



# June Newsletter

June 2010

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## What's Been Happening??

Calling all snow bunnies .... Petra is planning a great snow shoe expedition for a weekend trip at the end of July. Yes, that means walking the back country of the snowy mountains .... brrrr. Sounds an amazing experience as well as great for our fitness. I have drawn the line at sleeping in a tent though ..... She must be kidding !!!! If you are interested have a chat with Petra or Louise as soon as possible , it will be fantastic.

Petra has been a very busy girl lately, winning her 100km bike ride last week. Read her report on page 3 of this newsletter, it is very funny. Our multicultural sporting achievements have been aplenty. Ollie had England winning the rugby, and Luiz had Brazil winning the first few games of soccer at the world cup, while Antonio sadly had to see Italy go home!. Luiz is the only person I know that thinks Harry Kewell deserved a red card !!!! He is still not converted to an aussie yet.

Both Jill and Antonio moved house on the same weekend. Now that was a monster effort for both of us, and some great incidental exercise .... Hahaha.

Luiz is planning a soccer game for our clients and staff, and then a BBQ afterwards. A social get together. When the date is organised he will rally all of you, I am sure. We are currently looking at the first or second weekend of July but we will keep you posted. Groups are going strongly, filling up quickly. It is great to see soooooo many of you coming out from under those doonas on those cold winter mornings.....we are very proud of you! Remember to book in and secure your place.

Our Pink Triathlon girls are going very well, having now completed running and cycling training and we are having our first swimming session this Saturday. Great effort girls.

It is wonderful to see some new faces at the gym in the last few weeks. We welcome you all into our Absolute Fitness family and look forward to helping you achieve your goals. Keep up the hard training guys.

*"The biggest problem is not that we reach too high and fail to achieve our goal, but rather we reach too low and achieve it."*

**Michelangelo**


### Boxing Wraps For Sale.

We now have wrist wraps for sale for all our boxing enthusiasts. These provide support and protection to the wrist and knuckles whilst boxing. You will be amazed at how much more power you will be able to pack into your punch!  
**Cost: \$10 a pair**



**MAKE MINE MEDITERRANEAN...**  
Your risk of depression drops about 30% if you eat a diet rich in fresh fruits and vegetables, wholegrains, healthy oils and nuts- the cornerstones of the Mediterranean diet. Researchers say nutrients in these foods help the brain cells bind to serotonin, a mood-boosting neurotransmitter.

### May Winner



Congratulations **Adrian Walters** 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!!!!

**SPICE THINGS UP WITH TURMERIC....**  
Especially if you have dodgy knees. Researchers found that turmeric's anti-inflammatory properties help with osteoarthritis symptoms.

## How to achieve optimal health

Health by definition is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

If your energy levels fluctuate during the day, you wake up feeling unrested, unhappy, suffer indigestion, become overweight, have high stress levels, experience pain or discomfort and lose several days of work a year due to illness, your body is telling you that something is wrong. These are symptoms of 'modern life' and unfortunately common symptoms among Australians. 'Modern life' is making us lazy and consequently unhealthy.

Recently, Australia has overtaken the USA as the "world's fattest nation" with 26% of adult Australians, almost 4 million people, now obese or overweight. This is no surprise, nowadays the concept of being healthy has changed. Therefore, to achieve optimal health and well being we need to follow three simple steps: Nutrition, Movement and Lifestyle.

Firstly, movement is not necessarily exercises at the gym, it can be any activity that makes your heart rate faster and stronger than at rest. Therefore, if you have a job that requires you to stay seated for 8 hours per day, you should find time to exercise more often than someone who has physically demanding work.

Stretches are also very important as they help to improve posture and relieve tight muscles. Good posture keeps muscles in balance and assists alignment, allowing optimal efficiency of body systems.

Secondly, I strongly recommend organic food. Organic food is grown without the use of herbicides, toxic pesticides, fungicide or chemical fertilizer. Healthier foods for us and less toxic to the environment. Avoid processed foods, foods with preservatives, artificial colour and flavour, packaged foods, sugar, foods containing sugar, artificial sweeteners and white table salt, and drink filtered water. You should drink at least 3% of your body weight in litres, eg: if your weight is 70 kg you should drink 2.1 litres water per day.

Finally, by having good relationships, positive thoughts and positive energy towards life, sleeping early and waking early, setting goals in life, exercising regularly, eating and drinking healthily, you will be on the right track to a healthier lifestyle, and ultimately happiness.

Do you really understand how your body works? Which are your life's priorities? Job? Family? Or yourself? You must start to put yourself in first place, be a role model to your little ones, be your best and do your best.



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## Pink Triathlon Update: from Petra

Well, we have had 2 weeks of Pink Triathlon training so far. We are a group of 10 brave girls, all shapes, sizes and ages. What have we managed to do so far? Apart from having loads of fun and lots of laughs, we have learnt how to turn a bike upside down, how to put a bike chain back on if it falls off and how to change an inner tube if we get a puncture etc. In session one we ran 3km and some of us 6km to Manly surf club and back and in session 2 we rode our bikes about 10km around North Head. Guess what ...we can even change gears and go around corners! I have found out that I have a group of pretty good runners, riders and even some learners this year. Now let's find out about the swimming part, shall we?

If you have second thoughts and would like to join our "special" group, please let us know...we would love to have you join us. Thanks to all Pinkies for being such a fun group!!!!!!

## An Inspirational Note from Petra :

Hi Pinkies!

(I hate the "pinkies" name, I definitely have to think of something better, something like "wild pinkies" or so...Any ideas?)

Thank you for coming on Saturday for the awesome run. It was such a beautiful day!!! If you weren't able to come on Saturday for whatever reason, please go for a run on your own. And try to cover 8-10 km hills and sand included. We ran from the gym to Shelley beach, did a few hill runs there and ran back on Manly Beach in hard sand. It was great fun!

As you all know I raced on Sunday the 100km off-road race on my mountain bike. It was a lovely day - neither cold nor hot, blue sky, green trees, spectacular countryside...everything was perfect. We started at 7:30 am. We rode around Callala beach area and through the Nowra national forest. I absolutely loved the single trails and bumpy fire roads, the fast downhill sections and the mild uphill. Nevertheless, this excitement lasted only about 50 km.

At about the 60k mark it all started. I swallowed half of my energy gel, which made me sick and prevented me from further eating...My legs were very sore and my arms and shoulders were killing me with pain. My will and mind were working more than my body and kept repeating "You are half way through, don't give up now!! Only forty km left!!". And then it happened, I was overtaken by a girl!!! At this moment my mind was working even harder, because it had to overpower the second voice in my head which was saying "What? Did a girl just overtake you? LOOSER! You are a loser! You might as well give up! It's not worth it! So much pain for 4th place??" Then I thought to myself that I am racing and competing with myself rather than with the others and my goal was to beat 6hrs and I was going to do it. So I went on!!

The last 20 km I just wished for no more corners, no more bumps, no more river crossings, no more downhill, no more uphill, nothing that needed my energy or concentration. Basically, everything I loved at the beginning I absolutely hated at the end!!!

But I finished. Absolutely exhausted, sick and hungry. It took me 5 hours and 40 minutes. I crawled to the tent, sat down on a chair and didn't want anything. Dan was so stoked, kept jumping around me and saying: "I am so proud of you, you were so fast". At that moment my very competitive side said: "Yeah fast, but still coming 3rd or 4th, because two girls overtook me!!" Dan said something like: It can't be possible, and went to check out the results. Don't get me wrong I was really happy with the time I've done.

And it turned out that the two girls who overtook me were competing in the 50km race whereas I was in the 100km which meant that I won the race in open female category!! What a relief!! What happiness:

I won but that's not the point...the point is that I realized how important it is to never give up. In the last few weeks I have heard from you so many times this sentence: "I won't be able to do it. I can't do it". That is beyond ridiculous. Why do you give up before you even start? Please don't give up because you never know what you might achieve.

In my opinion, competing is healthy. And I don't mean racing as such. Forget the others. Compete with yourself! Every time you are doing something, try to go a little bit harder, faster or further. Even "a little" makes a difference. You don't need to compare yourself to the others. Everybody is different. We are all individuals. Running a marathon is a goal for one person, walking upstairs without puffing is a goal for another. I am sure we all have in our minds those two voices - one is the "let's do it", the other one is "rather not". Well hide the "Rather not" away and try to have a little competition with yourself. Because to win against yourself is the best victory ever!

Who cares if you were faster than Mary? Who is Mary? But are you faster than you were last week?? HMMM? That makes more sense.

I hope you enjoy this email and I see you all soon.

Petra