



October Newsletter

School Holidays -

Please let your trainer know if you are going away

Congratulations

to Gil and Kerry Van der Venne on the safe arrival of grand-daughter Isobelle Georgie



OCTOBER BIRTHDAYS!

Georgina Bracken	1st
Jan Spurrell	3rd
Megan Schaper	7th
Zac Braunthal	10th
John Boothman	11th
Paula Scott	14th
Denise Harman	17th
Jeff Watters	19th
Jan Coleman	20th
Kaylene Pepping	20th
Sam Hutchinson	21st
Gavin Eddy	22nd
Helen Street	25th
Marcus Fontana	26th
Jack Mitchell	28th
Tony Wheeler	28th
Claire Noonan	29th
Kylie Macrokanis	30th

Is running on a treadmill as good as running outside?

Some runners love the treadmill and some hate it, but are they both great options for training? The answer is YES! There is nothing better than running outdoors on a warm sunny day, enjoying the scenery and nature, but there are plenty of days when venturing out the door is not quite so attractive.

Even if you are not a fan of the treadmill it does provide an excellent training option for several reasons. Science has proven that putting the treadmill on an incline of 1 simulates outdoor training and removes the assistance of the belt motion. Recent studies also show that there are minimal biomechanical adjustments between outdoors and treadmill running.

A quality treadmill will also have a sprung deck which is a great shock absorbing advantage, particularly if you are recovering from an injury or are vulnerable to muscle tightness. It also provides a level, stable surface which also reduces injury risk.

The treadmill also offers great training variability where you can add speed, hills, and intervals to your session. Ask your trainer to show you how to adjust the treadmill. It is also great for beginners as you can do great walk/jog intervals when you are getting started.

The treadmill is also a great option any time of day or night, so you not restricted by daylight, safety concerns, weather issues or any other interruption to your running plan. Ideally a combination of treadmill and outdoor training will give you maximum benefits from your running and allow you to enjoy the experience.



SMASH45



Cardio and resistance interval training.
Sessions are 60 minutes and are self-paced.
Classes suit all fitness levels.



Fun and motivating classes. All Welcome.

TUESDAY	THURSDAY	SATURDAY
		7.00-8.00am
6.30-7.30pm	6.30-7.30pm	
7.30-8.30pm		



Super SMASH

90 Minute Halloween Party

Tuesday 31st October

6.30pm - 8.00pm

Bookings Essential - 9876 6800

[Book online](#)



Recovery and Maintenance

Nothing feels better than the satisfaction after a solid training session!

However too often we neglect our recovery and underestimate its benefits. Stretching, foam rolling and massage are all excellent options to ensure that your body is getting the most benefit from your training sessions. Our muscles work more efficiently when they are primed and ready to train so if you have any niggling issues, tight muscles or joint stiffness you are starting your session behind and also increasing your injury risk.

Making sure that you get enough stretching and foam rolling is very important. It is also beneficial to get **regular massage** which is great for your muscles and great for relaxation.

12 Week Challenge Update

Big congratulations to the motivated group who have committed themselves to our 12 Week Program this Spring! We have now completed 3 weeks of the program and have **so far lost a fantastic 30kg collectively!**

I have been blown away by peoples motivation and dedication to this year's challenge, with everyone striving towards various individual goals. Some are wanting to lose a certain amount of kgs, some wanting help with their diet and others simply working on better lifestyle habits, such as better hydration. My phone has been buzzing off the hook every single night after dinner with everyone's food diaries and activity logs and the weekly weigh-ins are helping people stay on track and see their progress!

Great job team! Keep up the fantastic work!

Fitness Energy

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