



# October Newsletter

- Travelling Fit
- October Birthdays
- 10 Weeks Until Christmas
- Don't Believe the Hype
- Treadmill Challenge

## October Birthdays

Megan Schaper 7th  
John Boothman 11th (70)  
Annie Reid 15th  
Denise Harman 17th  
Cathy Fontana 18th  
Rod Arndt 18th  
Jeff Watters 19th  
Imke Calleja 19th  
Gavin Eddy 22nd  
Christine Herbing 24th  
Marcus Fontana 26th  
Helen Street 26th  
Tony Wheeler 28th  
Kylie Macrokanis 30th  
Tony Black 30th



## Travelling Fit

What is your ideal holiday? Do you look forward to adventure, dining out, lying on the beach, sleeping in or simply doing nothing at all?

Holidays are the perfect opportunity to make positive changes in your health. When you can eliminate all your regular activities, and demands you can plan each day with different priorities. Holidays are the perfect time to get some extra relaxation, extra exercise and plan your meals. There really isn't any excuse for gaining a few kilos, it's all about balance.

One of the best ways to explore a new location is on foot. If you like to run get out and exercise early in the day so you have plenty of free time for sightseeing. If you enjoy walking, plan your day and see how much you can cover on foot. You will get to see the sights, meet the locals and get your exercise in all at once.

**Plan your holiday:**

- choose hotels that have a gym
- choose hotels that are in a good location

**Eg:-New York- midtown near Central Park**



- run/walk everyday
- hotel had gym
- walking distance to many attractions
- subway to other districts



**Food choices on holidays:**

- choose restaurants wisely (most have menu on front window)
- eat vegetables, choose fish
- If no healthy food is available where you are have a snack to tide you over, not a full meal. Eg if McDonalds is only option have 1 thing . Maybe a smoothie, thick shake or a salad with no dressing.

**On holidays you have the perfect opportunity to kick-start health improvements!**



## 10 WEEKS UNTIL CHRISTMAS!

I know we hear it all the time but this year has travelled at warp speed! With the start of daylight savings, summer is fast **approaching** and so is the festive season.

Try a quick reality check by trying on a favourite item of clothing from last summer and see how it fits. If it feels firm guess what, its time to get focused and get moving. Make the commitment to yourself and your health and let us help you out. If you are keen to up the anti just ask and we'll be more than happy to give you the extra push you need.

**You might want to add an extra session each week leading up until Christmas.**



## Treadmill Challenge Update:

We are still awaiting the final donations for this year's Treadmill Challenge. So if you have not made your donation please do so urgently. We will make the announcement as soon as we can.

## Hot Stuff!

As the weather warms up please remember to make sure you drink plenty of fluids. Also please bring a towel for training and if you need to freshen up there is always deodorant in the change room. BRING ON THE SWEAT!!

## DON'T BELIEVE THE HYPE

At this time of year the media is flooded with the latest miracle diet and weight loss program or product. Don't be fooled. Whilst you might see a quick change on the scales you will actually be losing your hard earned muscle and fluid.

They are designed to produce a "quickie" result but they actually have a negative long term impact on your health. A great example of this type of product is the *lemon detox diet*. Clever marketing will try to convince you that this is a miracle product but the scale change will not be fat loss.

The **most** crucial element of looking and feeling great is maintaining your muscle tissue. If you want to drop a few kilos before Christmas we will increase the intensity of your training and we are happy to give you an additional cardio program. Just remember: **If a job is worth doing, it's worth doing properly.**

## First Aid Course

**Would you be interested in doing a First Aid course?**

**We are planning a course to be run in November at the studio so please let us know if you would be interested in participating. Please email [info@fitnessenergy.com.au](mailto:info@fitnessenergy.com.au) to register your interest.**

**Fitness Energy**

**Shop 1 & 2 Hopetoun Rd, PARK ORCHARDS 3114**

**Ph: 9876-6800 Website: [www.fitnessenergy.com.au](http://www.fitnessenergy.com.au)**

**Email: [info@fitnessenergy.com.au](mailto:info@fitnessenergy.com.au)**