

IN THIS ISSUE

[Summer Exercise Safety](#)

[Soft Sand Running](#)

[Middle Eastern Dance](#)

[Bootcamp Is Back](#)

[f.i.t Money Saver](#)

QUICK LINKS

[REGISTER NOW](#)
[NEWSLETTER ARCHIVE](#)
[RELATED TOPICS](#)
[MORE ON US](#)

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F.I.T Health & Fitness Centre Newsletter

Greetings!

The New Year is here, and hopefully you're inspired. My motto for this year is "feel great in 08". Resolutions have been set and now its time to make them happen.

My bugbear from last year is the excuse "no time - too busy." It's hard but if you don't make time there will never be time. It's your health and quality of life. If you're fit you can do more and make better the time you spend with friends and family but prioritise. We are all guilty of the "it's too hard" excuse but once the routine is set down it gets easier to stick to.

New airconditioning is in and works, at last! which makes training even in the middle of summer comfortable. We have our New Body Challenge and BOOTCAMP about to kick off - so if your looking for a bit of extra help budging the Christmas kilos, this may be for you.

Stay Strong
 Bruce Konings

Summer Exercise Safety

It is essential to take the necessary precautions while exercising during the summer months. The average person can take from one to two weeks to adapt to warmer, more humid temperatures. Here are some helpful safety tips to follow while exercising during the summer:

Rehydrate your body. While exercising in hot weather you can easily lose up to a quart of water an hour. Drink water before, during and after exercising. Since your body can only absorb 8 ounces of cold water every 20 minutes, continue to drink fluids even after you no longer feel thirsty. Sports drinks may be popular among intense exercisers, but they are not necessary and may actually absorb more slowly than plain water. If you prefer the taste of these drinks, try diluting them with water before consumption for easier rehydration.

Avoid working out during peak hours. Very hot and humid weather hampers perspiration's ability to cool your body. Try exercising in the morning or evening to avoid the most intense heat as well as the times when smog and pollution levels are highest. Or consider exercising indoors at the local YMCA, health club or shopping mall.



[Full Article](#)



Tips For Soft Sand Running

So you want to run on the soft sand? This type of running is definitely not for softies, so you need to get ready for the race with a good aerobic base and a solid program of preparation and soft sand running technique....

Running on the soft sand is definitely a step up from road running when it comes to intensity but with the right preparation you too can be a soft sand runner! It's a real buzz to be out on the beach in Manly: what an amazing place to be training and doing laps on the soft sand is very rewarding.....as well as being hard work! This article will outline the essential aspects of soft sand running and looks at how to get ready for the race like the Manly Soft Sand Classic or the Bondi Barefoot.

There are three very important aspects of soft sand running:

1. Aerobic fitness
2. Local muscular endurance and feet/skin toughness
3. Technique specific to soft sand running!

[Read More](#)



Ahlam Middle Eastern Dance

Come n try Session on Saturday the 19th and 26th of Jan.

10.30am Yasmins (girls 4-10y.o)

12.00pm Belly dance basics

1.30pm Tribal Basics (American tribal style)

Classes will then continue on Saturday morning for the school terms
Jan Button will run the classes and can be contacted on 0403365734 or jankickbutt@hotmail.com for any further information
f.i.t members will receive 10% off class fees.

NEW BODY CHALLENGE

A structured 12 week program aimed at losing weight and establishing healthy eating and exercise practices

Initial seminar on 15th Jan **BOOKING ESSENTIAL**, \$10 or FREE (if doing the New Body Challenge program)

Challenge starts on 21st Jan includes

- Seminars with Dietition
- Low fat cooking demo
- Motivation Seminars

Great prizes, team motivation and peer support will help you bust out of your old body and into the new. Take the challenge.

BOOTCAMP IS BACK ON

Set the alarm and have an awesome start to the new year as the bootcamp boys take you to your limits.

Fun, full on and fantastic are the descriptives.

Starts 16th Jan 6am - FREE TRIAL offer available

BOOK NOW! 85550777

Opportunity exists to run an evening session if enough interest 7pm



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 Serenity - 10% off sports bras

Yours in health and fitness,

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