

FITNOW! NEWSLETTER

| JULY 2021 |



PG 2: Monthly Recipe

PG 3: Fitness Focus

PG 4: Member of the Month

The year is halfway done but the gym is still pumping! It's great to see that the cold weather hasn't stopped our members from getting into the gym and getting things done.

If you do need a little help getting in here or if you're looking for a new program remember that you can book in with either Daniel or myself for a personalised gym program. Or if you need that extra boost towards greatness, we have just had a new PT start at the gym! Monique will be here at fitnow! two days per week. If you see her in the gym feel free to say g'day and have a read of her brochure attached to the back of this issue of the newsletter.

Thanks for having a read and keep up the hard work.

MONTHLY RECIPE : SLOW-COOKER BRAISED BEEF WITH CARROTS & TURNIPS

Ingredients

1 tablespoon salt

2 teaspoons ground cinnamon

½ teaspoon ground allspice

½ teaspoon ground pepper

¼ teaspoon ground cloves

1250gm beef chuck roast, trimmed

2 tablespoons extra-virgin olive oil

1 medium onion, chopped

3 cloves garlic, sliced

1 cup red wine

1 can whole tomatoes,

5 medium carrots, cut into 1-inch pieces

2 medium turnips, peeled and cut into 1/2-inch pieces

Chopped fresh basil for garnish

Directions

Step 1

Combine salt, cinnamon, allspice, pepper and cloves in a small bowl. Rub the mixture all over beef.

Step 2

Heat oil in a large skillet over medium heat. Add the beef and cook until browned, 4 to 5 minutes per side. Transfer to a slow cooker.

Step 3

Add onion and garlic to the pan. Cook, stirring, for 2 minutes. Add wine and tomatoes (with their juice); bring to a boil, scraping up any browned bits and breaking up the tomatoes. Add the mixture to the slow cooker along with carrots and turnips.

Step 4

Cover and cook on High for 4 hours or Low for 8 hours.

Step 5

Remove the beef from the slow cooker and slice. Serve the beef with the sauce and vegetables, garnished with basil, if desired.



FITNESS FOCUS : THE BEST TIME TO CONSUME PROTEIN

People often wonder when the best time to take their protein powder is.

This depends on your health and fitness goals. You may want to consume it at a particular time of day, depending on whether you want to lose weight, build muscle or preserve muscle.

Here are the best times to take protein based on your specific goals.

Losing Weight

Protein is one of the most important nutrients for fat loss.

Eating a high-protein diet can help raise your metabolism and reduce your appetite.

Protein helps curb your appetite by reducing levels of the hunger hormone ghrelin, all while increasing levels of appetite-reducing hormones like glucagon-like peptide-1 (GLP-1), peptide YY (PYY) and cholecystokinin.

This means consuming a protein-rich snack between meals may lead you to eat fewer calories later in the day.

One study found people who ate a high-protein yogurt snack during the afternoon ate 100 fewer calories at dinner, compared to those who ate crackers or chocolate as an afternoon snack. The yogurt, crackers and chocolate all provided the same number of calories.

To reap the most weight-loss benefits, aim to eat plenty of protein-rich foods throughout the day.



Building Muscle

Protein is important for building muscle.

In order to build muscle and strength, you need to consume more protein than your body breaks down naturally during resistance training or weight lifting.

Fitness enthusiasts often recommend taking a protein supplement 15–60 minutes after exercise. This time frame is known as the “anabolic window” and said to be the perfect time for getting the most out of nutrients like protein.

However, recent research has shown that this window is much larger than previously thought.

According to the International Society of Sports Nutrition, consuming protein any time up to two hours after your workout is ideal for building muscle mass.

For the average person, resistance exercise and consuming sufficient protein are more important than timing protein intake.

That said, people training in a fasted state, like before breakfast, may benefit from taking protein shortly after a workout, as they haven't consumed protein in a while.



Preventing Muscle Loss

Maintaining muscle mass is especially important as you grow older.

Research shows that people lose roughly 3–8% of their muscle mass each decade after age 30. Sadly, losing muscle is linked to a higher risk of fractures and shorter lifespan.

Scientists recommend spreading protein intake evenly across the day to help prevent muscle loss with age. This means eating roughly 25–30 grams of protein per meal.

Most people eat around three times more protein at dinner than breakfast. This makes consuming more protein at breakfast an ideal way to evenly distribute protein intake.

MEMBER OF THE MONTH

Our member of the month for July goes to Jordan Stafford. Jordan is only young but is already showing great enthusiasm in health and fitness. Jordan always has a blast when he is in the gym training and his positive attitude is a great contribution to our gym. Well done and keep up the hard work!





DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR.

If there are any diet or fitness trends you would like to know more about come in and ask Daniel or myself about it and we can either tell you what we know or research it for you and we will write an article about it in the next newsletter.

If you have any feedback about the newsletter let us know. Is there anything you want to see? Do you like the format? Do you need advice on your training? General nutritional advice? Let us know!

Thanks for having a read once again and I shall see you all in the gym through July.

Best Regards,

Lawrance Warren
Instructor
Fitnow! Deniliquin



"Leading the way in fitness now!... and into the future"

**THERE IS NO
BETTER TIME
THAN NOW TO
START LIVING
HEALTHY**

CONTACT ME:

EMAIL

monique_harrington@hotmail.com

PHONE

0438 268 299

QUALIFICATIONS

Cert III & IV in Fitness

Performance PT Coach Level 1



MoniqueH Fitness



moniqueh_fit



**MONIQUE
HARRINGTON**
PERSONAL TRAINER



**GET EXCITED ABOUT
GETTING HEALTHY**

WHY CHOOSE A PERSONAL TRAINER?

Having a personal trainer can provide you with the motivation you need to reach your fitness goals.

They can help educate you on the best way to exercise to maximise results, keep you accountable to your routine and help you to create healthy habits!

Whether you are new to the gym and don't know where to start or if you are a more experienced member looking to challenge yourself with a new perspective on exercise, I am here to create a support system and work with you to help turn your goals in to reality!

HOW CAN I HELP?

I will make training fun and motivating for you so you can be the best version of YOU!

- weight loss
- fat loss
- build muscle strength & endurance
- muscle hypertrophy
- increase flexibility & mobility
- improve cardio-respiratory endurance & stamina
- help reduce stress/anxiety
- increased energy levels & mood
- and much more!!

PACKAGES

Pre-book with me to secure your spot each week: 8 week, 12 week and individual options available.

Work with me to gain the support and motivation you need to reach your fitness goals.

Each package includes a weekly PT session with me, a weekly check in and my constant online support when I'm not with you in person. Training sessions will be designed with your personal goals in mind. Let me be your coach and help you along your fitness journey.

Have a friend you love to workout with? Share your PT sessions with them and share the cost!

[Sign up for the 12 week option and get a 13th PT session for free!](#)

Student Discount

If you are a current student and can provide student ID, each session will be at a discounted price for you. Contact me for more info.

