

# pace fitness NEWS

March 2019 Edition



## SUPERVISOR'S MESSAGE

### March to the Pace

Autumn. It is a transformative period which encourages us to embrace these changes in nature as a chance to look at our health and wellbeing. It is the perfect time to fuel the mind and soul.

Recently I had the fortunate experience to travel to a distant island that provided spectacular ocean views from the summits of mountainous ranges. These breathtaking sights and getting back in touch with nature made me realise just how important our personal wellbeing is to live life to its fullest. I had time to reflect on how important reasonably good physical fitness allowed me to climb mountains with relative ease and as result, I thoroughly enjoyed the experience more.

My not-so-fit sister accompanied me on a difficult climb and though the incredible elation of making it to the summit was no less than mine, the fitness struggle of undertaking the climb was real for her. She was doubting her ability from the very beginning, yet with motivation from me, she achieved what she thought would be impossible. Coming back down I saw a stronger woman, in both mind and body, than the one who climbed up the mountain. One who now had the motivation to improve her physical fitness.

This month of March we all have the opportunity to move more when you undertake our new challenge: **Let's Move for a Better World**. Now is the time to get the most of out of life by giving yourself dedicated time to improve your fitness and mental wellbeing.

### How To Join The Challenge

1. Set up an account on **mywellness** at the kiosk OR download the free app on your smartphone
2. On the **mywellness** home screen in the app, click on: **Let's Move for a Better World** tab & then click to join.
3. Collect either a FREE Polo Shirt, Armband or Draw-string Bag from Pace reception (1 item only).
4. Log into **mywellness** each time you exercise and collect **MOVES** in support of promoting wellness and healthy lifestyles across the globe!



Yours in Fitness  
Michelle Duckworth  
Health & Fitness Supervisor

### QUOTE OF THE MONTH

*"Our greatest weakness lies in giving up.  
The most certain way to succeed  
is always to try just one more time".*

~ Thomas Edison

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

The ultimate mission of the **Let's Move for a Better World** Challenge is to spread awareness of the benefits of regular exercise through a fun and exhilarating challenge that also promotes socialisation.

From 11 to 30 March 2019, gym members around the world are asked to join forces to donate their exercise and promote the Wellness lifestyle in their local communities through a challenge based on MOVES (Technogym's unit of measure for movement).

Through the combination of Technogym's technology and connected equipment, participants can measure their training efforts and donate their MOVES on **MyWellness Cloud** (Technogym's cloud-based digital platform).

Through achieving predefined movement goals, each fitness centre can win a Technogym product to donate to any non-profit association of its choice which operates in fighting sedentary lifestyles.



The more active the gym members are, the more MOVES they collect and the bigger the donation will be to the communities. So strap on your sneakers and join forces with people around the globe to donate your movement and promote wellness and healthy lifestyles in your local community and beyond. Now is the time to **MOVE!**

*Let's Move for a Better World 2018: 180.000 participants in 29 countries completed more than 628 million MOVES in 1033 clubs, burning a total of 263 million calories and losing a staggering 83.000 lbs/37,636 kg*

Come and see one of the friendly instructors at PACE Fitness reception to find out how you can register for this amazing challenge commencing 11 March.

### TOP 100 WEIGHT-LOSS TIPS (no. 6-10)

**Weight loss Tip 6** - Get into the habit of carrying a bottle of water with you wherever you go. It's a well documented fact that many of us often mistake hunger for thirst and actually eat unnecessary calories when we are actually thirsty.

**Weight loss Tip 7** - If you love your snacks, have healthy options available. For example, pre-prepare some air-popped popcorn, mix up a blend of your favourite unsalted nuts, have some low fat yogurts ready to go in the fridge and try adding a dash of cordial to carbonated mineral water instead of drinking high sugar colas.

**Weight loss Tip 8** - Opt for lighter choices once in a while at restaurants. Whenever you're sitting in a restaurant looking through the menu, ask yourself if a lighter option would be a better choice. Where possible choose steamed, poached, boiled or baked foods rather than those that have been fried or deep fried.

**Weight loss Tip 9** - Try to reduce the Fat, Sugar and Salt in your diet. Foods that are 'low in fat' have 3g or less per 100g. Foods 'low in sugar' have 5g or less per 100g. Foods 'low in salt' have 120mg or less per 100g. While all the foods we eat won't have levels of fat, sugar and salt as low as this, these measures can be useful when we are comparing food options.

**Weight loss Tip 10** - Participate in a weight loss challenge. Getting yourself a diet buddy or buddies and setting yourself a weight loss goal is a great way to lose weight. Losing weight when you've got someone else to compete against will give you extra motivation and help you to stay on track.

Reference: [www.weightloss.com.au](http://www.weightloss.com.au)

# Recipe of the Month

## Zucchini & Feta Fritters with Green Goddess Sauce

### Fritter Ingredients

- 600g zucchini (about 4), coarsely grated
- 1 small onion, grated
- 1 garlic clove, grated
- 2 Eggs
- 30g Rice Flour
- 2-3 Tablespoons Olive Oil
- 1/2 teaspoon dried Oregano
- 100g Reduced Fat Greek-style Feta (drained)
- 2 tablespoons each chopped fresh parsley and mint
- 1/3 cup (50g) Plain Flour (or Gluten Free Plain Flour)



### Green Goddess Sauce Ingredients

- 1/3 cup (75g) Golden Soya Mayonnaise
- 1/4 cup (70g) thick Greek-style yoghurt
- Handful flat-leaf parsley leaves, finely chopped
- Handful mint leaves, finely chopped
- 1/2 small bunch chives, finely chopped
- 2 spring onions, finely chopped
- Juice of 1/2 Lemon

### Method

**Step 1** - Place zucchini in a colander, sprinkle with salt and toss. Set over sink for 20 minutes. Squeeze well to remove excess water. Pat dry with paper towel.

**Step 2** - Combine zucchini, onion, garlic, feta, eggs and herbs in a bowl. Add flours, then mix with a spoon.

**Step 3** - Heat oil in a non-stick frypan over medium-high heat. Add 4 heaped tablespoons of mixture to the pan and flatten slightly. Cook for 1-2 minutes each side until golden and heated through. Repeat with remaining batter.

**Step 4** - For the green goddess sauce, pulse all the ingredients together in a blender or food processor to combine. Chill until required.

**Step 5** - Serve fritters with the green goddess sauce. Turkish Bread & salad is also an option to serve alongside the fritters.

Reference: [www.delicious.com.au](http://www.delicious.com.au)



## Water-Based Fitness Classes

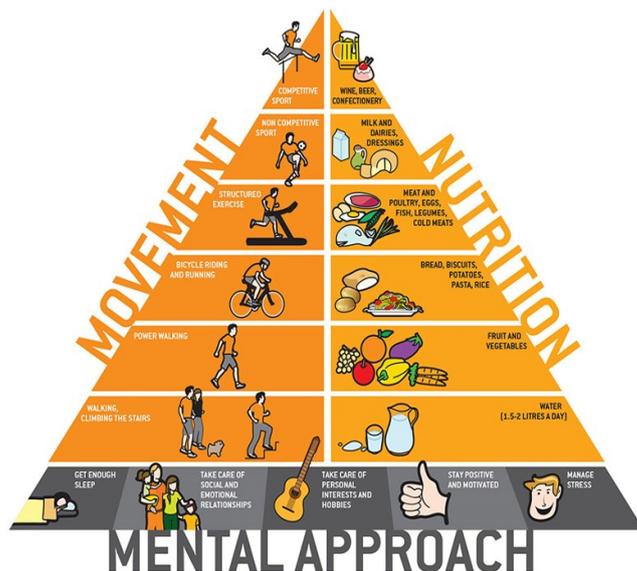
### NEW TIME - SWIM PACE

- **Monday 6:30pm** - Outdoor Pool
- **Tue 6:30pm & Thu 6:30pm** - Indoor Pool

### ADDITIONAL CLASSES - DEEP AQUA

- **Monday 7:00am** - Dive Pool
- **Friday 7:00am** - Dive Pool

## Wellness Pyramid



**Wellness Lifestyle** takes concrete form in the synergy between three complementary elements that determine our energy level: **mental approach**, at the base of the Pyramid, **nutrition** and **movement** on the above.

Caring for social and emotional relationships, cultivating constructive passions and hobbies, being positive and motivated in facing daily challenges is the necessary prerequisite for a healthy lifestyle.

## 4 Levels of Self-Motivation

Wanting to do something and actually doing it can be two very different things. The distinction between those who take action and achieve their goals one after another compared to those who struggle to accomplish their goals, often comes down to the ability to self-motivate.

Self-Motivation is linked to your level of initiative in setting challenging goals for yourself, and your belief that you have the skills and abilities required to achieve these goals. You can boost your motivation in the following ways:

### CONFIDENCE

When you are confident you are resilient and driven, viewing difficult goals as challenging rather than impossible. You are also more likely to recover from setbacks and have more faith in your ability to succeed.



### POSITIVE THINKING

It's crucial to look at every situation positively, especially when things don't go according to plan or life throws you a curve ball. Don't think: "I knew I couldn't do it," but "This one failure is not going to stop me."



### FOCUS

Strong goals give you focus and a clear sense of direction. Plus, there is the self-confidence that you benefit from through recognising your own achievements.



### SUPPORT

Surround yourself with people who remind you of your goals and encourage your progress and are willing to celebrate your success. You can also utilise resources that help support your internal motivation.



Reference: "The Life Plan" by Shannah Kennedy