

pace fitness NEWS

March 2021 Edition



MANAGER'S MESSAGE

Extra... Extra... Read all about it!

Wow! It has been a long time between newsletters. I guess that comes down to the frequency and speed with which information needed to be passed on over the last 12 months. You could say that it made the "Good Old Newsletter" fit into the "snail mail" category. Never the less, please enjoy this long-awaited version.

One could be forgiven for thinking that things are returning to normal here at Pace. Attendances for Gym Sessions and Classes have been at record levels which is fantastic. We have also seen a whole new group of members join in 2021. We have responded to the increase in demand by adding some more classes to the timetable. The Mywellness booking system, even with its quirks, has actually led to increased commitment and, as a result, the overall fitness level of members. We thank all members for embracing the booking system.

Benching the Bench Press? - Not Quite

We have recently introduced the requirement for gym goers to have a spotter when completing Bench Press and Incline Bench press with the Olympic Barbell and also when doing bench pressing on the Smith Machine. This measure has been brought in to improve safety of patrons. If you need assistance please see one of our Pace Staff. If you are interested in maximising the benefit of your workout we may also offer an alternate exercise depending on your strength training needs and individual training experience.

In March & April Anna Meares Velodrome will be hosting consecutive National Cycling competitions. Classes that have been held in Studio 1 will move to either Studio 2, the Activities Room in the Aquatic Centre, or a new space that is currently being constructed in the Northern Side of the Velodrome. We will let all members know of the changes as the time gets closer.



Yours in Staying on Pace
David Trahair
Health & Fitness Manager

NEW BIKES & ROWERS

A few months ago we saw the arrival of new bikes and new rowers in the fitness centre cardio area. We are very excited to be able to bring you the latest in cardio equipment.

SKILLBIKE is the revolutionary new stationary cycle. Created in collaboration with champion riders it enables cycling professionals and enthusiasts to experience the challenge of outdoor riding in an indoor environment.



The gear shift system allows you to replicate the dynamics of hill riding. By shifting gears, riders can counter the change in resistance and maintain the correct power and cadence for maximum efficiency. The console displays the gear and gear ratio selections in real time. At the heart of SKILLBIKE is the ingenious road effect system which simulates the sensation of riding outdoors by adjusting to your pedaling style and performance data.

Compete against your personal best or against cyclists from around the world on real routes. SKILLBIKE integrates with STRAVA™, GARMIN™ and ZWIFT to keep you on track toward your goals without missing out on any of the fun.



SKILLROW is the first indoor rowing machine capable of improving anaerobic power, aerobic capacity and neuromuscular abilities in a single solution. The resistance delivered by SKILLROW was designed to follow the natural curve of the stroke in the water.

The SKILLBIKE and the SKILLROW have heart rate receivers that are compatible with Bluetooth heart rate monitors. The bikes and rowers can also talk to the kiosk via WiFi and the workout information projected up to the TV screen at the front of the cardio area. This will allow us to have small group fitness classes held within the fitness centre. The bikes and rowers can also be utilised in the same way as all of the other cardio equipment (i.e. included as part of your exercise program).

All of the Pace gym staff have been trained in the correct use of the equipment and are looking forward to teaching you everything you need to know. To learn more about the how to get the best out of the new equipment please book in for a one-on-one session or ask the trainer if they are on the gym floor.

NEW MEMBER OFFER

2 weeks for
\$30*

With our \$30 new member introductory offer* you'll be treated to the full PACE at Sleeman membership experience for two weeks. This includes:

- Our pathway to fitness improvement program (including a fitness assessment and personalised fitness program)
- Access to our 60+ group classes
- Access to our state-of-the-art Fitness Centre
- Use of our heated pool and lap pools (subject to availability)
- A MyWellness fitness account

get a taste
of pace

gym • pools • classes • crèche
NO JOINING FEE - AMAZING VALUE

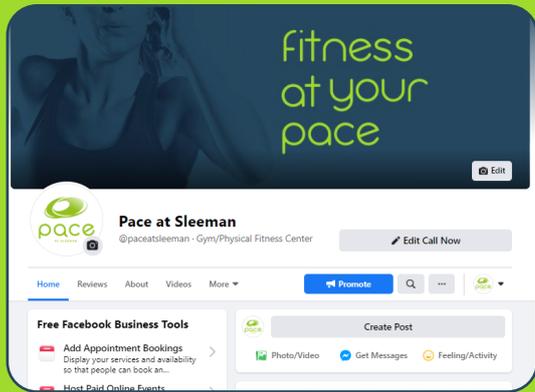


Stay up-to-date
with all things Pace!



Like us on Facebook

<http://Facebook.com/PaceAtSleeman>



Recipe of the Month

Lamb Casserole with Pumpkin & Chickpeas

Ingredients:

- 500g extra-lean lamb leg steaks, cubed
- 2 tablespoons plain flour
- 2 cups cooked rice
- 500g butternut pumpkin, cut into 1.5cm cubes
- 2 cups frozen peas
- 3 large rosemary sprigs
- extra-light olive oil cooking spray
- 6 garlic cloves, chopped
- 2 brown onions, halved, sliced
- 400g can Chick Peas, drained, rinsed
- 1 cup salt-reduced beef liquid stock
- 400g can reduced-salt peeled tomatoes

Method:

Step 1 - Preheat oven to 180°C

Step 2 - Place flour in a snap-lock bag.

Add lamb and shake bag to coat.

Step 3 - Spray a heavy-based casserole dish lightly with oil. Heat over medium-high heat. Add lamb and stir for 4 to 5 minutes or until browned. Remove to a plate.

Step 4 - Spray pan lightly with oil. Add onion stir for 3 to 4 minutes or until onion is tender. Add garlic and cook for 1 minute. Add stock, tomatoes, pumpkin and rosemary.

Step 5 - Return lamb with juices to pan. Bring to the boil. Cover and place in the oven. Cook for 30 to 40 minutes or until lamb is tender

Step 6 - Remove from oven. Stir in chickpeas and peas. Cover and return to oven. Cook for a further 5 to 10 minutes or until heated through. Remove rosemary sprigs and discard. Spoon casserole over cooked rice. Serve.



Reference: www.heartfoundation.org



QUOTE OF THE MONTH

"Life Begins at the End of Your Comfort Zone".

- Neale Donald Walsch



Metabolism is a collection of chemical reactions that takes place in the body's cells to convert the fuel in the food we eat into the energy needed to power everything we do, from moving to thinking to growing. Specific proteins in the body control the chemical reactions of metabolism, and each chemical reaction is coordinated with other body functions.

After food is eaten, molecules in the digestive system called enzymes break proteins down into amino acids, fats into fatty acids, and carbohydrates into simple sugars (e.g., glucose). These compounds are absorbed into the blood and transported to the cells. After they enter the cells, other enzymes act to speed up or regulate the chemical reactions involved with "metabolizing" these compounds. During these processes, the energy from these compounds can be released for use by the body or stored in body tissues, especially the liver, muscles, and body fat.

The process of metabolism is really a balancing act involving two kinds of activities that go on at the same time - the building up of body tissues and energy stores and the breaking down of body tissues and energy stores to generate more fuel for body functions. Metabolism is a complicated chemical process, so it's not surprising that many people think of it in its simplest sense: as something that influences how easily our bodies gain or lose weight. The number of calories a person burns in a day is affected by how much that person exercises, the amount of fat and muscle in their body, and the person's basal metabolic rate. To a certain extent, a person's basal metabolic rate is inherited and sometimes health problems can affect a person's BMR. People can help change their BMR by exercising more and becoming more physically fit. BMR is also influenced by body composition - people with more muscle and less fat generally have higher BMRs. So doing resistance training will increase your BMR.

Reference: www.kidshealth.org

HOW MUCH PROTEIN DO I NEED TO EAT?

Protein requirements change as you age, and they differ depending on body weight and gender, but that protein should ideally make up 15-25% of your total energy intake. The government's guidelines recommend the following daily intake for people aged 19-70:

- **Men:** 0.84g per kg of body weight per day (e.g. 85kg = 71g).
- **Over 70 years Men:** 1.07g per kg of body weight (e.g. 85kg = 91g).
- **Women:** 0.75g per kg of body weight per day (e.g. 70kg = 52g).
- **Over 70 years Women:** 0.94g per kg of body weight (e.g. 70kg = 75g).
- **Pregnant Women:** 1g per kilogram of body weight per day in second and third trimesters (e.g. 80kg = 80g).

Animal products such as meat, chicken, fish, eggs and dairy contain all the essential amino acids your body needs. Plant-based proteins like grains, legumes, pulses and soy products are also good sources of many of the essential amino acids.



- 85g of cooked lean beef: 22g protein
- 28g almonds (about ¼ cup): 6g protein
- 1 cup chopped broccoli: 3g protein
- 1 cup of full fat milk: 8g protein
- 1 cup quinoa: 8g protein
- 1 egg: 6g protein
- ½ cup raw oats: 13 g protein
- 85g salmon: 19g protein

Reference: www.hcf.com.au