

pace fitness NEWS

February 2019 Edition



MANAGER'S MESSAGE

Get Back on Pace Again

Hooray!!! February is here. It may be the shortest month of the year but it's one that is usually filled with energy and enthusiasm. Generally, February is also the first chance for an old friend, "ROUTINE", to be part of your life again. So, are you back into it yet? If you would like some fitness advice and a plan to work on please speak to one of the gym staff or call us to make an appointment. Easter is quite late this year which is great news. It gives us 11 weeks to get stuck into training and lay the foundations for improvements in fitness before "ROUTINE" is persuaded to be a stranger again.

LIFTING THE PACE? - We had a good response with many members taking up the **Lift the Pace Challenge** which started January 31st. If you missed out on signing-up for this edition never fear we have the **Let's Move for a Better World Challenge** starting March 11th.

Challenging Fact: Our first challenge began in June 2006. The Lift the Pace Challenge is our 58th.

CARNIVAL SEASON IS HERE - Swimming Carnival Season runs annually from February to April. Sleeman hosts School, District and Regional Carnivals on most days during this period and thus it is the busiest time of the year for the Aquatic Centre. We will endeavour to continue Pace activities as scheduled however some classes may be changed, moved or cancelled. Please check notice boards, our website and emails for information regarding class changes.

mywellness - We have recently added to the cloud-based app that we use for fitness programming at Pace. Our Health Screenings are now recorded using the App and soon we will also use the platform to record Fitness Assessment results. We also have a new Body Scanner to assess body composition (see article on reverse page).

Yours in continuing to get on pace
David Trahair
Health & Fitness Manager



“QUOTE OF THE MONTH”
“In February there is everything to hope for and nothing to regret”.

We Have Your Measure

We have a new piece of technology that we'd like to introduce!

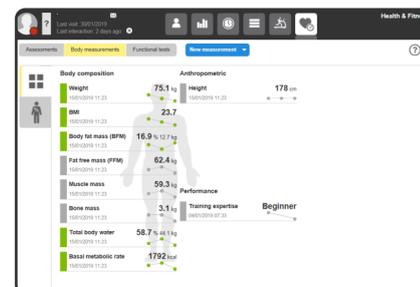
The **Tanita MC780 Body Composition Analyser** provides a snap shot of a member's health and fitness status and can help monitor the changes in your body composition over time.

The analysis is performed in less than 20 seconds. Information obtained includes Body Weight, Body Mass Index, Body Fat %, Muscle Mass, Bone Mass, Visceral Fat, Water % and Basal Metabolic Rate (BMR). The information is also broken down further so we can see what's happening in different body parts.

It uses BIA (Bioelectrical Impedance Analysis) technology, which sends a safe, low-level electrical signal from footplate and hand electrodes through the body. BIA is quick and non-invasive, and one of the most thorough and reliable ways to measure body composition.

All results are shown on an easy-to-read, extra-large LCD display console. A body composition analysis will provide a base to start from and each subsequent reading can be used for long term assessments and progress reports. This will help assess the effectiveness of a physical activity program. It also demonstrates the importance of looking beyond BMI and/or weight only which do not show changes in body composition such as increases in muscle mass or decreases in body fat.

The measurement results can be stored using the mywellness platform which can be viewed by the member themselves on the mywellness app. A consultation with one of the Pace gym staff regarding the measurements obtained is beneficial. Recorded information can be viewed by the member using the mywellness App.



If you would like to have the analysis done, please make an appointment for a Fitness Assessment with one of the Pace Gym Staff or give us a call on 3131 9615.



LET'S MOVE®
FOR A BETTER WORLD
CHALLENGE
11-30
MARCH
2019

Recipe of the Month

Low-Fat Potato, Dill & Fish Patties

Ingredients

- 1kg sebago potatoes, peeled, coarsely chopped
- 500g firm white fish fillets (e.g. ling or perch)
- 4 green shallots, ends trimmed, thinly sliced
- Olive oil spray - 1/4 cup chopped fresh dill
- 2 tablespoons finely grated lemon rind
- 1 1/2 cups Corn Flake Crumbs
- 2 egg whites
- 4 Lebanese cucumbers
- 50g baby rocket leaves
- Dill & tomato salsa
- Extra light sour cream, to serve
- 2 ripe tomatoes, finely chopped
- 1 tablespoon chopped fresh dill
- 1/2 red onion, halved, finely chopped



Method

Step 1 - Preheat oven to 200°C. Line a baking tray with baking paper.

Step 2 - Cook the potato in a saucepan of boiling water for 10 minutes or until tender. Drain. Use a potato masher to mash until smooth.

Step 3 - Meanwhile, bring a large frying pan of water to the boil. Add the fish and cook for 4-5 minutes each side or until the flesh flakes when tested with a fork in the thickest part. Drain. Flake into large pieces.

Step 4 - Combine the potato, fish, shallot, egg whites, dill and lemon rind in a large bowl. Season well with salt and pepper.

Step 5 - Place the cornflake crumbs on a plate. Divide the fish mixture into 12 equal portions and shape each portion into a 2cm-thick patty. Press the patties into the cornflake crumbs to coat and place on a plate. Heat a large non-stick frying pan over medium-high heat. Spray 4 patties with olive oil spray. Cook for 2-3 minutes each side or until golden. Transfer to the lined tray. Repeat, in 3 more batches, with olive oil spray and the remaining patties, reheating the pan between batches. Bake in oven for 20 minutes or until crisp.

Step 6 - To make the dill & tomato salsa, combine the tomato, onion and dill in a small bowl.

Step 7 - Use a vegetable peeler to slice the cucumbers lengthways into thin ribbons. Divide cucumber and rocket among serving plates. Top with the fish cakes and drizzle over sour cream. Serve with the salsa.

Reference: taste.com.au

STAY ON PACE DURING YOUR VISIT

Stay Counted - As a **Pace** member you are required to have each of your visits recorded on our membership system. This is generally achieved by swiping your membership card and indicating to the attendant which activities you will be participating in. If the Reception desk is unattended at the time of entry please record your details on the Register on the desk.

If your Membership Card is lost or damaged please see Aquatic or Gym Reception as soon as possible. There is a \$10 fee for replacing the lost or damaged card.



Stay Secure - All vehicles must be parked in designated space.

Stay Covered - Enclosed footwear must be worn if doing a workout in the Fitness Centre. The minimum attire to be worn is Shirt or Singlet & Shorts or Pants.

Stay Tidy - Please return all Dumbbells, Plate Weights, Mats etc. to the appropriate rack or stand after use.

Stay Dry - Please use a towel during every workout.

Stay Clean - A disinfectant spray and hand sanitiser is available at several Hygiene Stations located in the Fitness Centre, Spin Room & Activities Room.

TOP WEIGHT-LOSS TIPS (no. 1-5)

Weight Loss Tip 1 - When eating out, **choose the smallest portion size available**. When we choose larger meals, most of us tend to eat past the point of hunger and in doing so



consume more kilojoules than we need which contributes to weight gain.

Weight Loss Tip 2 - **Try drinking a glass of water before a meal**.

If you tend to overeat at certain meal times try drinking a large glass of water 10 to 15 minutes before you sit down to that meal. Drinking water before your meal will partially fill your stomach and may reduce your hunger levels, because often when we think we are feeling hunger, our body is actually telling us that it is getting dehydrated and needs some water.

Weight Loss Tip 3 - Offer to be the "**designated driver**"

more often. If you go out for dinner and drinks with family and friends, offering to be the designated driver will save you hundreds of kilojoules because you can't drink as much alcohol.



Weight Loss Tip 4 - If you often find yourself reaching for something sweet in between meals, try **eating a handful of unsalted nuts instead**.

Although some nuts are relatively high in fat, the fat they contain is good fat that our body needs to stay healthy. And because they are so filling, you will probably end up consuming far less total calories than if you ate a less healthy alternative.

Weight Loss Tip 5 - Try to **break unhealthy food associations**.

Many of us get into the habit of enjoying unhealthy food and drink while we're doing everyday things like watching our favourite TV shows, visiting cinemas or going to clubs. Can you go to the movies without ordering a large popcorn? If the answer is yes, you could have some unhealthy food associations that could be making you heavier or preventing you from losing weight.



Reference: www.weightloss.com.au

WEEKEND FITNESS CLASSES

SATURDAY

BOOTCAMP

- 6.30am Boot Camp - Aquatic Centre
- 8.00am Spinning - Aquatic Centre
- 9.00am Flow Yoga - Velodrome



SUNDAY

- 5.00pm Deep Aqua - Aquatic Centre

