



# June Newsletter

June 2011

## Absolute Fitness Manly

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## What's Been Happening???

Wow it seems like ages since our last newsletter. We have seen the Easter Bunny come and go and we celebrated ANZAC Day for all our wonderful past and current service men and women. But as the winter chills are upon us it really is time to think hard and fast as to how we are going to maintain our health and fitness over the colder months. Can I tell you, hibernation is not the answer. I know how hard it is to get up and get to training on these cold frosty mornings, but once you get into the habit your body will love you for it. So if this has prompted your conscious into resuming some training.....we would love to see you !

Many of you have had colds and the flu already this season. Remember to listen to your body and rest and recover. Try to keep hydrated and eat good wholesome nutritious food. Your body will love you for it! It will help with your recovery.

We would like to welcome Flick to our wonderful team of trainers. Those of you who train in the afternoon have already experienced her bubbly and vibrant personality, and those of you in the mornings will finally be able to train with her from the 18th July when she starts to take some morning groups. Please make her feel very welcome and why not book into some of her sessions....she will instantly rid you of your winter blues! If you haven't been in for a while, Olly fractured his ankle a few weeks ago playing rugby and it is slowly healing...but don't worry...he is still the "baby faced assassin". Dan, Al and Jay are in fine form and busy with their clients, some of whom are making wonderful progress with amazing weight loss and fitness improvements. Well done guys! Luiz is taking some well deserved leave and is going home to Brazil with Ana, Lucas and Mateus for 3 weeks from mid July. We wish him a wonderful holiday back home with his family and we promise to all train hard while he is gone. Rest assured Luiz will make sure all of his clients continue with their training schedule in his absence....so no holidays for you....he will be working with you to book you in with one of our other wonderful trainers. Remember ...."a change is as good as a holiday".

July brings with it some wonderful surprises. New Group sessions (see page 3), new pieces of equipment for us all to play with and the building of our new Specialty Room. What's that I hear you say.....you will have to come in and see!!!!!!!

## PINK TRIATHLON

We are putting a team together for the Pink Triathlon which raises money for Breast cancer. It is the perfect event for the first time triathlete and also provides a challenge for those who have done it before and want to improve on their time. Come and join in the fun...it is the perfect way to train with a bunch of great girls and improve your fitness at the same time.

**Date:** Saturday 8th October 2011.

**Venue:** Sydney Olympic Park

**Website:** [www.triathlonpink.com.au](http://www.triathlonpink.com.au)  
(For more information)

**Training:** A training programme has been developed for Saturday mornings due to commence at the end of July. If you are interested please see Louise for more information.

*"The difference between a goal and a dream, is a deadline."*

Steve Smith

### Congratulations Karen Duvenhage

Our May winner.

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.

## Gym Ski Weekend Update: Fri 5th– Mon 8th August.

Well as the snow continues to fall we are all getting very excited. Our accommodation has been booked and I have managed to secure a 15% discount on Ski rental at Snowline Ski Centre which is located one lodge away from where we are staying for those that need it. So I guess it's time to dust off those skis etc and make sure you have everything you need. We will depart from the gym on Friday morning the 5th August and we will return on Monday afternoon the 8th August. We will get together in mid July to discuss the final arrangements. In the meantime keep an eye on the snow report and make sure you have booked in your leave days from work if you need to. How about booking into our **Ski-fit Group Sessions, at 6pm on Tuesdays** to prepare your body for our action packed weekend????? Keep that snow falling.....!



## Greetings!

It feels like the temperature has plummeted twenty degrees since our last newsletter....and that's probably because it has! Suffice to say, winter is definitely here and although a little bit of rain is good it doesn't help your training much when your run becomes more like a swim.

Winter can be a bleak time of the year for dieters and a tough time to get regular training done, because the weather can be highly unmotivating....especially when you're lying in bed wrapped up in warm blankets.

Call it human hibernation. It's one of the things that link us to our cute mammal friends -- chipmunks, raccoons and koala's. Studies show that animals respond to light and temperature cues when it comes to hibernating. These cues compel bears, for example, to store 50 percent of their body weight as fat in preparation for the long, cold nights of winter. Does that remind you of anyone?

It should. Most of us spend winter, sleeping more, eating more -- and exercising less.

Now it's time to leave the cave...

It takes a lot of focus and commitment to get outside and go to training when it's cold, wet, windy or dark....or all four.

However... Imagine getting to the start of summer and not having those extra three to six kilograms of body fat to burn off before you can feel good about your figure and getting down to the beach. Imagine how much better your heart and circulatory system would be if each year you maintain a healthy and fit body with a clean diet all year round.

During winter many of us hold back on our fitness training and can become very sedentary opting for a lifestyle with very little or irregular physical activity, essentially we hibernate. When we become less active our muscles 'atrophy' (shrink) and our metabolism slows down. Unlike most animals that hibernate we don't also fast through the winter, we do become inactive but we keep eating.

Our body fat is our natural insulation, the problem is that in this day and age with modern housing, clothing and transportation we just don't need to put on any winter weight. However the natural inclination to do so is still there. Some people just eat because they are bored others eat to deal with emotional stress. If you combine that with our natural inclination to reach out for high fat energy dense (comfort) foods, and drop your activity levels to become more sedentary, then naturally you are going to store fat. So if you are going to over eat please don't fall off the wagon...Try not to have those comfort foods readily available in your home and if you go out then just remember the main reason your at a party or dinner is normally to see people and celebrate, not to eat a lot of high calorie foods, so be aware of what you are doing and make this your focus...not the food!!

Why not get ready for Spring and train through winter !!!  
There are plenty of trainers here to help you.

Ciao!!!

**OLLY DREWETT**



### Ski- Fit Group Training.

**What is SKI- FIT?** SKI- FIT is a specific training program developed by us to maximise your fun while you are at the snow and limit your chance of injury.

**WHY?** Skiing and snowboarding are demanding sports that subject your body to repeated stress. This can lead to injury and unfortunately the statistics are high for snow sports with the main culprit being knee injuries. The knee joint can be placed under a lot of stress when going downhill fast, changing direction or falling awkwardly. Plus, as you become tired, sore and fatigued, you could find you won't be able to enjoy all that your trip has to offer to the fullest.

**Let's get you skiing** straight down to the lift, and then doing it all over again for as long as you want to!



**HOW?** SKI -FIT training will be as similar to skiing and snowboarding as possible, flexibility and strength (legs and core), will be a priority. You will feel your legs burning just as if you are coasting down the slopes, all the exercises in this program have only one objective: to get you physically ready to take on the slopes!

**WHERE and WHEN?** Tuesdays 6pm at Absolute Fitness Manly. See the new Group timetable below. Sessions are priced at the Group session rate.

### Run- Fit Group Training

From Saturday 9th July we will be starting our Running Group Sessions again. They will be at 6am each Saturday. Yippee I hear you say. Come along and join the gang as we motivate each other and learn to "enjoy" running and develop our fitness. The sessions will vary from week to week and will cover things such as running technique, interval training, flat and hill courses as well as race running . But most of all they will be fun!

If you have ever thought about going in the City 2 Surf, Pub 2 Pub, the Bridge Run etc, or you just need that extra bit of motivation to get moving, this would be perfect for you. All levels of fitness are welcome as encouragement and improvement are our priority.

Run-fit sessions will begin on Saturday 9th July at 6am. We will meet here at the gym. They are priced at the group session rate and will run from 45 mins to 1 hour. Please call Louise for more info or to book your first session. See the new Group timetable below.



### New Group Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	Cycle-fit	Pump-fit	Butt-fit	Box-fit	Gen-fit	Run-fit
7am	Gen-fit		Cycle-fit		Gen-fit	Tri-fit
8am						Box-fit
5pm		Gen-fit		Cycle-fit		
6pm		Ski-fit				

Red Sessions are Weight Based Training  
 Blue Sessions are Cardio Based Training

Run-fit Sessions will vary week to week.....distance, sprints, agility etc

Ski-fit Training will focus specifically on preparing the body for skiing / snowboarding.

Tri-fit Sessions will be Programme based to develop Fitness and skills for the Pink Triathlon . Tri- fit is not due to start until the end of July. More info will be provided to those interested in training for the Pink Triathlon.