



# June Newsletter

Winter Workouts  
Heart Rate Monitors  
Training Tips  
Treadmill Challenge  
Run Melbourne  
Recipe  
Products



*To get the  
body in tone,  
get the mind  
in tune.*

## Winter Workouts

As the temperature drops our motivation often goes along for the ride. It's always tougher to maintain exercise in winter and to make matters worse we tend to eat more. That's why it is so easy to gain some extra padding in winter.

BUT it doesn't have to be all gloom and doom. Try the following:-

- Visit the studio for extra cardio. Make use of the new T.V
- Try something new, how about joining a boxing class.
- Eat more vegetables, be creative
- Go to bed early. You will feel better for the extra sleep and you won't be tempted to snack after dinner.
- Set yourself a new goal for spring!

## Polar Heart Rate Monitors

We can order all polar stock with a 10-15% off RRP. There are various models and price ranges to suit your needs.

RRP \$99

**Our Price \$90**

**FT1**

RRP \$159

**Our Price \$140**

**FT4**



## Training Tips

Intensity in your cardio training is a crucial factor in achieving results. If you are undertaking low intensity cardio you will not be working hard enough to change your body or fitness levels. To get results we need to be challenging our body and making sure that we are exercising hard enough to significantly elevate our heart rate.

Using a heart rate monitor can be a helpful tool to improve your cardio efforts. You can also monitor your heart rate on the treadmills during cardio training.

***For any further information ask your trainer for advice.***

## FITNESS ENERGY 24 HOUR TREADMILL CHALLENGE

It's that time again when we are preparing for the 2011 Treadmill Challenge.

**Schools Challenge 1st September**  
**Treadmill Challenge 2nd September**

We need sponsors, products, volunteers and legs for the treadmills.

*very special Kids:*

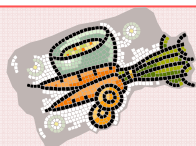
## RUN MELBOURNE

Sunday July 17th, 2011

**21km 7:00am**  
**10km 9:15am**  
**5km 10:30am**

### ENTRIES

Early Bird		Late	
Adult	Child	Adult	Child
\$80	\$80	\$95	\$95
\$50	\$25	\$60	\$30
\$40	\$20	\$50	\$25



**Serves: 2**

## Minestrone

**Prep: 10mins**

**Cooking: 30minutes**



- o 1/2 tbs olive oil
- o 1 clove garlic, crushed
- o 1 1/2 celery sticks, chopped coarsely
- o 400g crushed tomatoes
- o 1 1/2 cups vegetable stock
- o 90g small macaroni
- o 1 1/2 tbs coarsely chopped fresh basil

- o 1/2 medium brown onion, chopped finely
- o 1/2 large carrot, chopped coarsely
- o 1 medium parsnip, chopped coarsely
- o 1 tbs tomato paste
- o 3/4 cup water
- o 1/2 400g can borlotti beans, rinsed and drained

1. Heat oil in large saucepan, cook onion and garlic, stirring until onion softens. Add carrot, celery and parsnip. Cook stirring for 5 minutes.
2. Add undrained crushed tomatoes, paste, stock and water. Bring to boil. Reduce heat, simmer uncovered 5 minutes.
3. Add pasta, boil, uncovered, until pasta is just tender. Add beans, stir over low heat until hot. Stir in basil and serve!!

**Diadora Tech Short RRP\$29.95**

**Fitness Energy discount \$27.00**

**Order at Fitness Energy  
or online-**

**Discount code FITEN**

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**www.gymsales.com.au**



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