



PG. 2

Monthly Recipe: Winter Warmers



Fitness Focus: Body Weight Exercise



Member of the Month, Equipment Emphasis: Peg Board



Dr. Jeff Harris: Common Problems



Mel Roe's Protein recommendation





Here we are again for another month. Thanks for continuing your support by having a read once again. Quick reminder that if there is anything specific you would like to read about let Daniel or myself know and we'll do our best to send some info your way.

It's awesome to see so many of you staying dedicated to your fitness as the weather continues to get colder. A special shout out to all our early risers who get here bright and early.

I know that it's hard to get motivated to get up and move when even your bones are cold so if you're reading this now and you've been exercising regulary pat yourself on the back. You deserve it! You'll rarely regret training after a session and you will be thanking yourself come summer when you are not having to start from scratch!

If you haven't been as consistent don't beat yourself up. It happens to the best of us and you still have ample time to turn things around. I find the best way to stay focused is not thinking about training as having to be motivated but more about being disciplined. Make your exercise part of your weekly, or daily schedule.

On average it takes about two months for new behaviour to become a habit. This could explain why a lot of people stop exercising within their first 6 or so weeks of training. If this is you stick with it for just a little while longer and hopefully everything will start falling into place.



Vegetable Soup

3 carrots

1 medium white onion

1 medium leek, discard dark green or leafy parts

1 baby bok choy, discard top portion of jagged leaves

2 medium or 1 large sweet potatoes

220gm white mushrooms

Juice of 1 medium lemon





2 to 3-inch piece peeled fresh ginger, added whole and removed midway through simmering (1 tablespoon ground ginger may be substituted)

2 to 3 tablespoons coconut oil

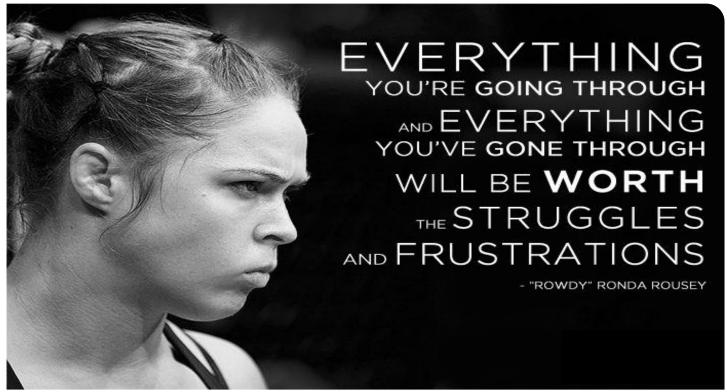
1 tablespoon ground turmeric

1 tablespoon ground black pepper

salt, to taste; add before, during, or after simmering

Water fill until about 1 inch from top

Just cut everything up and cook on the stove for around two hours





Heat oil in a wok or frying pan over high heat. Add onion and cook, stirring often, for 5 minutes or until the onion softens. Add curry paste and cook, stirring, for 1 minute or until aromatic.

Stir in the coconut cream and bring to the boil. Add the chicken, kaffir lime leaves and lemon grass. Reduce heat to medium. Simmer for 10 minutes or until the chicken is cooked through. Add the lime juice, sugar and fish sauce. Cook, stirring, for 5 minutes or until the sauce thickens. Stir in the silver beet. Cook, stirring, for 2 minutes or until the silver beet just wilts.

Divide rice and curry among serving bowls. Top with coriander and peanuts. Serve with lime wedges.

Chicken and Silverbeet Curry:

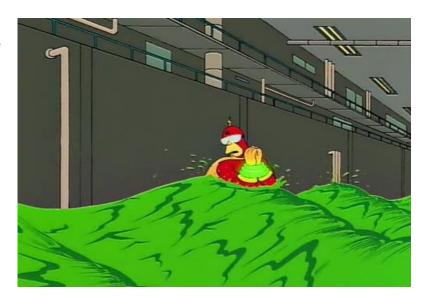
- 1 tablespoon vegetable oil
- 1 brown onion, halved, cut into thin wedges
- 1-2 tablespoons red curry paste
- 250ml (1 cup) coconut cream
- 6 (about 650g) chicken thigh fillets, trimmed, cut into 4cm pieces
- 6 fresh kaffir lime leaves (see tip)
- 1 stem lemon grass, pale section only, quartered lengthways
- 1 tablespoon fresh lime juice
- 2 teaspoons brown sugar
- 1 teaspoon fish sauce
- 6 (about 400g) silver beet leaves, white stems removed, washed, dried, coarsely shredded (see note)
- Steamed white rice, to serve
- 1/3 cup fresh coriander leaves
- Roasted peanuts, coarsely chopped, to serve
- Lime wedges, to serve



FITNESS CHALLENGE: ACID BATH

We are hosting our next fitness challenge on August the 2nd at 5:30pm. For this challenge we will be doing what is know as the acid bath. The acid bath is essentially a time trial of three exercises consisting of 500 m on the SkiErg, 500 m on the rower, and 1000 m on the assault bike.

There will be prizes for 1st, 2nd, and 3rd place. The challenge should go for an hour or so and upon completion we will head over to the RSL for dinner and drinks. We are looking forward to seeing a bunch of you there!





FITNESS FOCUS: BODYWEIGHT TRAINING

Given the trials and tribulations that the human race has endured since our arrival on the planet, it's safe to say that our ancestors did not rely on barbells to get strong, which evidence suggests were only invented around 1910.

In the developed world, the last 80 years has seen man and woman-kind become more and more sedentary. Void of the need to navigate challenging terrain, climb trees to set traps or gather food, we no longer need to explore our physical potential in the primal ways which were once essential for survival.

Human history tells of wars that have been won, extreme conditions survived and new lands explored, all without the machinery and equipment that has become common place in strength and fitness. Those who went before us also didn't have the science we now lean on. But they did have a philosophy; they needed to master their own bodyweight. These now often forgotten benefits were extensive. Whilst society and culture has changed, the human body hasn't, and the benefits of calisthenics and bodyweight training are as alive today as they ever were.

Bodyweight Training Builds More Muscle

The majority of bodyweight training is classified as "closed chain". This is just the scientific way of saying that you're moving your body through space instead of an outside object.

For example, a pullup is closed chain, while a Lat Pulldown is open chain.

According to a study by the Journal of Orthopedic and Sports Physical Therapy, closed chain exercises were responsible for a 31% increase in lower body strength after only six weeks, while the open chain group only improved 13%.

The closed chain (bodyweight) group also saw a marked increase in power output, increasing vertical jump capabilities by 10% while there was no increase in the open chain (machine based) group.

By learning to move your own body though space, you increase the amount of muscle fibers used. This directly causes more strength and muscular gains.

And if you're at the level where you can do pushups and pullups all day without it being challenging, just add some extra "bodyweight" in the form of a weight vest or chains.



Bodyweight Training Burns More Fat

Imagine this. You and your caveman buddies are out foraging for berries, looking at rocks, and cracking jokes, when all the sudden a sabretooth tiger snatches up your friend Grog!

The rest of your group scatters, climbing trees to escape the tiger.

During this scenario your body is in fight or flight mode, dumping adrenaline into your bloodstream to help you escape. It's also demanding that you release your non-functional tissue (fat), and instead prioritizing functional tissue (muscle). This is to ensure that you're able to climb a tree faster and save your life.

Why is this important?

Even though your workouts aren't technically life or death, your body only knows stress – so when you activate your sympathetic nervous system and initiate that fight or flight response through training, using bodyweight training signals your body to release fat to keep you alive.

That's why a pullup will always be a better option than a pulldown. You use more muscle, burn more calories, and improve your hormonal signaling to burn fat.



If your goal is fat loss, the more you can move your body, the better results you'll get.

Move Better, Feel Better

If you've been trapped at a desk all day for work, it's counterproductive to go to the gym and immediately sit back down to do chest press.

Training should be a chance to let your body move and reestablish good movement patterns, rather than reinforcing the bad ones we do all day.

Moving your body in different and interesting ways will help you activate muscles that keep

your back, knees and shoulders healthy, while helping you get rid of computer posture.

If you're a little beat up from your current weight lifting routine, using more bodyweight exercises will give you a chance to take some pressure off your joints while learning new and better techniques for when you do add more weight.

This will give you a good foundation, as well as allowing you to do the things you love without pain.

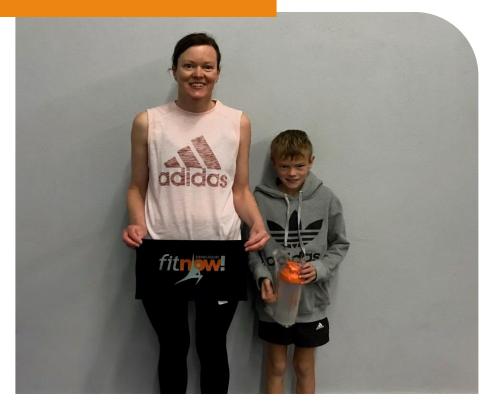
Member of the Month

We have two members of the month for June.

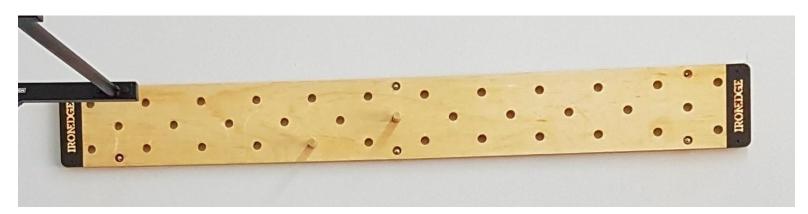
Congratulations to the mother and son duo of Elizabeth and Tom Wallace.

Liz and Tom have been showing great effort recently, getting up nice and early to come in and exercise.

It's a pleasure helping you both with your programs. Keep up the great work and continue eating those veggies Tom!



EQUIPMENT EMPHASIS : PEG BOARD



Going off on the business about body weight training; here is the peg board. I know what you're thinking and no you can not hang your washing on this bad boy. The pegboard is quite simple in theory. You climb from one side to the other. However it is actually more difficult than it looks as not only do you have to posess adequate upper body strength, you also need enough co-ordination to move the pegs from one hole to another.

I like the peg board as it is so different to anything else that I do. It's nice to do something that is good for you but is also fun. So come be humbled by the board on your next session.



COMMON THINGS HAPPEN COMMONLY!

Hi I am Dr Jeff Harris Deni's only Osteopath & I've been working here now for just over a year; & internationally now for over 20 years. Gyms are great places to heal using exercise! Perhaps surprisingly people are rarely injured in well-supervised gyms?

- 80% of shoulder problems come from the neck
- 95% of shoulder pain syndromes are caused or made worse by less than optimal posture &/or poor muscle control!
- 70% of healing occurs through changing your posture & movement habits, ie muscle control
- Applied manual therapy, diet & general health are also extremely important. The right movements not rest is the fastest way to stimulate the bodies own healing mechanisms.
- Humans evolved to move not to rest! We also evolved to starve not to eat processed food every couple of hours, perhaps that's for another article?

If you need experienced professional help to fix your physical pain, then I'm your man, **if you're a gym member you'll get** a **10% discount & a free postural gait assessment!**





MEL'S PRODUCT OF THE MONTH

Mel Roe is our resident naturopath and nutrition guru here at fitnow! and she has recently aquired some epic protein powder from the United states that she is excited to tell everyone about!



This product is called Surthrival Colostrum powder. Surthrival Colostrum is one of the most diverse supplements available today. Surthrival Colostrum is packed with nutrients, never de-fatted and contains no excipients or fillers. We've done the work for you to find the cleanest and most delicious Bovine Colostrum available. Sourced in the USA, Surthrival Colostrum is a staple for the health-conscious hero in all of us!

Key Elements:

- Increased endurance and lean muscle mass
- Balanced Immune function
- Shortened recovery time
- Healthy digestion and overall Intestinal (gut) health
- Improved cognitive function
- Maintain healthy joints, cartilage, and musculature

Product Features:

- Non-GMO
- Manufactured in a GMP certified facility
- Never defatted
- Long shelf life
- Available in capsules and powder
- Easy to use
- Single ingredient product

If you're looking to try the best protein on the market come in and have a chat to Mel!

Best Regards,

Lawrance Warren Instructor Fitnow! Deniliquin



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