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F.I.T Health & Fitness Centre Newsletter

Greetings!

Well the year is progressing quickly past and winter sports are beginning. Our New Body challenge is drawing to a close, and I congratulate all the participants who have pushed themselves for 12 weeks and achieved some fantastic results.

I am going to quote Ryan Lee an internet fitness guru whose blog I read, he was asked whether weight loss is easy. Here is his answer.

It's SIMPLE, but not easy.
 In other words, we all know what to do.
 If you only had lean proteins and vegetables plus exercised, you will lose weight.

It's fairly SIMPLE.
 But it's not always EASY.
 It takes will power.
 It takes effort.
 But the PROCESS is simple.

That answer struck a cord. Inherently we all probably know what we need to do but it's often easier to take the soft option. It's not until we are given harder choices like a medical diagnosis that make us change our ways.

Stay Strong
 Bruce Konings



7 Ways To Stay Safe At The Gym

The gym offers so much variety when it comes to exercise, it's tempting to jump in and try it all. But, there are some common mistakes exercisers make that may end up hurting more than helping. Learn how to avoid injury and get the most of out your workouts with these simple tips.

1. Don't Do Too Much Too Soon

If you're getting started with exercise, it's tempting to try to make up for lost time by doing everything at once. After all, you want to see results. The problem? You wake up the next morning and realize you need a crane to get out of bed. Some soreness is normal but if you can't function, you went too far. Tips for getting started:

too far. Tips for getting started:

- Ease into cardio. Start with 3-4 days at a light-medium intensity until you get used to the workouts.
- Keep it simple. Even if you used to lift weights, your body needs time to adapt. Start with 8-10 exercises and do 1 set of 10-12 reps for the first week or so.
- Rest. If you feel sore, give yourself extra recovery days. You may need a few weeks of consistent exercise to build a strong foundation.

[Full Article](#)



Dear Diary: Why You Need to Start a Food Diary Today

You probably hear a lot of people say that you should keep a food diary if you want to eat healthier and lose weight. If you're anything like I used to be, the more you hear it, the more you think, "I don't need to do that. I know what I eat." But the fact is, very few of us are truly conscious of how much, how often and exactly what we eat.

A food diary can be as simple as writing down your food and beverage intake in a notebook or it can be kept online at a Web site like Calorie Count Plus. Starting a food diary is possibly the most important step you can take toward developing a lifestyle that leads to long-term weight loss success.

Here's why:

- You can have an honest view of your current habits.
- It's the key to finding the way of eating you can live with.
- It can help you make the eating-emotions connection as to why you overeat.
- It serves as a tool that you can use later on to measure your progress.
- If you continue to keep it at your goal weight, it will help you find the problem areas that have previously stood between you and long-term weight maintenance.

[Read More](#) of this article

f.i.t Nutrition Training is now available with KYM, this is a 6 session education and nutrition monitoring program, ideal for those trying to lose weight, includes food diary .

Initial 1 hour session and 5 1/2 sessions follow ups, spread over 6 or 12 weeks - \$249



Mini Moves

Mini moves is kicking off again for the new school term which will begin on May 5. Mini Moves is a nationally accredited childrens fitness program for ages 4-8yrs. Involves different themed sessions each week which include fun games and a healthy snack to get your kids exercising and having fun!

\$66 for non-members
\$60 for members

*Discount when enrolling multiple children

CLUB NEWS

Body Balance makes its much anticipated debut on Thursday night this week as well as ALL ABS our new mini-class on Mon and Thurs at 6.15pm.

We welcome Jane (Body Balance) and Chanelle (Body Step) to our instructor team and unfortunately at the end of the week say goodbye to Michelle who has been great for the short time she was here!

Open Day - Sunday May 4th



To celebrate the launch of LES MILLS group fitness programs we are holding an open day with **FREE** 15 minute mini-classes to try out the world most popular group fitness programs as well as a lecture on **NUTRITION FOR WEIGHT LOSS**.

Creche will be operating for busy Mums and Dads.

Lucky Door Prizes and Discounts will also be available so bring friends in for a **FREE** workout or try one of the classes.



f.i.t Saves you money - show your card and save

Did you know you now get discount at local businesses for being a member of f.i.t.

FLY Boardriding - 10% off summer surf fashion and gear

Cafe de Carlo - Fresh juice and roll deal \$6.95 (normally \$8.50)

Serene Secrets - 10% off sports bras

Ultra-lite Health Centre - Discount on Naturopathy services

Yours in health and fitness,

Bruce Konings
f.i.t. Health and Fitness Centre

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