



June Newsletter

CONTENTS -

- **Reasons to Exercise**
- **Online Bookings**
- **Super Smash Saturday**
- **SMASH Competition**
- **Queen's B'day Holiday**

Queen's Birthday Weekend

FITNESS ENERGY WILL BE
CLOSED ON SUNDAY 11th &
MONDAY 12th JUNE.

**Open as usual
Saturday 10th.**

JUNE BIRTHDAYS!

Yvette Harrington	1st
Sam Nothnagel (21yo)	11th
Chris Auhl	14th
Grace Bryant	16th
Andy King	17th
Will Macrokanis	20th
Tony Gibson	21st
Fran Elliott	22nd
Melissa Owens	26th
Michael Noonan	28th



Research Backed Reasons To Exercise

Here at Fitness Energy we love to exercise but we know that not everyone feels the same, and for some it is an absolute chore. But love it or loathe it, there is one thing for sure – **IT IS GOOD FOR YOU!** As we face the chilly winter months it is a great time to remind you all of just how important your training is, particularly for your immune system. Here are three research backed reasons to keep your training on track in winter.

Reduce inflammation & enhanced immune function

Exercise is proven to reduce key markers of inflammation in the body. Elevated levels of inflammation left unchecked lead to several of our major chronic diseases. Exercise is also a key regulator of our immune systems and hormone levels. Exercise has been shown to act as a regulator/suppressor of inflammatory cells and this effect is maximized with **regular exercise**. During the winter months it is even more essential to support our immune systems with exercise and not be tempted to curl up and hibernate.

Slows "ageing"

We all know that exercise helps us feel and look younger. But now there is research that clarifies this with a link to the length of our chromosomes. Telomeres are caps at the end of our chromosomes that naturally shorten with age however the recent data confirms that active individuals have significantly longer telomeres that sedentary comparisons. Despite our chronological age, our cellular age can be markedly older or younger, and exercise plays a large part in this outcome.

Neurogenesis

The more we learn about the brain reveals the myriad of possibilities with regard to our health. Aerobic exercise has been shown to generate new cell growth in the hippocampus, the area of the brain responsible for learning and memory. The hippocampus is also the area of the brain affected by depression and dementia, so if exercise can enhance the longevity of this sector of the brain we all need to engage in exercise for our long-term wellbeing.

Regular exercise is the key to good health.

New Booking System for CLASSES

Our classes are proving to be very popular and some classes have a waiting list each week. From **Monday 5th June we are moving to online bookings**. All CLASS bookings must be booked and paid for online. For those that have class packs we have credited your sessions to your online account.

Bookings are made from [our website \(under classes\)](#) or you can download the Booking App and book from your smart phone! You will need to set-up a password on the first visit.

We have printed instructions at the studio and online to assist you. Later this week we will email further instructions.

We understand that there may be some hiccups during this transition phase but if you experience any problems, please give us a call and we will sort it out!! *Thanks for your patience.*

The online bookings are for classes only and *do not affect Personal Training bookings.*

Time to Party and have Fun while we Workout!!

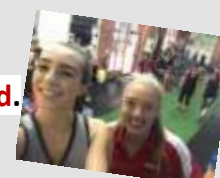
Everyone Loves Super SMASH

Super SMASH - Super Hero Saturday!

Saturday 24th June - 90 minutes - 7.00-8.30AM

Bookings Essential - 9876 6800 - Places Limited.

[Email to Book - CLICK HERE](#)



Baby Sloane & Daddy Stuart



A footy fan - just like dad

SMASH SuperStar

**WIN A
HOODIE**



We are looking for our first SMASH Superstar!

Who can attend the most SMASH classes in JUNE?

Win a Fitness Energy Hoodie.

Fitness Energy

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