



THE IMPORTANCE OF A  
BALANCED RELATIONSHIP  
WITH FOOD

HEALTHY CHRISTMAS  
TREATS

THE IMPORTANCE OF  
STAYING ACTIVE AS  
YOU AGE

THE GIFT THAT KEEPS  
ON GIVING- THE FOAM  
ROLLER

THE BENEFITS OF  
REST AND RECOVERY

## Hi CBay Members,

The holiday season is upon us again and things are still cranking along here at CBay as summer has been postponed due to the rain. Our poster with our reduced hours and timetable for the festive season is up. Business hours go to 7am until 7pm from Saturday 22nd December until Sunday 6th January. And remember we close one day a year and that is Christmas Day.

As we go to print our fantastic '12 days of Christmas Challenge' running in the gym. It's great to see so many completing the daily workout to go into the draw to win great prizes just before Christmas.

Planning for 2019 is already underway with an 8 week challenge to start in February and with it being a Rugby World Cup year we will have an extravaganza to surpass all others!

So from myself and the team here at CBay Fitness, we wish you an amazing, fun filled festive season, and if you do eat a little too much over Christmas we will be here to provide the motivation to burn off the few extra calories consumed over Christmas.

Mike  
CBay Fitness Team Leader



# THE IMPORTANCE OF A BALANCED RELATIONSHIP WITH FOOD

- Izzy

The importance of a balanced relationship with food – all year round is much easier said than done, as most of us want results quickly, therefore restriction becomes the most efficient way of doing so. But to maintain a healthy balanced relationship with food, what works for me personally, is the 80/20 rule.

I try to eat healthily 80% of the time, and the other 20% I succumb to my cravings. Why it works so well for me is by allowing a 'treat' I don't tend crave the bad food all of the time which can cause binge eating. The 80/20 rule works so well

as it can be applied all year round – so guess what, you can actually eat a chocolate or have a wine this Christmas and still achieve your health and fitness goals.

Everyone deserves to enjoy the food they eat, a healthy lifestyle shouldn't be miserable. It's called a lifestyle for a reason! Eat the cake or have the treat, after you've achieved your fitness goal ... but in moderation.



## HEALTHY CHRISTMAS TREATS

**Why not try a colourful Christmas wreath.**

Arrange your favourite dip & crunchy fresh vegetables in a colourful festive wreath.

Or a fruity festive snack made of strawberries and bananas. Super easy, tasty sweet treat.



## THE IMPORTANCE OF STAYING ACTIVE AS YOU AGE

- Ainslie & Katie

From 50 years onwards physical fitness tends to deteriorate, so if you want to maintain a healthy lifestyle, and ward off the chances of injury or age related diseases then regular exercise is the way to go. Proven to help you keep a healthy lifestyle so you have more energy to continue doing the things you enjoy, comfortably.

ageFIT is a fun and rewarding exercise programme held every Tuesday and Thursday at 9.15am at CBay. Specifically designed for senior members, CBay Fitness qualified instructors teach balance, stability and strength exercises tailored specifically for the over 60's who want to keep as fit, active and as strong as they can into their senior years. It's also a fun and social time with a great bunch of motivated people.

So if you have a mum, dad, gran or grandfather, aunt or uncle who you think might benefit from joining ageFIT, bring them along to a class, we're sure they'll enjoy it.



| Time    | Mon 17 Dec<br>(5.30am - 9pm) | Tue 18 Dec<br>(5.30am - 9pm) | Wed 19 Dec<br>(5.30am - 9pm) | Thu 20 Dec<br>(5.30am - 9pm) | Fri 21 Dec<br>(5.30am - 9pm) | Sat 22 Dec<br>(7am - 7pm) | Sun 23 Dec<br>(7am - 7pm) |                       |
|---------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|---------------------------|---------------------------|-----------------------|
| 6.15am  | LES MILLS RPM                | LES MILLS BODYPUMP           | LES MILLS Sprint             | LES MILLS GRIT SERIES        | LES MILLS RPM                |                           |                           |                       |
| 8.30am  |                              |                              |                              |                              |                              | LES MILLS RPM             |                           |                       |
| 9.15am  | LES MILLS BODYBALANCE        | LES MILLS BODYPUMP           | barre LES MILLS RPM          | LES MILLS BODYPUMP           | LES MILLS BODYBALANCE Sprint | LES MILLS BODYPUMP        |                           |                       |
| 9.30am  |                              |                              |                              |                              |                              |                           | tone                      |                       |
| 10.15am | tone                         | LES MILLS BODYBALANCE        |                              | tone                         |                              |                           |                           |                       |
| 5.00pm  | GRIT CARDIO                  |                              | LES MILLS CWORX              |                              | LES MILLS CWORX              |                           |                           |                       |
| 5.30pm  | LES MILLS CWORX              | LES MILLS Sprint             | LES MILLS BODYATTACK         | LES MILLS BODYBALANCE        |                              |                           |                           |                       |
| 6.00pm  | LES MILLS BODYPUMP RPM       | LES MILLS BODYSTEP RPM       | GRIT STRENGTH RPM            | LES MILLS Sprint             |                              |                           |                           |                       |
| 6.30pm  |                              |                              |                              | tone                         |                              |                           |                           |                       |
| 7.00pm  |                              | LES MILLS BODYBALANCE        |                              |                              |                              |                           |                           |                       |
| Time    | Mon 24 Dec<br>(7am - 7pm)    | Tue 25 Dec<br>(CLOSED)       | Wed 26 Dec<br>(7am - 7pm)    | Thu 27 Dec<br>(7am - 7pm)    | Fri 28 Dec<br>(7am - 7pm)    | Sat 29 Dec<br>(7am - 7pm) | Sun 30 Dec<br>(7am - 7pm) |                       |
| 8.30am  |                              |                              |                              |                              |                              | Sprint                    |                           |                       |
| 9.15am  | LES MILLS BODYPUMP RPM       | Xmas Day<br>CLOSED           | LES MILLS RPM                | tone                         | LES MILLS BODYSTEP Sprint    | LES MILLS CWORX           |                           |                       |
| 9.30am  |                              |                              |                              |                              |                              |                           | tone                      |                       |
| 10.00am |                              |                              |                              | LES MILLS CWORX              |                              |                           |                           |                       |
| 4.30pm  |                              |                              |                              |                              |                              |                           |                           | LES MILLS GRIT SERIES |
| 5.00pm  |                              |                              |                              |                              | LES MILLS BODYPUMP           | LES MILLS CWORX           |                           |                       |
| Time    | Mon 31 Dec<br>(7am - 7pm)    | Tue 1 Jan<br>(7am - 7pm)     | Wed 2 Jan<br>(7am - 7pm)     | Thu 3 Jan<br>(7am - 7pm)     | Fri 4 Jan<br>(7am - 7pm)     | Sat 5 Jan<br>(7am - 7pm)  | Sun 6 Jan<br>(7am - 7pm)  |                       |
| 8.30am  |                              |                              |                              |                              |                              | LES MILLS RPM             |                           |                       |
| 9.15am  | LES MILLS RPM                | New Years Day<br>No classes  | LES MILLS RPM                | tone                         | LES MILLS RPM                | LES MILLS CWORX           | LES MILLS BODYBALANCE     |                       |
| 9.30am  |                              |                              |                              |                              |                              |                           |                           |                       |
| 10.00am |                              |                              |                              | LES MILLS CWORX              |                              |                           |                           |                       |
| 4.30pm  |                              |                              |                              |                              | LES MILLS GRIT SERIES        |                           |                           | LES MILLS GRIT SERIES |
| 5.00pm  | LES MILLS GRIT SERIES        |                              |                              |                              | Sprint                       | LES MILLS CWORX           |                           |                       |
| 5.30pm  |                              |                              |                              |                              | Sprint                       |                           |                           |                       |
| Time    | Mon 7 Jan<br>(5.30am - 9pm)  | Tue 8 Jan<br>(5.30am - 9pm)  | Wed 9 Jan<br>(5.30am - 9pm)  | Thu 10 Jan<br>(5.30am - 9pm) | Fri 11 Jan<br>(5.30am - 9pm) | Sat 12 Jan<br>(7am - 7pm) | Sun 13 Jan<br>(7am - 7pm) |                       |
| 6.15am  | LES MILLS RPM                | LES MILLS BODYPUMP           | LES MILLS Sprint             | LES MILLS GRIT SERIES        | LES MILLS RPM                |                           |                           |                       |
| 8.30am  |                              |                              |                              |                              |                              | LES MILLS RPM             |                           |                       |
| 9.15am  | LES MILLS BODYBALANCE        | LES MILLS BODYPUMP           | LES MILLS RPM                | LES MILLS BODYPUMP           | LES MILLS BODYSTEP           | LES MILLS BODYPUMP        |                           |                       |
| 9.30am  |                              |                              |                              |                              |                              |                           | LES MILLS BODYBALANCE     |                       |
| 10.15am | tone                         | LES MILLS BODYBALANCE        |                              | barre                        | LES MILLS BODYBALANCE        |                           |                           |                       |
| 4.30pm  |                              |                              |                              |                              |                              |                           | LES MILLS GRIT SERIES     |                       |
| 5.00pm  | GRIT CARDIO                  |                              | LES MILLS CWORX              |                              | LES MILLS CWORX              |                           |                           |                       |
| 5.30pm  | LES MILLS CWORX              | LES MILLS Sprint             | LES MILLS BODYATTACK         | LES MILLS BODYBALANCE        |                              |                           |                           |                       |
| 6.00pm  | LES MILLS BODYPUMP RPM       | LES MILLS BODYSTEP RPM       | LES MILLS GRIT STRENGTH      | LES MILLS Sprint             |                              |                           |                           |                       |
| 6.30pm  |                              |                              |                              | tone                         |                              |                           |                           |                       |
| 7.00pm  |                              | LES MILLS BODYBALANCE        |                              |                              |                              |                           |                           |                       |

### Christmas/New Year Holiday Hours

24th Dec .....7am-7pm      Christmas Day .....Closed      26th Dec - 6th Jan .....7am-7pm

Normal hours resume Monday 7th January and the full group fitness timetable resumes Monday 14th January 2019.  
Don't forget to book your GRIT Training Series and RPM classes.

Please refer to [www.cbaytimaru.co.nz](http://www.cbaytimaru.co.nz) for Caroline Bay Trust Aquatic Centre Aquatic hours

# The gift that keeps on giving - **THE FOAM ROLLER**

- Ainslie

Roll on the good times and relax, even with the stress of Christmas looming by using a foam roller!

Foam rollers are an inexpensive, super-versatile piece of equipment that can help you with everything from working out the knots in your muscles to myofascial release and even cracking your back!

Using a foam roller is essentially a more affordable way to give your-self a deep tissue massage. By slowing rolling over various areas of your body, you'll help break up adhesions and scar tissue and

speed up the healing and recovery process after your workout.

Foam rollers work by using the body's natural response to pressure. As you roll over tight spots or trigger points, the muscle relaxes. For especially tight spots, applying constant pressure might work better than rolling back and forth.

Just ask one of your CBay Fitness instructors for some quick tips on how to best use a foam roller to relax and recover after your work out.



## The benefits of **REST AND RECOVERY**

- Nicole

As we're all aware there are endless benefits to exercising, both physical and psychological. From muscle & bone improvement, boosts in energy levels, better sleep quality, reducing health problems & risk of disease, to an increase in life expectancy and happier moods. However with the approaching summer months and holiday period we should also understand the benefits of rest and recovery days.

That's why resting is just as important as working out, it is an equal part of the total process required to improve health & fitness levels. When working out, especially with high intensity or resistance training, you are breaking your body tissues down, causing microscopic tears in the muscles (don't panic this is normal and meant to be happening during exercise!). Rest days allow your muscles, nerves, bones and connective tissue time to rebuild. Sleep and hydration also play an important role in the repairing and rebuilding process, so ensure you are getting at least 6-8 hours of quality



sleep each night, drinking plenty of water and scheduling a couple of days off per week allowing your body to heal.

So as the sunshine makes a regular occurrence take some time to do the things you enjoy, then venture outdoors on your days off from the gym for some fresh air and vitamin D to improve your physical and mental well-being.