

f.i.t. Health and Fitness Centre Newsletter

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TAKE A QUIZ



Are you drinking too much?

It's a simple question, but how many of us can answer it? For starters, how much is too much? Is that glass of wine after work every day a problem? Or maybe you don't have one every day, but save them up for a Friday night binge? The fact is that alcohol is the drug of choice for

August '07

Greetings!

Six weeks to go before City to Bay so I hope you are all hitting your training straps. I certainly need to put in a big effort if I am to beat the 1 hour goal I have set for myself.

Fitness Age testing is starting now and has caused some controversy amongst the staff. Happily i can report a fitness age oo 30. WHOO HOO!

So take advantage of the discount for this month and get your test done. It really helps to motivate and show you where the extra effort is needed.

Congratulations to Michelle Muldowney who won the fantastic bike for the refer a friend comp we ran. We all expect to see you riding to the gym now!

Have a great month train hard and enjoy life more.

Regards

Bruce Konings -Director/Physiotherapist

Boosting Metabolism



Metabolism is simply the total of all body processes that burn calories - your basal metabolic rate plus your activity factor. When it comes to improving your metabolism, there's good news and bad news.

First the bad news: Most of what controls your metabolism isn't under your control. Some people are genetically

the drug of choice for many Australian adults - unfortunately, many of us don't know enough about it to even know if we're consuming it safely. Are you one of those people? Take our quiz and find out.

[Begin Quiz](#)



Group Boxing Program Coming Soon

Bored of the old cardio options? Well then it's time to experience the fun and benefit of boxing for fitness first hand.

We will soon be running short term boxing programs for small groups covering everything from basic punching to advanced combos and padwork. Perfect for any level of fitness!

For more info please contact reception.

City-Bay Fun Run

your metabolism isn't under your control. Some people are genetically blessed with a high-burning metabolism. They didn't ask for it, they were born with it. (So don't hate them for it, unless, of course, they rub it in!) On average, men have a metabolism that is 10 to 15 percent higher than women's, mainly because of their larger size and greater muscle mass. Whether you're a man or a woman, your metabolism naturally decreases with age. Scientists have estimated that metabolism slows about 5 percent per decade, beginning at age 40, as we lose muscle mass and increase body fat. Hypothyroidism (under-active thyroid) lowers metabolism and causes weight gain. Fortunately in this case, if a blood test confirms there's a problem, your doctor will prescribe medication that can boost it back up to baseline.

Now the good news: Your metabolism doesn't have to remain stagnant or take a nosedive. You can burn more calories, lose more weight, just by changing the way you think about eating and moving.

[Full Article](#)

Workout For Your Bones

Osteoporosis Information Session

THURS AUGUST 8th

- Free Workout For Your Bones
- Exercise Class 10.15am - 11.15am
- Tea and Coffee
- Guest Speakers 11:30am - 12:30pm
- Gold Coin Donation supporting **Osteoporosis Australia**

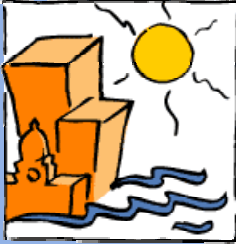
OXFAM Australia - "Human Race"



Interested in having fun for a great cause?

We are looking for a team of people to take part in a 'Human Race' on Sunday 30th September at Victor Harbor trotting track in support of OXFAM Australia.

Sunday Mail



CITY-BAY FUN RUN

Are you prepared for this year's City-Bay fun run. The good news is that if you're not there's still time. Have a go at the official training program for the 2007 City-Bay Fun Run.

Also if you'd like to come and take part in the day as part of the f.i.t team please let us know at reception. Friends and family are more than welcome.

[Click here for Official Training Program](#)

Mum's On The Move



[Visit reception for more details.](#)

Fitnessage Is Here



Fitnessage has now arrived at f.i.t!

Opening Special

50% off Testing for new members and new clients during August

[Please ask at Reception for more details](#)

Just A Quick Reminder

Can people using the creche please remember to cancel bookings if they will not be attending. This will assist us in being able to staff the creche appropriately.

Thankyou

Tuesdays @ 9:15am

Contact reception for further
information