



HEALTH & FITNESS CENTRE

f.i.t News

August 2008

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Greetings!

The Olympics are here so be inspired to train hard. The telly will be set to the games, so working out doesn't mean missing any action.

Our Olympic decathlon is just one way we are keep the games theme going, with some great prizes to boot.

New customers are welcome to come and train for FREE during the Olympics so tell your friends and bring them along!

I know its too cold to start thinking summer, but the days are already getting longer and in no time people are talking holidays and beach weather. Make sure you keep up the exercise routine to avoid a last minute dash to shed the winter coat.

Kylie has been busy surveying group fitness members and now we have added more punch to Sat Morning with PUMP and COMBAT now on. Remember if you voted please come along and support the new classes. Without good numbers your favourite class may be next!



10 Ways To Recover Faster

Do you know what to do after exercise to speed your recovery from a workout? Your post exercise routine can have a big impact on your fitness gains and sports performance but most people don't have an after exercise recovery plan.

Most people exercise for the benefits they get from their workout: improved sports performance, better endurance, less body fat, added and even just feeling better. In order to maintain an exercise routine it's important to recover fully after exercise. Recovery is an essential part of any workout routine. It allows you to train more often and train harder so you get more out of your training. Do you have a good after exercise plan?

[Full Article](#)

Stay Strong

Bruce Konings



Sunday Mail
CITY-BAY

Australia



After 3 weeks we have already made a significant dent into our 'Race Around Australia' effort. Thankyou to all who have made up the 3434.5km that we have travelled so far. This coming Wednesday we give away our first prize of a 1hr Personal Training session to the person that has travelled the furthest distance over the past month. There's a big group sitting on similar numbers so make the next few days count!

Saturday Morning Class Cha



The votes are in and we are on a Saturday we will be having new classes on a

- Bodypump @ 9:15am
- Bodycombat @ 10:15am



Olympic Workouts

Laura Wilkinson

Every wondered what it takes to become the best? It doesn't matter what your sport of choice is or how much natural talent you were born with, the people at the top still have to put in hours of hard work to get to the top.

Daredevil Laura Wilkinson took gold on the women's 10-meter platform at the Sydney Olympics. This year, she wants to become Olympic champ again.

Even if you've never dreamed of diving gold, steal these moves to get the toned bod you have been hoping for.

[See Workout](#)

will be holding their own Olympic event, the f.i.t Decathlon. Look out for the forms around the gym which need to be signed off by a staff member after completing each of the 10 challenges for your chance to go into the draw to win gold, silver or bronze.

Race Around Australia



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Saturday Morning Class Cha

The votes are in and starting Saturday we will be having new classes on a

- Bodypump @ 9:15am
- Bodycombat @ 10:15am

For all those members who loved or don't worry it will still be running but in a minute format and will be held at a

- Core @ 6pm Mondays

Why Personal Training?

We all need a little help with exercise sometimes, whether we're just starting out or we've been at it for a long time. Still, there are people who shy away from training, unsure of what they'll get out of the experience or whether it's worth the money. Take a look at just a few reasons people typically hire personal trainers and see if it's the right decision for you.

- You're not seeing results
- You don't know where to start
- You're bored with the same old workouts
- You need to be challenged
- You want to learn how to exercise on your own
- You need accountability and motivation
- You have a specific illness, injury or condition
- You're training for a sport or event
- You want supervision and support during workouts

Have a talk to any of the friendly trainers at f.i.t to find out if personal training is for you. It might just be the kick start that you're looking for!

FREE Fitness Age TEST

Usually \$30.
Find out how your body is ageing with the world's leading fitness assessment.

*Must be a local resident.
Offer Expires: Aug 30th 2008