Hidden details. It can also become a form of healing or meditation. As you are running you have no time to think about the dishes, the garbage, that report, tomorrow's meeting. Yes you might, but then it fades, and then at some miraculous point you have a brilliant idea. A creative idea to solve that problem, a wonderful theme to help write that report, a great idea to contribute to the next staff meeting. Where does that come from? When you run you relax. It is a physical form of relaxation or meditation. If you allow yourself to go with it then you release yourself form your conscious mind and relax for a while and then , voila, new ideas pop into your mind. It is wonderful. This might happen when you cycle, ski or swim and also when you play all the other wonderful sports and activities that are out there. So give it a go. Get out to your local oval and have a run. Or something, Just try.....

**STAY TUNED FOR a Christmas event on  
Friday 6th December . Put this date in your calendar.**

# Implementing Healthy choices



every  
terms  
great,  
best

There are a million and one ideas channelled to us each day through possible media method and which one do you choose? My advice is to pick something simple and that has a deep meaning in of our life's context. We all want to be healthy and happy, look and feel achieve and be successful. So how can we fit it all in. You need a plan. The way is to create a weekly grid that you can shade in for work , travel to and from work, shopping, meals and meal preparation, personal and parental responsibilities, healthy lifestyle time and relaxation time. Sometimes you need to be smart with your time planning as most of us discover that we put so much into our days that there is no or little time left for ourselves. So take a step at a time and begin with even just a couple of days a week where you can create some time for exercise and then gradually build on that. The same as you start a hobby or a new job. Begin and then gradually let it take its course by giving it more valuable time but not so much that it takes up all your time. Doing other things helps recharge the batteries and allow the mind to rest and become creative. With the aim to have a healthy diet and food lifestyle plan it is important to focus on the things that will make this happen. An example of a simple approach is to pick one or two things to concentrate on and deliver this to yourself for a period of time. When you feel happy with your efforts then consider changing the focus .Here is a list of ideas you can choose from based on your needs:-

- *high fibre and low GI diet*
- *Detox your body of wheat by eating gluten free products for a period of time*
- *Have fat free or 1% fat dairy products and low saturated diet by eating only lean meats.*
- *Increase fish in your weekly diet*
- *Increase foods that have a high antioxidant level or offer the body a boost in vitamins or minerals*
- *Eat foods that will give you a healthy heart*
- *Eat foods that will make your bones strong*

So you can see there are numerous possibilities. Boosting your B Vitamin intake and enjoying daily exercise is one option for you to focus on over the coming weeks. The B vitamins are our powerhouse for healthy metabolic and nerve function, mental alertness and energy. You would think that we should get enough B vitamins through our food, but it is possible that some of the 13 vitamins are of a low level in your body due to their delicate water soluble nature where they can be destroyed by being cooked out of food through processing, draining cooked water and alcohol consumption. Stress can also influence what, how and when we eat and with Christmas everyone is working harder to finish projects off and get Christmas underway. So here are 3 really simple things you can do to help keep up your B vitamin intake on a daily basis-

- *start the day with a mashed banana on wholegrain toast*
- *Have vita- wheats with vegemite for a snack*
- *Have an eye fillet ( lean red meat) once a week, served with leafy green vegetables*

## Food sources of Vitamin B are :-

- \* *Thiamin B1 found in oranges, peas, potatoes, wholegrain bread & pasta, eggs and fortified cereals.*
- *Riboflavin B2 found in liver, cheese, eggs, beef, chicken, kdairy products, leafy green vegetables, wholegrain bread and fortified cereals*
- *Niacin B3 found in fortified and whole meal breads, red meat, fish, chees, eggs, nuts and mushrooms*
- *Pantothenic acid B5 found in peanuts, sesame seeds, avocado, dried fruit and liver*
- *Biotin found in nuts, eggs, cauliflower, mushrooms*
- *Pyridoxine B6 found in red meat, fish, bananas, wheat, brussel sprouts and mangos*
- *Folate (Folic acid) found in fortified cereals and breads, peanuts, green leafy vegetables and chick peas*
- *B12 (canocobalamin ) found in livcer, pork, beef, eggs, fortified cereals and yeast extract.*

So here is a shopping list that comprises of the above. You can have freedom to choose how you create your menu plan using these foods as your starting points.

<b>meat</b>	<b>dairy</b>	<b>Vegetables/ fruit</b>	<b>other</b>
Liver	eggs	oranges	whole grain bread and pasta
Red meat	cheese	potatoes	fortified cereals
Fish		leafy green vegetables	nuts
Pork		mushrooms	sesame seeds
		Avocado	chick peas
		Dried fruit	yeast extract
		Cauliflower	
		Bananas	
		Brussel sprouts	
		mangoes	

\* note– to keep LDL (bad fats in cholesterol down then limit organ meat and eat only lean meats. Do not eat the fat on meat) Deep sea fish eg salmon is also highly recommended.

\* note– to keep cholesterol down enjoy eggs but have more egg whites than yolks and avoid full fat dairy products.

\* note –to get the best out of vegetables lightly cook and do not mash, fry, coat in cheese and bread crumbs or add sauces.

\* note– walnuts have a high antioxidant value and almonds are also highly recommended .

\* note- Whole rolled oats have a lower GI value than quick oats.