

November 2006

Volume 19

**Special points of interest:**

- ⇒ Welcome
- ⇒ Special Comments
- ⇒ FAQs
- ⇒ PT Nutritional Tip
- ⇒ Client of the month
- ⇒ Quote of the month

**QUOTE OF THE MONTH:**

**Wee white  
alright, wee  
yellow unlucky  
fellow!**

**-keep your fluids up!**



**Monthly Newsletter**

G'Day gang, a warm welcome to you all. Again another month has past with Christmas fast approaching.

Congratulations to you all for your efforts last month. Most if not all of you hardly missed a session and your improvement is great to see.

It's getting hotter and hotter and the days longer so please pay attention to the amount of fluid you take in each day. I can't stress it enough. I know I touched on this last month but it's very important you are well hydrated especially when it comes to training. We want to be able to train as hard and as well as we usually do in the cooler months.

**Special comments.** Couple of new faces this month. They include, Jeff, Sarah, Carly, and Belinda. A big welcome to you all.

One more special comment has to be for Max Boccaletti. The big man turned the big 40 last weekend. Congrates mate!

Next is our **FAQ's** sec-

tion. This one involves our cardio training and Heart Rate levels.

In short when doing your cardiovascular training, you should aim to do this 4-5 times a week. This should be done at a medium intensity so as to maintain the activity for a duration of no less than 40mins. As time goes on and you get fitter this must increase. I.e. 60mins.

This in turn will tap into the right energy system and therefore give the body time to break down the fuel/fat it needs to for the exercise.

Now to our **PT Nutritional Tip** of the Month.



Nutrition for recovery. The two hour period after exercise is when

the body most effectively repairs itself if adequate carbs and proteins are consumed. Correct refueling post-exercise can assist in muscle repair, resynthesis of muscle and liver glycogen stores (energy levels) and restoring of hydration levels.

**Fruit** is a good choice for refueling as it is easy, portable, and satisfies both rehydration and glycogen repletion at the same time. So get out there and buy yourself some fruit!

Lastly but most importantly our **Client of the Month Award**. This months award goes to a lady who has worked consistently hard over the past month, as well as committing to doing her own training outside of PT sessions. Congratulations, Silvana! A Westfield voucher is on it's way!

Well gang thank you again for all your hard work and for taking the time to read this months newsletter. I trust you will all continue to work hard at your training and have a great time doing it!

Thanks again. PT Todd.