

pace fitness NEWS

June 2019 Edition



MANAGER'S MESSAGE

WINTER WARM-UP

June marks the start of a new season. We had a handful of days in May that gave us a taste of some cooler weather but, on the whole, Autumn was rather mild. It will soon get a little more difficult to venture beyond the blankets on cold mornings or to find the motivation to do a workout once the sun goes down. As warm-blooded mammals staying rugged up and minimising energy expenditure, when it's colder, is biologically programmed. This evolutionary necessity was set when food supply was short and we had to minimise loss of body heat. With our present day living situation this presents an interesting paradigm with the flip side being that reducing exercise will lead to a drop in fitness, an increase in body fat stores and a decline in overall health.

To regain fitness and wellbeing after a break in training is a struggle. Maintaining the exercising habit is far easier. It comes down setting a goal and following a plan that is designed to help get you there. If you would like some advice on ways to achieve a fitness goal in the next few months please book an appointment at gym reception. We are here to help you!

The **Hancock Prospecting World Swimming Trials** will be held here at Sleeman from **June 9th to June 14th**. The event is used as a qualifier for the upcoming World Swimming Championships to be held in Gwangju, South Korea in July this year. The event will have a significant **impact on Pace Classes** and pool availability from **Fri June 7th to Sat June 15th**. All of the land-based classes that are scheduled during the period will be held in rooms within Anna Mearns Velodrome. Some of the times for Water-based classes will be changed. Others will swap to a different class type or be cancelled. We will have a series of Special Group Fitness Timetables for each week that is affected. Please see reception for copies or go to our website www.sleemansports.com.au for more info about classes and pool availability.

Sweat 16 Challenge participants will continue to sweat it out until finishing day... June 26th. The next edition will be the **Get on Pace 100 Point Challenge** which will start July 1st. See back page for more info.



Yours in staying on Pace
David Trahair
Health & Fitness Manager

FRIEND IN TRAINING

Would you like a reward for introducing a Friend?

If your Friend In Training* joins:

- for 1 month - you receive 1 week added to your membership
- for 3 months - you receive 2 weeks added to your membership
- for 12 months - you receive 1 month added to your membership
- on a Promotion Offer - you receive 1 week added to your membership

*Friend In Training must not have been a member of Pace at Sleeman over the last 12 months.

LAUGH WITHOUT leaking

Making pelvic floor exercises a daily habit could be both the prevention and cure for bladder and bowel leakages for millions of Australians who unnecessarily suffer in silence.

Women make up 80 per cent of people who report living with incontinence with more than half being aged 50 and younger - many experiencing problems after childbirth and during pregnancy.

Last year, the Continence Foundation started its bold approach of using humour to spread the good news that most bladder, bowel and pelvic floor problems can be better treated, managed or even cured.

Laugh Without Leaking features a series of fun 15-second video clips being shared across social media where you can do these simple exercises throughout the day. Whilst Laugh Without Leaking uses comedy to overcome the stigma of bladder, bowel and pelvic muscle issues it comes with a very serious health message.

Prevention is always better than a cure, but early treatment is really key to fixing the problem. Ignoring the issue can have a huge impact on your physical and mental health as well as lifestyle, whether it be avoiding exercise or limiting social engagements for fear of an embarrassing accident.

World Continence Week - June 17th - June 23rd, 2019

For more information go to: www.continence.org.au or call the free National Continence Helpline 1800 33 00 66

Collect a Pamphlets from Activities Room OR Pace Reception

“QUOTE OF THE MONTH”

“Laughter is the language of the soul”.



find
your
pace

2 Weeks for \$30
Gym Trial Offer

Monday July 1st to Wednesday July 31st

Register and pay the \$20 fee by Friday June 28th

Earn 100 points during July

- P**ace 1 point per 20 minutes of Exercise at Pace
- O**pportunity 1 point per 30mins of Exercise outside Pace
- I**nformation 1 point for each Nutrition/Fitness articles read
- N**utrition 1 point per day for recording food diary
- T**echnique 10 points for getting a new exercise program done during July
- S**cales 10 points for weighing in each week during the challenge

ALL SESSIONS TO BE RECORDED IN LOG BOOK PROVIDED

PRIZES: All participants who finish will receive a Pace Water Bottle

Also - Randomly drawn from all participants who complete challenge

- 5 x 1 month Pace Memberships (value \$110 ea)
- 2 x 1 hour massages from Results Physiotherapy (value \$80 ea)
- 5 x 1 hour Personal Training Sessions (value \$70 ea)
- 5 x Come & Try Track Cycling Passes from Cycling Qld (value \$20 ea)
- 4 x \$10 Vouchers at SQ Swim Shop from Swimming Qld



Recipe of the Month

Lentil Soup

Ingredients:

- 1 tablespoon olive oil
- 400g can diced tomatoes
- 500ml vegetable stock
- 2 dried bay leaves
- 1 brown onion, finely chopped
- 1 carrot, peeled, finely chopped
- 1 celery stick, trimmed, finely chopped
- 2 x 400g cans brown lentils, rinsed, drained
- 2 teaspoons dried oregano leaves
- 1/4 cup chopped fresh continental parsley
- Olive oil (optional), to drizzle
- 25g (1/3 cup) finely grated parmesan



Method

Step 1 - Heat the oil in a large saucepan over medium heat. Cook onion, carrot and celery, stirring occasionally, for 5 minutes or until soft. Stir in lentils, tomato, stock, bay leaves and oregano. Reduce heat to low. Simmer for 10 minutes or until mixture reduces slightly. Set aside for 5 minutes to cool. Remove and discard the bay leaves.

Step 2 - Process half the soup in a food processor until smooth. Return to the pan. Cook, stirring, over medium heat until heated through. Stir in the parsley.

Step 3 - Divide among serving bowls. Drizzle over oil, if desired. Top with parmesan.

Reference: www.delicious.com.au

EXERCISE OF THE MONTH

SKILL MILL

The **SKILL MILL** is a Cardio Machine Evolution!!!

It looks a little peculiar however this motorless Treadmill will allow you to walk, jog, sprint, push and drag yourself to improved fitness.

The **SKILL MILL** takes a little getting used to so we please see one of our Gym Staff for advice and technique tips prior to using this exciting and effective cardio machine.



8 METABOLISM BOOSTER TIPS

1. **Build some muscle** - Nothing burns calories quite like lean muscle mass and the more you have the more calories you burn, even while sitting on the couch doing nothing. 
2. **Stay Away from Sugar** - Sugar is the bane of anyone trying to lose weight. The human body quickly and easily digests and metabolizes it, quickly converting it into fat storage.
3. **Eat Spicy Foods** - Any food that makes you sweat naturally raises your metabolism. 
4. **Drink Lots of Water** - Water is vital to every biological system in the body. It is the lubricant that keeps us going and the fluid that helps flush toxins and waste products out of the body.
5. **Get 8 Hours of Sleep** - Research indicates that people who do not get enough sleep actually gain weight. 
6. **Don't Skip Meals** - Skipping meals can actually lead to a metabolism slow down, having the opposite effect of what you may intend.
7. **Have a Meal Plan** - Making a weekly menu makes it much easier to stick with a diet. It will also make grocery shopping quicker and cheaper.
8. **You Are What You Eat** - Fruits, vegetables, whole grains, and lean cuts of meat are high energy foods that you should include in your diet. They provide sustained energy through out the day and help prevent blood sugar spikes and deficits that lead to snacking during the day. 

Reference: www.e-healtharticles.com