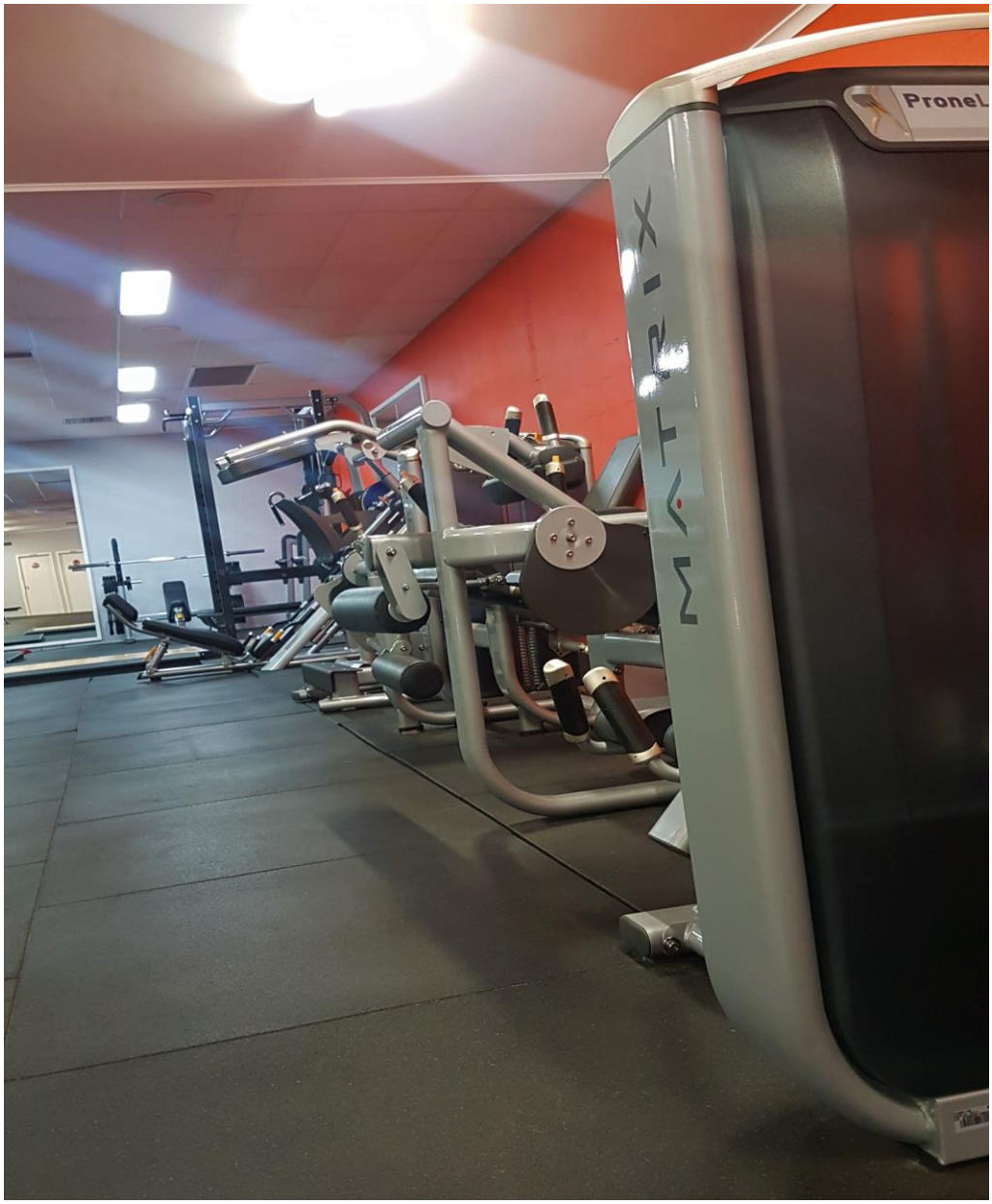
# FITNOW!

NEWSLETTER



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MAY 2019

Hello there and thanks for taking the time out of your day to read the newsletter. It's been a busy month for Fitnow! With the acquisition of plenty of new equipment and the beginning of our involvement with fitness passport we could not be happier with where the gym is at the moment.

We also ran our fitness challenge throughout April to see who could get the most cumulative distance done over the span of the month. We had so many members get involved and would like to give a shout out to our three winners, Scott Druitt, Joanne Austin, and Stef Wyatt who won over $200 in prizes. Thank you to all those who participated and we look forward to our next challenge!

# NEW EQUIPMENT

## SKIERG

The Ski Erg makes the sport of Nordic skiing available to everyone. The Ski Erg is possibly now the hardest piece of equipment in the gym.

Nordic skiing develops both strength and endurance, and exercises the legs as well as the arms, back and core. The Ski Erg can be used for both double pole and classic alternating arm technique.

Come in and try it out for a full body workout that will help you get and stay fit in no time!

## ASSAULT BIKE

The harder you push the harder the bike pushes back. There's no slacking off on this rig. Simple physics; big benefits!

Incorporate the assault bike into your leg and cardio sessions and get fit in no time!

## KETTLEBELLS, BITS AND PIECES

We've also got some new bits and pieces around the gym to take your work-outs to the next level! We now have everything you could possibly need for circuit training, including:

Kettle Bells, Olympic quality Trap Bar, Olympic Triceps Bar, 15kg Barbells, Weight vests, Battle Rope, Dip Belt, Slam balls & Wall Balls.

# Find a happier, healthier you in 2019!

**Are you tired? Have you lost your zest for life?...but have tried many things and nothing works? Melroes place can help, naturally!**

Do you struggle with
- Joint pain
- Fatigue
- Digestive problems
- Skin problems
- Weight gain
- Headaches and tension
- Allergies, food sensitivities
- Low libido
- Anxiety, insomnia mood imbalances?

Naturopathy employs natural therapies that support and stimulate the healing process in the least invasive and most efficient manner possible. Using a range of methods to assist in the healing power of nature including herbal medicine, nutrition – diet and lifestyle recommendations, vitamins and minerals, iridology and safe remedial massage technique's.

## mel-roes place

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## EXERCISE EMPHASIS

### CROSSFIT

I'll start off by saying that we are not a CrossFit affiliated gym. However, we have had quite a few members interested in either continuing or starting CrossFit style training. This is a large reason why we purchased so much new equipment for the gym. We want anyone to be able to do any form of exercise they desire here.

What is CrossFit:

CrossFit defines itself as "constantly varied functional movements at high intensity." What does that mean? It means that a daily WOD (workout of the day) is posted online at CrossFit.com. The variety of exercises comes from the underlying sports CrossFit draws from, namely gymnastics, weightlifting (e.g., Olympic competition style, not the weight training you'd find in a gym), running, and rowing. CrossFit bases its workouts on 10 general areas of physical skill: cardiorespiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. Many of the exercises selected for the WODs combine or test multiple skills at once.

CrossFit is typically associated with high-intensity work for short, repetitive durations. Imagine throwing a weighted medicine ball against a wall for 60 seconds without stopping — then doing it again, several times. The idea is to achieve muscle fatigue or failure as quickly as possible in order to fast track your fitness gains. It can be a very effective paradigm if done safely with correct form and proper supervision. If someone is new, overly ambitious, or fails to recognise signals from their body indicating that it's had enough, injury and overtraining is possible.

Have a look at crossfit.com for the WOD and try some CrossFit for yourself.

# MONTHLY RECIPE

## THAI CHICKEN BURGER

### INGREDIENTS

1tbs olive oil

2 Macro chicken breasts, butterflied

1 tsp minced garlic

4 whole grain burger buns or bread rolls, halved

2 fresh beetroot, thinly sliced

1 x 315g bag Woolworths Thai style salad kit

2 tomatoes, thinly sliced

1. Heat grill on high. Heat oil in non-stick frying pan over medium to high heat and cook butterflied chicken breasts with garlic for 4 minutes each side, or until cooked through.

2. Place the burger buns or bread rolls under the grill, turning after 1 minute or until golden on both sides. Steam beetroot in a microwave-safe bowl with a little bit of water for 2 minutes or until soft.

3. Place Thai salad into a bowl, dress and toss to combine.

4. To assemble the burgers, slice each chicken fillet into 2 pieces. Place 1/3 cup of salad onto each bun base then top with 3 to 4 slices of beetroot and tomato, chicken slices and bun top.

5. Serve with remaining salad on side.

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# MEMBER OF THE MONTH

## SHIBU JOSEPH

Our May member of the month goes to one Shibu Joseph. Shibu is another of the early risers here at Fitnow!

Whilst our paths don't cross all that often I see Shibu's name on the visitors log almost every day.

Shibu has been a member now for around 18 months and has recorded well over 200 visits. This consistency has led to Shibu seeing some great results in the last few months shaving off 9kg! This is a fantastic effort and something to be proud of!

Congratulations on your hard work thus far and best of luck for your next 18 months!

Best Regards,

Lawrance Warren

Instructor

**Fitnow! Deniliquin**

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