



Motivation -
the deal breaker
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Swimmers corner
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Staff member
profile:

Mike Wrigley
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Cholesterol
.....

What's
happening
in September

Hi CBay Members,

Spring is the month where our motivation comes out of hibernation and we get that urge to get out and get active. There are loads of exciting classes and fun events to take part in. Plus, we've updated our Group Fitness timetable with more classes and great options. So make sure you like our Facebook page to keep up to date with all the exciting things going on at CBay Fitness this month.

For most of us, there's typically one main motivator for wanting to get in shape for the warmer weather months - looking good in your summer gear. Whether it's a new swimsuit or you just want last year's shorts to fit more comfortably, getting a summer fit body can often seem unattainable when the mornings are still cold and it's still easy to press the snooze button. We've got the perfect motivators to get you on track to feeling and looking good this summer.

We have a very good explanation of cholesterol and the effect it can have on your body, what you can do to lower it and how to understand all those cholesterol readings. So read on to find out more!

Have you considered adding swimming to your fitness regime it's a great low-impact, cardio cranking, calorie burning form of exercise. See page 2 for the full details.

And finally we'd like to introduce Mike, the newest CBay Fitness team member. He's been with us just over a month and Mike is ready to help you identify and reach your fitness goals.

It's time to spring into your fitness regime, so call in and talk to us about what we can do to get you on track to looking and feeling awesome this summer.

The CBay Fitness Team.

Swimmers Corner

Swimming is a fun aerobic form of exercise which provides a multitude of mental and physical benefits. If you are finding it a bit cold to exercise on these cold winter days then treat yourself to a swim and spa in a warm and enjoyable environment.



Below are some of the many benefits swimming provides:

- Burns lots of calories
- Increases blood circulation, lung capacity and teaches proper breathing techniques
- Improves cardiovascular health
- The ability to work your body without harsh impact to your skeletal system
- Improves stiff muscles and sore joints, especially if you suffer from arthritis
- Increases muscular strength, bone strength and muscle tone
- Strengthens the heart to become larger, more efficient in pumping, leading to better blood flow throughout the body
- Helps reduce exercise-induced asthma symptoms
- Great for injury rehabilitation

So to get you started pace yourself with intervals. Swim for as long as you can manage without stopping, take a breather, then get right back into it and repeat. Record the amount of lengths swum and try and beat next time you swim. Another suggestion is swimming until you are tired and instead of stopping pick up a kickboard and start kicking.

Swimming is an activity that you can do all year long, inside or outside, it burns lots of calories, you can share it with your family, it's low-impact (just in case your bones are creaky), and you can do it until you're 100! It's never too late to start! All in all, swimming is a winner, and if you have the inclination, I suggest that you go for it!

A CBay premium gym/swim membership gives you unlimited access to the pool and gym, so why not go for it?



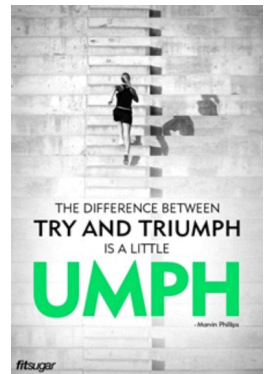
Motivation.

The deal breaker

Spring is here, but are you still finding it hard to drag yourself out of bed and get to the gym on these chilly spring mornings? If your answer is YES, if you're tempted to hit that snooze button in the morning, remember this - staying motivated requires an easy change to only one thing: your mind-set.

Chilly weather encourages eating more and snuggling by the fire, BUT the bedrock of **motivation** is based on two things. The first is having a goal or target to aim for. The second is clearly understanding the positive effects your actions will have on your life. Connect with these two forces and you will be inspired! Check out these motivational tips to help you make a deal with yourself to spring out of bed and head to the gym.

- **Set a goal** - Set yourself SMART goals (Specific, measurable, attainable, realistic and timely). For example lose 1% Body Fat by my next ongoing assessment. Not sure what an achievable goal is for you? Talk to one of our CBay gym instructors or get hooked on PT for some one-track fitness motivation.
- **Schedule your workout** - It is far more likely you'll complete your workout if it's on your agenda or your "TO DO" list. So write it down, set a reminder and get on with it. Even better, find a training buddy. Who's going to let their buddy down by hitting the snooze button?
- **Focus on the benefits** - The gravitational pull of the bed is very strong at 6am, especially when it is cold and dark outside. That's why you need to remind yourself of the benefits exercise brings you. Go to bed with the mind-set you will wake up motivated to get to the gym and pack your bag the night before. You want to manage your stress levels, have an abundance of energy and feel good about yourself. If you don't go to the gym, then you may suffer the consequences - falling asleep at your desk, feeling over-whelmed and over-weight. The choice is yours.
- **Get a trainer** - Personal trainers are masters of motivation and now is a great time to invest in one. Can't afford a personal trainer? Join one of our group fitness classes and get motivated for a fraction of the price, and have the support of fellow class-mates.
- **Reward yourself** - Yes you can pat your self on the back when you reach your goal. Reward yourself, not with a big cake, but with something special like a new outfit or a pampering massage, if you're a guy maybe a new set of golf clubs. There's nothing like working towards a goal, achieving it, and then splashing out to say: "Well done me".



STAFF MEMBER PROFILE: Mike Wrigley

We welcome Mike back to the fitness industry after a short break. We are lucky enough to have him as part of the team here at CBay. After ten years as a Fitness Instructor with the British Army, Mike returned to New Zealand, studied at NZIHF to become a certified Personal trainer and is now based in Timaru, at CBay Fitness.



Mike is passionate about running; he is a member of The Timaru Harriers and will be looking to integrate a Running Club for CBay Fitness members later in the year. All you avid runners keep an eye out on the CBay Fitness Facebook page for Running Club updates.

In the Gym, Mike specialises in reducing body fat, sports conditioning, running programmes and Mike will also be taking Les Mills RPM classes here at CBay Fitness. Mike is looking forward to helping members achieve their fitness goals, so why not come in and take advantage of over a decade of expertise. Book now for your fitness assessment or programme with Mike, and he'll get you in top physical shape for summer!

Cholesterol

Cholesterol is a fatty, waxy substance carried in the blood stream made mostly by your liver (75%) as well as the foods we eat (25%). The two biggest contributors to having high cholesterol are our diet and being overweight. Your body needs some cholesterol to function properly but too much in the blood can increase your risk of heart disease. Having too much cholesterol in the blood creates a fatty build up in your artery walls, hardening and narrowing arteries causing a restriction in blood flow. This development can result in heart diseases such as a heart attack or stroke.

What will a blood test tell you about your cholesterol?

A cholesterol blood test provides information on blood lipid (fat) levels:

- **Total cholesterol** (combines the amount of all the different kinds of cholesterol in your blood stream)
- **LDL-cholesterol** or 'bad' cholesterol because it deposits cholesterol from the liver and deposits it in our artery walls
- **HDL-cholesterol** or 'good' cholesterol because it transports cholesterol back to the liver, where it is broken down from the body
- **Triglycerides** are the most common form of fat in our body - carried in the blood alongside cholesterol
- **HDL-cholesterol /total cholesterol** ratio is used to calculate your risk of heart attack or stroke.

Ideal cholesterol levels

- Total cholesterol: Less than 4 mmol/L
- LDL cholesterol: Less than 2.0 mmol/L
- HDL cholesterol: Greater than 1 mmol/L
- TC/HDL ratio: Less than 4.0
- Triglycerides: Less than 1.7 mmol/L

Life does not need to stop if you discover you have a high cholesterol level. The two best ways to improve your cholesterol levels is to eat a heart-healthy diet and get exercising. So view it as a challenge and opportunity to make some positive changes to your lifestyle and relax in the knowledge that you are helping yourself to better all-round health.



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Please ensure your card is signed and dated by your group fitness instructor to qualify. No limit on entries. Excludes Aqua timetable.

WHAT'S HAPPENING IN SEPTEMBER:

Update your CBay Fitness Membership Details in September and go in the Draw to Win!

Keeping our gym members safe is our number one priority, for the month of September, we're having a spring clean of our membership details. Checking your details are up to date in our system allows us to make sure it's members only in the gym, and also, in the unlikely event of an emergency we can ensure everyone gets out safe.

So next time you're in at the gym over the month of September please check in at the front counter, we'll check your details are correct and as a thanks, we'll put you in the draw for a \$50 CBay Fitness prize pack.



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Offer available to CBay Fitness Members only. Offer available for purchase from 5.30am Monday September 1st 2014 to 7pm Sunday 28th September 2014. Please note 10 training sessions have a two month expiry from date of purchase. Maximum two x 10 GRIT Training sessions per member. Standard GRIT Booking/Cancellation Terms and Conditions Apply.

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