



April Newsletter

April 2010

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What's Been Happening??

The rabbits are coming the rabbits are coming !!! The Easter break is here, and we are all faced with the Easter egg dilemma. Great fun for the kids, but probably not the best for us grown ups !! Try not to unravel all your hard work, everything in moderation. Manly is bustling with holidaymakers, and the beach is in great condition, and looking beautiful. Take advantage of our wonderful beachside suburb, get out and be active over the Easter break. Take a walk along the beach, have a swim, get your bike out of the garage, pull out that tennis racquet from the bottom of the wardrobe, maybe a spot of golf, or even a wonderful bush walk. No matter what you choose, keep active over Easter.

However, there is no need to do a "Tony Abbott".

Our wonderful "Absolute Fitness Manly" family are relatively quiet at the moment. I guess we needed to settle down a bit after the last few months. Olly is into his rugby, and is enjoying his time in Australia. Petra is training hard at the moment, building up for the next big adventure. We are very excited to have Luis taking on more responsibility at the gym, and we are all beginning to understand his Brazilian sense of humour !!

Mike Nolan is returning to us on the 1st May, fresh from a month in Thailand at a Muay Thai Kickboxing Camp. He is looking forward to settling back into Manly and we look forward to his torturous return!

Big news – we have a new trainer starting after Easter. Antonio comes to us with a wealth of experience. His focus is on quality of training, and he has a strong belief in getting the best out of each of his individual clients. He will starting off with our morning group sessions, for all you groupies, it will be fun.

Enjoy the last of the warm weather and keep smiling. Life is wonderful.

 We will be closed on Good Friday 2nd April and re-open on Tuesday 6th April at 5am. **Happy Easter!**

"Strength does not come from physical capacity, It comes from indomitable will."
Mahatma Gandhi

Why One Biscuit Is Never Enough!

Chances are if you've ever reached for a biscuit especially a Tim Tam, then you'll have reached for a second, and a third, and a.... Now researchers have discovered why. The culprit is glucose-fructose syrup, commonly found in snack foods, cereals, yoghurt and soft drinks. Glucose-fructose syrup is a type of sugar based on one that is found in fruit and used to add bulk and moisture to foods. It also tricks the brain into thinking that you need to eat more.

"When we eat sugar, our body releases insulin which tells the brain that we have had enough to eat," says Dr Carel Le Roux, a consultant in metabolic medicine at Imperial College London.

"High insulin levels are one of the factors that dampen the appetite. Fructose doesn't trigger as much of an insulin response as regular sugar, so the brain won't get the message you are full.

The solution: Do not even have one!!!!

REF: Body and Soul Magazine Sunday



Live on the coke side of life TM

Luiz Leal PT
Bachelor Physical Education
CHEK Exercise Coach
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A few weeks ago someone asked me about Coca Cola, even before she had finished her question I was already thinking of several reasons why we should not drink soft drinks, including Coca Cola, even with Rum... Therefore I decided to write about Coca Cola, the most popular soft drink.

When I jumped in front of the computer I was looking to find information about Coca Cola and the ingredients, more precisely about phosphoric acid (PA). I was wondering, why Coca Cola has PA?

Coca Cola is so sweet that we would probably throw up if we were to drink it without PA. PA gives an acid, tangy taste, decreasing that very sweet taste. Coca Cola is not the only company which uses it, pretty much all cola drinks use PA, and "being a mass-produced chemical, it is available cheaply and in large quantities" (Wikipedia). One of the problems is that PA can decrease the density of the bones, "because they lead to lower calcium levels and higher phosphate levels in your blood, when phosphate levels are high and calcium levels are low, calcium is pulled out of your bones" (Dr Mercola). "Thus contributing directly to fragile, easily fractured bones in children and osteoporosis or bone loss in adults" (Sally Fallon). By the way, PA is used as a rust removal as well....

Now, what about the sugar? (diet and zero soft drink will be in the next newsletter). Soft drinks contain on average 10 teaspoons of white *refined* sugar. Refined carbohydrates are like empty calories (energy), because the refining process strips both vitamin and mineral components. "When B vitamins are absent, for example, the breakdown of carbohydrates cannot take place, yet most B vitamins are removed during the refining process". (Sally Fallon). When refined sugar is consumed, particularly alone, with no protein or fats, they enter the blood stream in a rush, resulting in a sudden increase in blood sugar. Making a long story short, your adrenal glands go nuts and you will find yourself on the roller coaster of high/low blood sugar levels. Does your energy level go up and down several times during your day?? Plus, refined sugar consumption can be related to many diseases.

We cannot forget the caffeine. Caffeine is like sugar in the effects on the body, "they stimulate the adrenal glands to release an adrenaline-like substance, which in turn causes the liver to release sugar into the blood stream" (Sally Fallon). Poor adrenal glands... doing back flips by now...

I also found that there is one company in the USA that import coca leafs from South America, "It is all tightly overseen by regulatory authorities". Coca Cola Company spokesman at the New York Times. Coca leafs go through a process to take the narcotic cocaine out of the coca leafs, these are then sold free of narcotic cocaine to some drug (pharmaceutical) companies, and also to Coca Cola Company. "The original recipe include coca with cocaine, but the narcotic was removed just after the turn of the century" (1800-1900) Coca Cola Company spokesman at the New York Times.

No wonder people are addicted to Coca Cola; Sugar + Caffeine + Coca, without cocaine, which is the "natural flavour". I always knew that soft drinks were just junk, but I never realised how bad they actually were, and I ask myself, how can they make this worse? Simply by promoting and advertising their products as "healthy", and of course, targeting kids and teenagers.

Coca Cola ingredients:

- Carbonated water
- Sugar (sucrose or high-fructose corn syrup, depending on country of origin)
- Caffeine
- Phosphoric Acid
- Caramel colour
- Natural Flavours

References:

- "Nourishing Tradition" Sally Fallon
www.cocacola.com.au
- "How Coca Cola Obtain its Coca" The New York Times July 1, 1988. www.nytimes.com
- "What Happens to your body within an hour of drinking a Coke". www.drmercola.com
- "Drinking soda can paralyse you" www.drmercola.com
- "Coca Cola" www.wikipedia.org

Be Consistent.

Training well one week and poorly the next just won't get you results. Planning an achievable routine and sticking to it is what works.

Small Steps Are Ok.

A positive anything is better than a negative nothing. It is better to achieve a small thing than to achieve nothing at all.

Set Some Goals.

Have you written your goals down yet? If not, make sure you do. Otherwise you won't know where you are headed. Goals are just like a road map!

March Winner

Congratulations **Cheerie Watt.**

We are certain you will enjoy your wonderful massage with Kate Metcalfe at Anan Cara in Freshwater.

Don't forget each time you come in to train at the studio you need to put a ticket with your name on it into the glass bowl that is situated on the front counter. You could be our next winner.

Good Luck!!!!

**E-DEBIT****our new payment option.**

We are happy to announce that we now have **E-Debit** as a payment option for our clients.

This means that you are able pay for your training packages in weekly instalments as opposed to an up front payment if you wish.

Please contact Louise for more information.

Group Session Timetable—April 2010

Below is our new Group Timetable that will be in operation from Tuesday 6th April.

Please note that we will continue to change our timetable based on our client base and will endeavour to try to accommodate as many requests as possible.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Butts & Legs	General Fitness	Abs/Cardio	General Fitness	Boxing	
7:00am	General Fitness	Boxing	Spin Class	Butts & Legs	Stretch Class	Running Group
8:00am						Boxing
5:00pm		General Fitness	Boxing	Spin Class		
6:00pm	General Fitness	Boxing	Spin Class			
7:00pm	Boxing		General Fitness			