



f.i.t News

June 2008

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The Benefits Of High Intensity Workouts

Should You Do A High Intensity Workout? There is no valid reason that a

Greetings!

Our new website has been launched and we would love feedback. You can access all the old newsletters and articles you may have missed. Please check out www.fitgoolwa.com.au

Well our next bunch of new body challengers have started with a mix of enthusiasm and trepidation. We look forward to supporting their efforts and sharing their successes over the coming months.

Also we have launched our 'Buff Body Challenge' aimed at those looking to add bulk, size or definition. Learn the tricks, techniques and nutrition for getting 'ripped'.

Remember to keep training & stay motivated over Winter. Your beach body starts NOW!

Fat-burning phenomenon: interval training



If someone said you could burn three times more fat in half the time, you'd probably expect steak knives as part of the deal. But it's no flimsy sales pitch. That's what interval training can do, says online weight-loss coach Andrew Cate. Exercising at the same pace may be comfortable, but is it getting the results you want?

Interval training offers a change from steady-pace exercise, where you work at a consistent level. Mixed into your normal exercise routine, it involves a series of short bursts of intense effort, followed

Intensity Workout? There is no valid reason that a healthy person should maintain a low intensity exercise regimen unless they simply aren't really interested in seeing real results. A low intensity workout, defined as exercises during which your heart rate is around 60% of its maximum rate, are fairly inefficient for anything other than very slow and gradual weight loss. They won't help you boost your metabolism, they won't aid significantly in building muscle mass, and they don't do much for strength and endurance.

[Read More ...](#)



Could Your Life Use More Balance?

You're in luck!

Body Balance is coming to Sundays at 10:30am with Jane

First Sunday launch is on the 15th

Don't forget to regularly check our group fitness timetable for new additions or changes and the best place to do that is on our website

a series of short bursts of intense effort, followed by a recovery period.

This higher level of intensity boosts the kilojoule-burning, fat-burning and fitness-increasing benefits of exercise.

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[Full Article](#)

Buff Body Challenge

Gain muscle and confidence.

Train HARDER and SMARTER. Learn how the pro's do it with professional programs and nutrition.



8 week program

2 x Group Personal Trainings /wk

Nutrition & Supplement advice

Individual Workout Plans

Mega Health Supplement Seminar

Specialised teens program

Starts June 17th **BOOK YOUR SPOT NOW!!!**

place to do that is on
our brand new website.

www.FITgoolwa.com.au

Mum's Bootcamp

Lack motivation? Need something different to get you up and moving? Well then Mum's Bootcamp is for you!

2 sessions per week for 6 weeks
on Tues and Thurs @ 9:30 -
10:30.



Creche available for the kids.

Ask at reception for more details

Stay strong.

Sincerely,

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

**FREE
GYM PASS**

Nothing beats a FREE workout,
Your opportunity to try out our centre and the fantastic classes.

Forward this pass to a friend who can make use of it!

*Must be a first time user or haven't used our facilities for 12 months & be a local resident.
Offer Expires: July 31st 2008