

IN THIS ISSUE

[Are You Lifting Enough Weight?](#)

[New Flexible Memberships](#)

[f.i.t Fight Club](#)

[Ultimate Summer Fitness Pack](#)

[Mini-Moves starts Term 4](#)

QUICK LINKS

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

[Join Our Mailing List!](#)

F.I.T Health & Fitness Centre Newsletter

Greetings!

Well September has been a busy month for me personally with the arrival of our third child "Evie Grace". So a few sleepless nights, but mum and baby are doing really well. Thank you to everyone for their warm wishes and gifts.

September was also the city to bay fun run and although only a few f.i.t members attended it was again a great event to be involved in. I personally had a great run, and did manage to really run the event out much easier and could still walk the next day. (which is a huge improvement on last year.) It would be great to get a large team from f.i.t and make a day of it with a barbie afterward next year. So put it on your calendar and we will tell you when its time to start some specific training. Having a goal really does motivate and make training easier and the achievement of that goal does give deep satisfaction.

Summer means longer days, more parties and drinking, those of you with specific targets, keep the training up (it gives you the energy to keep up over the silly season) and chose wisely with food and drink options. Have plenty of fun and live life to it's full potential.

Yours in Health, Fitness & Fun
 Bruce Konings



Are You Lifting Enough Weight?

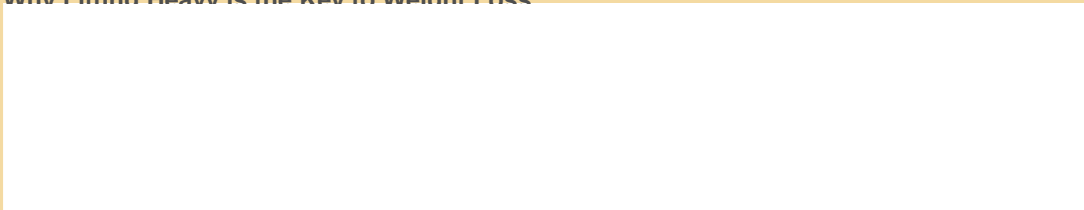
Use it or lose it!

If you lift weights, have you ever wondered whether you're doing it right? Specifically, are you lifting enough weight? According to a study done by the University of Michigan, many of us aren't. Researchers took beginners (both men and women) through a series of moves, allowing them to choose their own weight. After assessing their 1 rep max (the general standard for choosing weight), they determined that most chose

a weight well below what was needed to stimulate muscle growth.

Are you guilty of going too light? If so, you may not be seeing the results you'd like. Learn more about why lifting heavier weights could change your entire body.

Why Lifting Heavy is the Key to Weight Loss



Why Lifting Heavy is the Key to Weight Loss

You know that losing fat involves increasing your metabolism.

What you may not know is that muscle plays a huge role in raising metabolism. A pound of muscle burns about 60 calories a day while a pound of fat burns 5. That means any growth in your muscle tissue is going to help you burn more calories all day long. In fact, strength training has all kinds of great effects on your body like:

- Increasing resting metabolic rate so you burn more calories, even while at rest.
- Making you lean and slim--muscle takes up less space than fat so, the more you have, the slimmer you are
- Strengthening bones and connective tissue, which can protect your body from injuries in daily life
- Enhancing balance and stability
- Building confidence and self-esteem

[Full Article](#)

Great New Flexible Memberships

In the past people have been scared to commit to long term memberships. f.i.t has now launched a no contract membership.

- No minimum term
- Cancel at no charge with 2 weeks notice
- And to celebrate our 2nd birthday a \$1 Start Up



This is our best offer yet so if you know someone who's thought about the gym but been a bit hesitant, now is the best time to try it out!

FORWARD THIS EMAIL TO SOMEONE YOU KNOW MIGHT NEED HELP WITH THE HEALTH & FITNESS -thankyou



Mayors Bike Ride to 'Bashams Alive'

Make sure you keep **SUNDAY Oct 28th** free for a great outdoor fitness fiesta. Starting at 12pm from the wharf in Goolwa and Warland reserve in Victa, Riders, walkers and any other non- motorised transportation are travelling via the bike track to Bashams Reserve

Once there a host of events including interpretive walks, choral recital, A

Ultimate Summer Fitness Pack

Summer is coming and so is the beach weather! So for some of us, it's time to shed that winter weight .

If you need extra assistance to push those extra kilos, tone the

f.i.t Fight Club

Our first boxing program has just been completed with a group of 10 being put through their paces over the past 6 weeks. If throwing lefts and rights, burning heaps of calories and having a ball sounds like something that you want to try then your opportunity has arrived. Our next program will begin mid October running one night a week for 6 weeks. Non-members are welcome so bring along a friend but hurry and book now because places are limited.



Ultimate Summer Fitness Pack

Summer is coming and so is the beach weather! So for some of us, it's time to shed that winter weight .

If you need extra assistance to push those extra kilos, tone the tush or pump the guns then our 10 week program will get you going.

- **2 sessions of Personal Training (1/2hr) for 10 weeks = \$59.95 pw**

Get in shape and have a great Summer!



Mini-Moves - Fitness Through Fun

Mini Moves is a physical activity program for children aged between 6-11 years focussing on fun and movement. The Mini Moves physical activity program provides a fun way for children to be physically active without fear of failure nor the negative aspects of sport.

**Starts Mon 22nd October 4-5pm
For ages 4yrs - 8yrs
Healthy snack provided**

The perfect opportunity to keep the kids entertained healthily and grab a quick workout yourself.

For more information please contact reception

Yours in health and fitness,

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