



Amanda's Tips for Squat Perfection

Group Fitness Class of the Month

Mike's 40th Birthday Marathon Memoirs

\$2 a Day for 30 Days Intro Membership Offer

Winter Nutrition Tips

Our 16 Days in May Work Out Madness Winner

Winter Recipe

Hi CBay Members,

Welcome to our Winter Newsletter full of tips and information to keep you motivated, eating well and training hard over the colder winter days. It's hard to believe we've made it to the shortest day, yahoo, roll on summer. Although this year is zooming by, just a bit too fast!

In this edition we hear from Mike as he gives us a blow-by-blow account of his 40th birthday marathon event. Amanda has some tips for perfect squats and the BodyBalance girls Mandy, Ash and Em give us the low down on why BodyBalance is the class for everybody.

If you need a little more motivation, have you thought about pairing up for a PT session with one of our fabulous Personal Trainers? Get an amazing work-out to keep you buzzing for the week and motivated to train like a pro! Talk to Hamish at the front counter for more information and cost.

And finally, if you know anyone who is thinking about joining the gym, tell them about our great \$2 a day Introductory Offer. They can train for just \$2 a day for 30 days, sign-up between 15th to 30th June and train for just \$2 a day for 30 days. It's the perfect way to buddy-up to keep you motivated over the winter months.

From the CBay Fitness Team

Training Tip #1

Do you even squat?!!

The Squat is a great full body functional exercise that will strengthen your quadriceps (front muscles of your legs), hamstrings and help you ladies with a cost effective "butt lift"! The technique can also be transferred to help our backs when lifting heavy objects in our day-to-day activities.

When learning the correct squat technique it is best to start at the beginning with a bodyweight squat and progress towards using added resistance in the form of kettlebell, dumbbells, or barbells front/back)

Key Points You Should Learn for Good Squat Technique:

- Feet shoulder width apart (or a little wider) to provide a nice wide base of support.
- Start standing tall with your head up and back straight.
- As we lower, our hips move back a little bit initially and then we continue to lower until we reach 90 degrees at our knee joint (you can go lower if comfortable).
- Once we reach the bottom of our squat, we then return to our standing position in a nice controlled manner - Try a two second count on the way down, pause, and then a two second count on the way up.
- It is very important that our head stays up (we should be able to see ourselves in a mirror throughout the whole movement) and our back remains straight (engage that core) throughout the entire movement
- When beginning it can be useful to use a chair/bench. - Squat down until your bum touches the chair and then comeback up - once you become stronger and more fluid with your technique you can take the chair/bench away and squat freely.
- Once ready you can try holding a kettlebell/dumbbell in the "Goblet" or "Front Hanging" position, and then you can also progress towards a Barbell Back (easier) or Front (harder) squat.

If you are wanting your technique checked or would like a little extra coaching, make use of our qualified Fitness Instructors and book in today for a free consultation.



Training tips with Amanda

In each quarterly newsletter we will be releasing a series of training tips on a major compound exercise used in your training programmes and many Group Fitness classes. Our Fitness Instructor/ Personal Trainer Amanda Gray, will be offering her knowledge and expertise to help you train both effectively and efficiently at CBay Fitness.

Les Mills Group Fitness

Class of the Month ... BodyBalance

BODYBALANCE is for EVERYBODY

BodyBalance is a Les Mills Group Fitness Programme that has been delivered internationally for over 17 years. It incorporates Tai Chi, Yoga, and Pilates, concludes with meditative relaxation. It is designed to improve joint flexibility, range of motion (mobility), balance (stability), improve posture and strengthen the body creating long, lean muscles.

BodyBalance will increase your core strength and reduce your stress levels with controlled breathing. Completing one or two BodyBalance classes a week will also enhance your favourite Les Mills Group Fitness Classes, so you kick higher in BodyAttack and squat deeper in BodyPump.

Each BodyBalance class consists of 45 minutes of easy to follow, yet challenging exercises and finishes with 10 minutes of relaxation and meditation.

Each BodyBalance class is choreographed to flowing music, leaving you long, strong, calm and centred. It helps you to focus your mind and creates a lasting sense of well-being and calm.

If you are suffering from any of the following then a BodyBalance class or two might help to relieve pain and/or stress, help correct your posture and help with injury rehabilitation;

- Sore back, neck, hips, joints
- Poor posture
- Recovering from injury
- Reduced mobility- can you still touch your toes?
- Stability-can you stand on one foot easily with your eyes closed
- Stress

Come and talk to Mandy, Ash or Emily, who will welcome you and help you with options to suit your level of BodyBalance fitness.

Join us and you'll become addicted to BodyBalance.

Classes and times to suit every busy schedule:

Mondays 9.15am / Tuesdays 7pm / Wednesdays 6.15am & 5.30pm / Thursdays 12.15pm & 6.30pm / Fridays 10.15am and Sundays 9.30am



Mikes Marathon Memoirs

A few months ago when I realised the Christchurch Marathon was going to be on the same day as my 40th birthday, I decided to register in the full marathon as a way to celebrate turning the big 40...

As the weeks ticked by, and despite constant nagging from my friends, I didn't commit enough to training for the race preferring the "she'll be sweet" attitude. Suddenly, the day arrived! What better way to start my birthday than by waking up at 4am? Here's my recollection of the day...

4am: Wake up, breakfast, shower, race gear check, coffee

5.15am: Set off for Christchurch

7.15am: Arrive in Christchurch a -3 degree frost - why am I doing this???

8.30am: A few team hugs on the start line and then we are off. Trying to get 5200 people through the world's smallest start line was a mission.

1 - 21km: The first couple are a bit slow due to congestion but then I settle into a nice steady pace, a quick wave to BodyPump instructor Megan at the 6km mark. Through 10km in just over 45 minutes, feeling really good but hating on the people finishing the 10km - long way to go yet! Head off down the Avon before looping back towards the city for lap 2. Hit halfway in just under 1 hour 36 minutes, feeling comfortable but I know I've got to do it all again.

21 - 30km: Back off around Hagley Park again I pass through the 27km mark and have a little giggle knowing this was the longest training run I did. 30km in 2 hours 18 minutes - starting to feel it now. 12km to go, I've got to make like Nike and 'just do it'...

31km: Pass my amazing support crew just as the winner of the race sprints up behind me to finish. Consider changing lanes and pretending to be the winner but instead I put my head down and run towards the river again.

33km: BOOM it all blows up!! Feel faint, zero energy, legs are in agony, cramp everywhere - this is going to be a long last 9km.

35km: Make the decision it's going to have to be a walk/jog to the end. I am spent.

37km: Decide I'm going to start playing snooker for a hobby. Why didn't I train??? I am never doing this again!!!! Midlife crisis - why am I single and lonely? How much McDonalds can I eat after this? (calories in, calories out).

12.00pm: Home straight cramping like hell, I run past my cheering friends through the finish line in a time of 3 hours 32 minutes. Marathon on my birthday done and dusted and goodness am I glad that's over. That really hurt - next time I'm going to train for sure!!!

Bring on Dunedin 13th September.



Our friends at Tekapo Hot Springs from the 1st May - 30th August 2015 will provide CBay Fitness Members with a 10% discount on Hot Pool entry. So if you're planning a trip to Tekapo in the next two months don't forget to take your CBay Fitness band and pack your togs!

Conditions of entry: Members must show their membership band to make use of this offer. Discount is only offered off hot pools and not any combo deals. Available for a limited time.

Top Eight Winter Training & Motivation Tips!

- 1 Get a training buddy: having a training buddy can provide us with an extra load of motivation to train during winter months! A workout is much more fun when there are two or even a group of you. And you're less likely to "put off" a training session as you've made a commitment to meet and train with them.
- 2 Hit the gym on your way home from work: This will ensure you get your workout done instead of heading home and curling up by the fire.
- 3 Plan your morning training sessions the night before: You'll know exactly how long you need to train and when to set your alarm to get up. What's the point in (especially in winter) getting up earlier than you need to!
- 4 Bribe yourself out of bed: Plan to reward yourself with a treat after your morning workout. This could be a smoothie, a good hearty breakfast or a nice hot bath/spa.
- 5 Sleep & recover well: Go to bed a little bit earlier, this really does make it a little bit easier getting up on cold mornings. Also sleep recovery is important. A good sleep ensures that your body has time to re-energise, so you can achieve more in your next session!
- 6 If training outside: warm up/cool down inside: This will ensure you spend as little time as possible in colder, darker and potentially wetter conditions!
- 7 Dress appropriately: If training outside wear two thinner layers - it is easier to cool yourself down by removing a layer part way through. If training at the gym, have an extra layer ready to put on 5-10 minutes before you leave, this will aid your body in countering the cooler conditions when you go outside.
- 8 Take Cover!! If winter conditions are stopping you from training outside, then take cover and workout with us at CBay Fitness! Our friendly, knowledgeable and well-practiced Fitness Instructors can design you an indoor winter training programme to help you beat the winter blues. Also our Fitness Classes are a great way to keep fit (and warm!) with the added encouragement of a friendly group atmosphere. After all, it is always summer at CBay!!



FOR \$2 A DAY

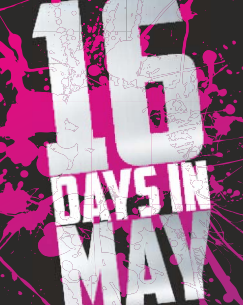
BEAT THE WINTER BLUES

TRAIN IN A WARM, FRIENDLY & FUN \$2.00 MEMBERSHIP
ENVIRONMENT WITH THIS SPECIAL A DAY INTRO OFFER.

AVAILABLE FROM 15TH - 30 JUNE 2015

**PAY JUST \$2 A DAY FOR A 30 DAY MEMBERSHIP,
PLUS SIGN UP WITH A BUDDY AND GO IN THE DRAW TO
WIN A 6 MONTH STANDARD MEMBERSHIP TO SHARE.**

Terms & Conditions: \$2 a Day Winter Intro Offer Membership includes use of CBay Gym gym and group fitness facilities. Normal charges apply for GRIT and RPM booking. If an assessment or programme is required this will be provided at an extra cost of \$20. Membership commences from day of payment and/or sign up. CBay Fitness Standard Terms and Conditions apply, see online or phone 03 687 7723 for details.



Congratulations to Lena Gilbert our lucky winner of the 16 Days in May Workout Madness competition. We hope you enjoy your weekend away at Tekapo Lena!



Tips For Winter Nutrition

The winter months can prove a nutritional challenge for us all so here are a few tips to keep healthy and keep that waistline in check.

- 1 Make sure to eat seasonal citrus fruits such as mandarins, oranges and grapefruit as they are high in Vitamin C and contain plenty of antioxidants that the immune system requires.
- 2 Also bulk up winter dishes or fill your plate up with plenty of healthy seasonal vegetables such as carrots, broccoli, silverbeet and brussel sprouts.
- 3 Economical cuts of meat are perfect hearty winter fare in meals such as casseroles, soups and curries.
- 4 Use legumes such as kidney beans, chick-peas and lentils in winter recipes as they are an excellent source of protein, are high in fibre, a low GI and good value.
- 5 Due to fewer hours of sunshine ensure that your diet contains foods that are a good source of Vitamin D such as salmon, tuna, eggs or fortified milk.
- 6 Keep hydrated. As the temperature drops we are less inclined to take on as much fluid which the body requires to keep our immune system working correctly.
- 7 Keep moving. Cold mornings and dark nights lead to the temptation of staying in bed or curling up on the couch by the fire. The best way to keep healthy during winter is to stay active and physically fit.

Mike's Hearty Chick Pea Curry

Ingredients

- 1 tsp curry powder
- 1 tsp ginger
- 1 onion
- 6 mushrooms
- 2 tins chopped tomatoes
- 1 small pottle natural yoghurt
- Handful kale or chopped spinach or broccoli or all.
- 1 tsp garlic
- 1 tsp chilli paste
- 1 capsicum - medium
- 2 courgettes
- 1 can chickpeas

Method

Fry off onions, curry powder, garlic, ginger, chilli paste and assorted vegetables with a little coconut oil or similar and season with salt and pepper to taste. When spices are cooked and aromatic, add two tins of chopped tomatoes and a can of chickpeas. Reduce heat and simmer gently for 15-20 minutes. Stir through a small pottle of natural yoghurt and chopped kale or spinach or broccoli and serve with or without rice.

