Inner West Fitness

Holiday Time Again!

It's almost Easter! Are you already indulging in too much chocolate, eating too many hot cross buns? How many have you had so far?

Remember the darker the chocolate the better, look for 70% chocolate. Keep serving small, 15-30 grams.

Cadbury Crème Egg 40g: 185 calories

Lindt Gold Bunny 100 g: 535 calories

Darrell Lea Mini Egg 5g: 25 calories

Bakers Delight Hot Cross Bun: 231 calories (traditional), 269 (choc chip)

Enjoy the Easter long weekend. Spend time with family and friends, find time to relax and breath. Remember everything in moderation. Try not to to ruin all your efforts by indulging too much over one weekend.

There won't be any sessions over the long weekend. Apologies for any inconvenience. I hope you continue to be active over the long weekend.

No sessions: Saturday 23rd April, Tuesday 26th April.

Lastly, please feel free to contact me on email, facebook or phone at any time. If you have any suggestions on article topics, or types of sessions you would be interested in please let me know. Don't forget to follow me on twitter too!

Kind regards,

Elizabeth Pattalis

Welcome!

Thank you to everyone who has been coming to the sessions. It's always nice to have new people in the group. We welcome you and hope you enjoy the sessions.

Boot camp: Tammie and David.

Outdoor group boxing: Tiana, Jeremy, Andrew, Nastaja, Daniel, Pedro, Craig, Raymond, Katharine, Christine, Anne, Anna.

Refer a Friend

Enjoying your sessions and feeling great afterwards? Help make Inner West Fitness infectious and tell all your friends and family!

Refer a friend program*:

- Refer a friend who pays for 1 personal training session or private group sessions and you receive 2 points
- Refer a friend who pays for 1 group session and you receive 1 point
- Buy a gift voucher for a friend and you receive 1 point
- When you earn 10 points you receive a 1 hour free massage!

How to Interpret Nutrition Info

Fast food places such as MacDonalds are now displaying the kilojoule contents of their foods alongside the price. This is great for consumers when comparing items on a menu.

However to make it more relevant to you, you need to know what your daily intake should be and how that meal eats into your daily kilojoule count. Some info to help:

Kj/cals	Typical level of intake for:
10000/2400	most teenagers
8700/2070	to calculate %DI on food labels
7500/1800	moderately-active male
7000/1650	sedentary male
6000/1500	moderately-active female
5000/1200	sedentary woman

With this information you will have a better understanding when looking at the menu and make better choices.

Macdonalds fries:

Small	255 cals	12 % DI
Medium	368 cals	18 % DI
Large	452 cals	22 % DI

Add a big mac to your large fries and you've consumed a huge 46 % DI.

Sweeteners

Are you after a sweetener that is 100% natural and has no kilojoules? Stevia is 250 – 300 times sweeter that cane sugar. It may be a good alternative to those who are after a more natural sweetener than aspartame or acesulphame-K. It can be purchased in the supermarket.

Top Benefits of Boxing for Fitness

1. Increase muscle tone with constant repetition, keeping your arms up and punching against focus pads. Bearing your own body weight, this low weight, high rep action will give you visable definition. Sessions incluce push ups, sit ups, squats and lunges for added strength work.

2. Increase cardio fitness with constant punching actions and moving. Sessions include running and will keep you moving fast on your feet. A 3 minute round will get your heart rate up and you'll be sweating!

3. Increase mental fitness and focus through concentrating on the combinations.

4. Finally, destress with boxing. Punch out the days frustration!

Motivation

Your body is more capable than you mind will let it believe. When your mind says you can't do one more rep or you can't run any faster, tell it to shut the hell up and prove it wrong!

It is ALWAYS your mind takes you to the next level.

Shape your Arms with Tricep Pushups

1. Place hands under shoulders, fingers forward and feet hip width apart.
2. Lower body while keeping elbows in. They should hug the sides of your body. If your elbows come out, you are working your chest.
3. Push up to start position while keeping the elbows in.

Timetable News: Outdoor Boxing Sessions

Saturday: 8 – 9 am

Tuesday: 6.15 – 7.15 pm

Thursday: 9.30 – 10.30 am

Location: Halliday Park, Five Dock (Preston Ave)

Cost: $12 for current personal training clients, $18 for non clients. Ten visit passes also available for $160 (expires 12 weeks). ***If your pass expires please do not ask for extensions, to be fair to everyone this is not possible.***

Attendance to the outdoor group boxing sessions requires a booking prior. Bookings can be made are via email or phone. If you show up without a booking and there are more than 16 people you won't be able to participate. I recommend booking 5 -7 days prior.

Effective from April 1, 2011, there is a price increase for current personal training clients at group boxing sessions, new price will be $12.

Effective from April 1, 2011, cotton inner will be compulsory if using my boxing equipment. You will need to purchase a set at $3 a pair from myself or you may bring your own.

Client of the Month

Client of March is Julie Ong, fantastic improvements in both strength and cardio fitness. You have started this term of sessions with greater strength then before. You deserve your results with your consistent hard work and many terms of sessions. I think you demonstrate to others that by focusing on the right technique first, improvements will soon follow. Thank you for your energy, positive attitude and loyalty.

Stretching Session

Sunday 17th April: 8.30 – 9 a.m

Some of the many benefits: increase range of motion, reduce muscle tension and assist with injury prevention.

Bookings are essential as places are limited. Cost $12.

April Offer

Boot Camp Starting May 2

Last boot camp before winter officially starts. If you tend to hibernate in winter this boot camp is just what you need. You won't be covering up any kilos in winter, because you'll start the season feeling fit and fabulous!

5 weeks, 2 sessions per week! $169.

Mondays & Wednesday: 6 - 6.45 am.

Early Bird Offer

Sign up before the 18th April and pay only $149.

Personal Training

Thinking about trying personal training? Maybe you would like to buy a gift for a friend?

Purchase 3 x 30 minute sessions for $100 (all sessions must be used in one week *).

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