

pace fitness NEWS

May 2019 Edition



MANAGER'S MESSAGE

MAY THE PACE BE WITH YOU

With the persistent warmth of summer now behind us, May is without a doubt the month that is most conducive to movement. It's perfect to get those perpetually paused home-improvement projects underway. The weekends also offer a great opportunity for physical family adventures like bike riding or a picnic at a park kicking a footy or throwing a frisbee - so make the most of May. Plan to do something active with your Family and Friends. If you would like to make the most out of your workouts here at Pace it may be time for a refresh of your exercise regime. To stay motivated we recommend that this be done about every 8 weeks. See back page for Pace's Personalised Program Plan. Please see one of our gym staff or call the Fitness Centre on 3131 9615 to book an appointment.

The **Sweat 16 Challenge** starts on May 1st. You will be rewarded for each task that you complete over the 8-week challenge. It's not too late to register. It just means that you will have slightly less time to finish the tasks. Please see Gym staff if you would like more information.



Yours in staying on Pace
David Trahair
Health & Fitness Manager

YOGA BOOSTS FOR YOUR HEART & SOUL

Those who practice yoga have higher heart rate variability (heart rate range) than non-yoga practitioners, a recent study has shown. Heart rate variability (HRV) is used as a measure of heart health, as it is typically higher in healthy individuals.

In the new study conducted at the Indian Institute of Technology in Uttarakhand, India, the HRV of 42 non-yogic male study subjects, and 42 experienced practitioners were measured using ECG (electrocardiograms). All subjects were between 18 and 48 years of age.

The team reported that in their preliminary study, a strengthening in the ability to control involuntary heart-rate fluctuation due to stress was evident in subjects who regularly practiced yoga. This measurement is indicative of a higher degree of autonomic control over heart rate, which equates to a healthier heart.

It is theorised that yoga could assist heart health through its combination of breathing exercises, stretching, postures, meditation and relaxation.

Reference: International Journal of Medical Engineering and Informatics



YOGA CLASSES



- **Mon 10.30am** - Hatha Yoga with James
- **Mon 6.15pm** - Hatha Yoga with Radhika
- **Tue 10.30am** - Hatha Yoga with Radhika
- **Wed 9.00am** - Gentle Hatha Yoga with Radhika
- **Sat 9.00am** - Flow Yoga with Regan

“QUOTE OF THE MONTH” *“You are only one Yoga Class away from a Good Mood”.*



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.

find
your
pace

2 Weeks for \$30
Gym Trial Offer

STEPS TO FITNESS IMPROVEMENT

Pace's Personalised Program Plan

STEP 1: Pre-Exercise Screening Tools (10mins)

- To identify physical or medical issues require a Medical Clearance.



STEP 2: Fitness Assessment (60mins)

- Body Composition, Height, Blood Pressure & Heart Rate.
- 9 minute sub-maximal bike test

After testing:

- Discussion on exercise history and habits, training goals, frequency and length of training sessions and activities you are interested in.
- Instructor formulates a personalised training program based on information obtained during the Assessment.



STEP 3: Fitness Program (60mins)

1 to 3 days after the Fitness Assessment

- How the program fits into your goals.
- How to use the equipment in your program safely and effectively.
- The correct technique and which muscles are used.
- How to use mywellness cloud-app to record your training.



STEP 4: Program Review (30mins)

1 to 2 weeks after Fitness Program / New Program

- Member asks questions regarding exercise/s.
- Instructor checks technique as required & view mywellness record.
- Member can ask Gym staff on duty for assistance at any time.



STEP 5: Re-Assessment & New Program (60mins)

5 to 6 weeks after the Program Review

- Fitness Assessment repeated & results compared.
- Member shown through new fitness program.

To achieve maximum results we recommend a new program **every 8 weeks**



FITNESS CHALLENGES



Starts: Wed May 1st

(8 weeks challenge)

See reception for more information

Lest We Forget

28 attendees came along for a Pre-Dawn Walk /Run on Anzac Day at Lota. The idea was to complete as many kilometres as possible as a group in the hour before first light (4:40am to 5:40am).



The group then came together at 5:45am, recited the Ode of Remembrance and listened to The Last Post and Reveille. They then shared some Anzac biscuits and a cup of coffee. It was the 5th year that the Run/Walk on Anzac Day has been held. This year's attendance and distance completed (243km) were both records.

CLASSIC DISPLAY OF SWIMMING BY PACE SWIMMERS AT COOLY

On April 28th, 12 Pace members and Sleeman Staff swam in the Cooly Classic Ocean Swim.

The event includes distances from 1km to 5km The swim starts at Snapper Rocks, over the famous super bank (home of the QuickSilver Pro Surfing Comp.), across Rainbow Bay, past Greenmount Point, along Coolangatta Beach, around Kirra Point and finishes at Kirra Surf Club.

Conditions were ideal with warm, clear seas, small surf and a sunny sky. As with last year a low tide provided a challenging wade to reach the finishing line. Great effort by all our dozen competitors including first time ocean swimmers Shannon Smith, John Bertini and Kevin Chetwynd. In summary, a wonderful effort was displayed by all. Congratulations!!! - Gary Watson (Coach)

Swim Pace sessions are on offer to all Pace members who wish to improve their swimming fitness. Ocean swimming is not a requirement. Swim Pace Classes will continue through Winter.



Swim Pace AM Classes

5:15am Mon, Tue & Thu

9:00am Mon, Tue & Thu

Swim Pace PM Classes

6:30pm Tue & Thu