



## f.i.t News

September 2008

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### Greetings!

SPRING HAS SPRUNG, the days are fining up and that means enjoying the outdoors and days at the beach are fast approaching.

Time to burn the winter coat. If nutrition and weight loss are a challenge then our new weight loss coaching program may be of interest. It is due to launch in October and there is already much interest.

Footy and Netty are over again for the year, so make sure you keep up the fitness and get a head start on next year. More classes on Saturday make keeping fit easier.

Stay Strong

Bruce Konings -Director/physiotherapist



### The Weigh Club

- Is Coming

Struggling with the weight loss merri-go-round.

"Weigh Club" is an affordable coaching program that helps you stay in control of your weight.

NO diets, pills, potions and meal replacements.

Register your interest now! To be eligible for opening specials.

[f.i.t Decathlon Winners](#)

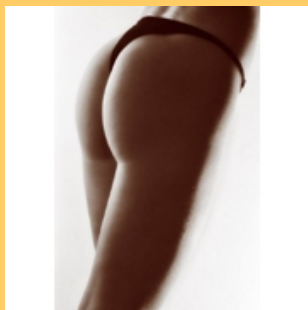
## Fat Fallacies

Just when we got used to hearing that all fat was bad, we started to hear that only some fat was bad, and that certain kinds of fat were actually good for us. Rather than clarify matters, it seems that we're more confused about fats than ever. Here are some common misconceptions.

### *We don't need fat in our diet*

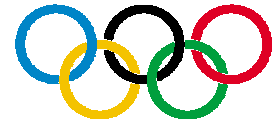
Actually, yes you do. Fat is necessary for the absorption of fat-soluble vitamins A, D, E and K, for proper neurological function, healthy skin and hair, protecting vital organs, and to help keep us warm. The problem is that we eat too much fat, and mostly the wrong kind.

[Full Article](#)



[Tushy Tips](#)

## f.i.t Decathlon Winners



Congratulations to the winners of our f.i.t Decathlon which was run in conjunction with the Olympics. The Gold, Silver and Bronze winners Di, Greg and Kay all receive f.i.t gift vouchers for their achievements.

## Race Around Australia



Congratulations to Deb McMurtrie who was the first member to pick up a free 1 hr personal training session in our 'Race Around Australia'. Deb travelled an amazing 195.7km over 4 weeks to take the prize by only 2.1km. Next prize is in a week so get on your bike and start to rack up those km's.

## Boxing - Free Trial Session

Round, firm and lifted buns are what most women spend countless hours in the gym (or on an operating table) striving for. Some people are born with a luscious tush and some have tushes as flat as boards. Regardless of what category you fall into, there are ways to help you reach your gluteus maximus potential.

The term gluteus maximus is the official title for the derriere. The muscles originate from the back of the pelvic bone and insert onto the back of the thigh. Your rear's primary function is to help you straighten up from a bent over position. The glutes can be a difficult muscle group to isolate, but the key to success in any glute-specific exercise is learning to contract or squeeze the glutes. You simply cannot go through the motions and expect to see results.

[Read More](#)



Ever been interested in trying boxing in a safe and fun environment or just looking for something different to keep you motivated about exercise? Well this is your chance! We still have spots left in our current boxing program and will be giving members the opportunity to come and see what it's all about with a FREE session. If you are interested in having a go or would like some more information please speak to Tom.

### Struggling with Injury?

It's human nature to think it will just go away but in most cases, the wrong exercise can be harmful.

A session of Physio can identify the cause.

A session of Physio can identify the cause.  
Suggest and demonstrate correct therapy and exercise.  
Streamline your exercise program to be effective and reduce further  
injury.

Call GOOLWA PHYSIOTHERAPY  
8555 5961  
(\$10 disc on initial appointment.)