Newsletter

Summer 2014

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Hi CBay Members,

The silly season is upon us yet again and each year we promise ourselves we'll exercise more, eat better and keep to our New Years resolutions. Well, 2015 could be that year. We put our heads together at CBay Fitness and have come up with a few ideas to help you stay on track over the Christmas / Holiday period. Read on to find some exercise myths uncovered, a guilt free healthy Christmas treat recipe, and a bit of advice on eating better as we solve the food label puzzle for you.

2014 has been an amazing year for us with awesome Group Fitness workouts, the introduction of GRIT Training Sessions, updating of gym equipment, the extension of our free weights area and the arrival of 15 amazing RPM BodyBikes! We've welcomed many new gym members and we look forward to working out with you all in 2015.

From team at CBay Fitness, we would like to wish you all a Merry Christmas and a safe and happy holiday season with your families. Our Christmas / Holiday period timetable is available on our website and facebook so feel free to drop in and work off that Christmas pudding over the holidays. We're all looking forward to our Christmas break and we'll be back on board early in January with a full programme of Group Fitness, fun promotions and competitions to keep you motivated and on track for your 2015 fitness goals.

Merry Christmas everyone
From the CBay Fitness Team.

Staying on track during the holiday period

With the year coming to a close a lot of us have made huge leaps towards fitness goals, whether it be losing weight, toning up or getting fitter and healthier.

The upcoming time of the year can be challenging to continue working towards these goals, or even prevent ourselves taking a backward step. With this in mind here are a few simple tips to keep on track:

Make use of the long warm days
Whether it be getting up earlier in the morning or making the most of the late night sun, leave the wine in the bottle for the night and make the most of summer weather to fit in some extra exercise.

Preparation and Goals
To avoid taking the easy option of fast-food takeaways, prepare your meals earlier or at least plan a healthier option wherever you may be going.

Adjust your short term goals to fit what you can do, make these realistic, achievable goals you can accomplish during the holiday period, to ensure your keep your motivation and stay on track to your overall goal

Celebrate your successes of the year (in moderation)
Have the glass of wine or beer to celebrate, just ensure it is not an everyday occurrence and complete some physical activity to offset the extra calories. Avoid turning 'cheat meals' into 'cheat days' or even 'cheat weeks' which is easily justified in your head during this time of the year. Just like one healthy meal won't make you fit and healthy, one bad meal will not make you overweight, although days of poor nutrition choices will.

Good luck with staying on track during your well-deserved breaks away and holiday season. Continue to work hard and put the minutes in doing exercise and make smart nutrition choices while enjoying the upcoming holiday season.

CONGRATULATIONS

A special mention to all our dedicated members who have committed many hours over the past six weeks participating in "Fit for Summer". There have been many inspiring personal health and fitness goals achieved, so congratulations to you all. Also a thank you to trainers; Tess Opie, Mike Wrigley and Amanda Gray for their fantastic guidance and support to our 'Fit for Summer' participants.

Common exercise myths

1. **Doing crunches/sit-ups will get rid of belly fat**
   Whilst abdominal work is great for your overall core strength, in order to burn body fat, training should incorporate both cardiovascular and strength training.

2. **Lifting weights make females bulky**
   Strength training helps decrease body fat, increase lean muscle, and burn calories more efficiently. Females have too much estrogen to build large amounts of bulk unless they specifically choose to do so.

3. **Exercise can erase bad eating habits**
   Unfortunately it isn't that simple - your eating has to be in check to compliment your fitness regime. It is a lot easier to eat 1000 calories than it is to burn them.

4. **Don't eat after a certain time**
   Calories can't tell the time. Your body digests and uses calories the same way morning, noon and night.

5. **The more you sweat, the more you burn**
   Sweat is the body's way of cooling itself, not an indicator of how hard you have worked or how many calories you have burned.

6. **You can reduce fat in one area**
   Spot reducing just doesn't happen. We can't choose where body fat goes on, or where we take it off.

5 simple ways to save 100 calories:
1. Order your coffee with trim milk and cut back on sugar.
2. Ditch the chips and try air popped popcorn as your snack of choice.
3. Lose the top piece of bread on your sandwich.
4. Try mustard instead of mayo as your condiment of choice.
5. Half the serving of rice you have with your curry/stirfry.

5 fat burning foods:
1. Oatmeal
2. Lean meats
3. Green tea
4. Hot peppers
5. Lentils

Basic Injury Prevention

For any individual who is physically active, there is a possibility of sustaining an injury. While some injuries, such as an ankle sprain or fracture, are difficult to prevent, many other injuries are preventable. By following a few simple guidelines, injuries such as muscle strains, tendonitis and overuse injuries can be reduced.

Every workout must begin with a warm-up and end with a cool-down. A warm-up is necessary to prepare the body for exercise by increasing heart rate and blood flow to working muscles. The warm-up should start slow and easy and consist of a general cardiovascular exercise such as walking, jogging or biking. The goal is to break a sweat. After five to ten minutes, the warm-up should focus on muscles and movements more specific to the exercise activity planned.

Flexibility is absolutely a part of every good warm-up. Once the muscles are warm, they become more elastic and are ready to be stretched. Whether you choose to perform static stretches (by holding each position for 10-30 seconds) or perform dynamic stretches (by moving the body through a functional range of motion) flexibility prepares the muscles, tendons and joints for work by allowing them to move freely through a full active range of motion. The more prepared the body is, the less likely it is to get injured.

An area that often gets ignored is the cool-down after activity. Just as the warm-up prepares the body for work, the cool-down brings it back to its normal state. Time spent performing five to ten minutes of low

Christmas holiday timetable

Time	Mon 22 Dec	Tues 23 Dec	Xmas Eve	Xmas Day	Boxing Day	Sat 27 Dec	Sun 28 Dec
6.15am	CXWORX	RPM	BODYPUMP	Closed	No classes		
9.00am						RPM	
9.15am	BODYBALANCE	BODYPUMP					BODYBALANCE
9.30am							
10.00am						CXWORX	
4.30pm							
5.30pm	GRIT SERIES	BODYCOMBAT					
6.00pm	BODYATTACK RPM	BODYBALANCE RPM					

Time	Mon 29 Dec	Tues 30 Dec	New Years Eve	New Years Day	Fri 2 Jan	Sat 3 Jan	Sun 4 Jan
9.00am	BODYBALANCE	BODYPUMP	BODYATTACK	No classes		RPM	
9.30am						GRIT SERIES	BODYBALANCE
10.00am			CXWORX			CXWORX	
4.30pm							
5.30pm	RPM	GRIT SERIES			BOOTCAMP		
6.00pm							

Time	Mon 5 Jan	Tues 6 Jan	Wed 7 Jan	Thurs 8 Jan	Fri 9 Jan	Sat 10 Jan	Sun 11 Jan
6.15am		RPM	BODYPUMP	RPM	RPM		
8.15am						GRIT SERIES RPM	
9.00am						CXWORX	
9.15am	BODYBALANCE	BODYPUMP		BODYPUMP	BODYBALANCE		
9.30am						BODYSTEP	BODYBALANCE
10.00am							
4.30pm							
5.00pm							
5.30pm	GRIT SERIES	BODYCOMBAT	CXWORX	BODYCOMBAT	CXWORX		
6.00pm	BODYATTACK RPM	BODYSTEP RPM	BODYPUMP	BODYBALANCE RPM	BODYATTACK		
6.30pm				GRIT SERIES			
7.00pm		BODYBALANCE					

Christmas/New Year Holiday Hours

24th December
5.30am-7pm

Christmas Day
Closed

26th Dec- 4th Jan
7am-7pm

Normal hours resume Monday 5th January. Full timetable resumes Monday 12th January.

Don't forget to book your GRIT Training Series and RPM classes.

Please refer to www.cbaytimaru.co.nz for Caroline Bay Trust Aquatic Centre Aquatic hours.

intensity cardiovascular activity followed by stretching immediately after the workout will decrease muscle soreness and aid in recovery, both helping to prepare the body for the next workout.

One of the best ways to prevent injury is to listen to the warning signs your body gives you. By ignoring little aches and pains in joints and muscles, a more serious injury could develop. Pain is the body's way of telling you something is not right! The common expression "no pain, no gain" creates a large misconception. It is very possible to make cardiovascular and strength gains in your workout routine without causing pain. If your body is tired or too sore from the previous workout, take a day off, cross-train or work out at a much lower intensity. It is important to add variety to every exercise routine to prevent repetitive, overuse injuries. By switching from running to biking, aerobics to weight lifting, or swimming to spinning, muscles and joints that are worked repetitively during your normal routine will get a break while challenging other parts of the body.

Rest is a critical component to any good workout routine and time spent allowing the body to recover is a great way to prevent injuries. A rest day must occur at least one to two times per week. Even small breaks during a workout are sometimes required to get the most out of the workout and prevent injuries.

A healthy, well-balanced diet can aid in injury prevention as well. A poor diet can lead to muscle weakness, decreased muscle strength and endurance. Equally important is maintaining hydration throughout the day, during and after your workout. A body with adequate fuel (food and water) will stay sharp and keep moving at the intensity you desire.

Food Labels

Food labels show us what's in the food we're eating. It is important to understand the labelling on food products so we can recognize the difference between packaged and processed food. The nutritional panel, generally found on the back contains information about the amount of energy, carbohydrate, fibre, total fat, saturated and trans fat, protein, sodium (salt) and sometimes vitamins and minerals.

Nutrients contained in the food are shown as an 'amount per serving' and an 'amount per 100g'. Make sure that when comparing food you compare using the 'per 100g' column as serving sizes between products can differ greatly. Food labels also mention potential allergens; for example, gluten, seafood, eggs and egg products, crustaceans, milk and milk products, the list goes on! It is important to check these if you know you have allergies or you are cooking for friends or family who have allergies. Processed and packaged foods appeal to consumers for ease of convenience but we need to understand food labelling to ensure we make the healthiest choices for our dietary requirements.

Ingredients are generally listed in order of quantity present in the food. You'll notice on a lot of food that sugar is normally up there in the top three! There are some interesting articles on sugar and it's effects on the human body, if you have some spare time google 'sugar epidemic' makes for some interesting reading.

Often foods have been artificially processed, or mixed with chemicals, like artificial sweeteners, preservatives, colours and flavours. The less you have of these in your diet the better. If possible try and stick to whole, fresh foods. So be sure to check the labels next time you're in the supermarket, some foods that are marketed as 'healthy' can be a little misleading. If you would like to know more about food nutrition and how to identify 'good' and 'bad stuff' on labels have a chat next time you're in at the gym.

What's Happening in January:

Want to run next years Hadlow to Harbour?
Ever wanted to run a half marathon or 10km race??
Need help with a training plan or need a running buddy?

Starting in January we will be launching the CBAY RUNNING CLUB to help people achieve all their running goals.

Training runs will be held on Monday evenings at 7pm commencing the 12th of January 2015 and will cater to runners of ALL abilities.

Here are some great local events in 2015 the club will help people train towards and participate in:

• Hadlow to Harbour, Timaru	March 8th	10.5km
• Southern Lakes Event, Wanaka	March 28th	Half marathon or 10km
• Hanmer Springs Event, Hanmer	May 2nd	Half marathon or 10km
• Christchurch Marathon, Chch	May 31st	Full marathon, half marathon or 10km

Anyone of any ability is encouraged to join - whether it is for a specific goal or race, or to add a different aspect to your training. Please see Mike for more details. If anyone would like a running plan to get them ready for the launch, just ask.

Staff Favourite Recipes to Try

Quick & Easy Mini Xmas Muffins

1) Add together 1Kg of mixed fruit and two cups of strong coffee and soak overnight.

2) The next day add 250grams of chocolate chips and 2 cups of self raising flour, mix all and bake in mini muffin tins 160-180°c.

3) Bake for 12-15mins or until skewer is removed clean when placed in the centre.

Beetroot and Almond Dip

Ingredients
- 100g whole almonds, blanched
- 10 tbs water
- 400g beetroot, cooked, peeled and chopped
- ½ garlic clove, crushed to a paste with salt
- 3 tbs extra virgin olive oil
- 2 tbs sherry vinegar
- 1 tbs chopped fresh dill

Method
Grind the almonds finely in a food processor. Gradually spoon in the water and pulse until mixture forms a paste. Add beetroot, garlic, olive oil and whiz it up again. Stir in the vinegar and dill to taste; serve with warmed flat bread.