

August 2010

## Club News

**Congratulations** to all our members and trainers whom over the past few months have competed in a variety of events. We have seen clients and trainers at the Gold Coast Marathon weekend completing a range of runs including the 5k, 10k, 21k Half Marathon and 42k Marathon and we have had two inspiring teams participating in the gruelling 96k Kokoda Challenge Trailwalk on the coast.

### **GOLD COAST MARATHON WEEKEND**

Jess Kempt  
Nick Kempt  
Annette Anderson  
Jo Cannon  
Brett King  
Alison King  
Jessie Slade  
Carie Bolton

### **KOKODA CHALLENGE**

Libby Manfield  
Amanda Watson  
Lisa Read  
Alison King  
Jo Cannon  
Karen Farr

Well done to all those who took part. Great Efforts!

## Making Exercise Personal



### **body4u August 2010 Monthly Motivator**

***“Don’t wait for a light to appear at the end of the tunnel – go down there and light the bloody thing yourself!”***

Cameron de Burgh – Australian Paralympian and medallist.

Cameron also says: “Give up, or get on with it!” If you want to win, that’s my advice. The right mental attitude is the difference between winning and being ordinary. I agree 100% with Cameron, and I also believe his comments are not just about sport but about life in general. Stop waiting for something to work out for you, stop blaming others for your own mistakes and get out there and work for what you want. There will be obstacles along the way but climb over them and keep going.

Enough said! [Angela – body4u owner]

### **Monthly Fit Tip**

**“How often should I train per week?”** this is a very common question asked of us as trainers.

This is an interesting one for a number of reasons, for example – what is your goal?, when do you want those results by?, what is your availability?, when do you work? etc. etc.

Remember our main focus is to encourage you as a client to make exercise an ongoing part of your lifestyle. It needs to suit you as an individual so don’t book in for a 5.30am Personal Training session if you are someone who cannot get out of bed in the morning. I can hear people saying “but that’s the point if I want results” – Yes all well and good but you are more likely to give up after a short time, but, on the other hand if you are someone who stays up late at night a late afternoon session on the way home from work or an early evening session is more likely to be effective and easier for you to maintain.

Once you have determined your time availability you can then work out what days are suitable for you and go from there.

The next thing to consider is when you want your results by. Obviously someone doing 3 sessions per week will have faster results than someone doing only 1 session per week.

Classes are an excellent way to maintain motivation and you have a trainer there to keep you on track.

The most important thing to remember is that it is about *you* as an

# MEMBERS ONLY SECTION

## Member of the month

Congratulations to **Jan Somers** on being selected as our member of the month.

Jan has been a long time member at body4u and is an inspiration to many. Competing in many events including triathlons, ocean swims and numerous fun runs and rides.

Jan and her husband Ian recently returned from a cycling trip in Europe where she covered over 2600kms on a push bike. This included some days of more than 85kms and all whilst carrying her gear with her. A week after her arrival back in Aussie land she was back in the gym and continuing her training regime preparing for her next challenge.

Well done Jan!

## body4u Products Available

body4u are now stocking **SIS** products to assist you with your training needs. These products include gels, electrolyte powders, bars and protein based recovery powders.

These products have been used by many staff and clients with very positive results.

Also a reminder about our **DNA** testing available to help you discover the best training suited to your genetic make-up covering things such as body fat metabolism, liver function, lactic acid removal etc.

body4u merchandise is available on the clothing racks in the gym. Please see reception for additional sizes and further information on any of the above items.

individual and that the more suited to *you* your program is the greater chance *you* have of being consistent with your training. Consistency is the key!

## Nutrition Tips

**Vitamin K** is vital for liver health, preventing blood clots and bone fractures. 50% of people are not getting enough.

With so many of us putting extra stress on our liver with our lifestyles (diet and alcohol) and all of us are getting older, so our bones need help to stay healthy, it is important to include sources of Vitamin K into our diets.

This is easily done by ensuring you have dark green veggies in your daily intake. Vegetables such as spinach, broccoli, brussels (yum) and parsley are but a few. There are smaller amounts in a number of other fresh fruit and veg including avocado, plums, cabbage and many more.

## Muscle of the month

Rather than choosing a muscle of the month let's focus on the execution of an exercise. It is just as important to maintain good form and a controlled speed of movement when exercising our muscles.

When training with one of our trainers they will remind you to 'switch on your core' (drawing in your belly button and lifting your pelvic floor – this is something you can learn correctly in one of our Pilates classes), they will also look for the 'correct range of motion' whilst performing a particular exercise, your 'breathing' and finally your 'speed of movement'.

All of the above have variations for particular types of training, but in general two of the most common mistakes seen in the gym are people rushing the exercise and not performing the correct range for that exercise (this can be made even worse by loading too much weight).

Take the time to think about what you are doing, what muscles you are supposed to be engaging, is my core activated, when should I breathe in or out and make the most of every repetition you execute.

This is why we recommend Personal Trainers, it is extremely hard to correct yourself when training and another set of eyes can be vital in producing the best results from your training.

We have a fantastic group of trainers at body4u that can help you create the body you have always wanted, we can structure sessions to target areas you are keen to develop and we can take you much further in a session than you could by yourself.

Many people come to the gym week in week out and end up disheartened because they are not achieving their goals, this can be due to incorrect form as mentioned above, lack of variety – so the body adapts to the exercises you perform over and over again, incorrect number of reps, incorrect weight etc. etc.

So don't wait any longer, see any of our helpful administration staff at reception and book yourself in for a Personal Training session with any of our great trainers and give it a go. Once a week or even fortnight with a trainer incorporated into your training regime can make all the difference.

**BOXERCISE** CLASS  
with ex BRITISH BOXING CHAMPION - AARON HILL



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Non-Members Welcome  
**\$8** Casual

**Tuesday's**  
5.30am  
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**body4u remedial and sports massage**

We are excited to introduce our new Remedial and Sports massage service for our clients. We have two fully qualified remedial massage therapists to take care of your ongoing soft tissue maintenance as well as fix those niggly injuries you may be carrying.

We have a Newsletter Special of 20% OFF your first visit. Great Value as your initial massage will be just \$60 and is private health registered so you can collect your refund as well. Bookings at reception on 3488 2455. Bookings also available for Non Members so treat yourself or a family member to this great new service.

<http://www.body4u.com.au/massage.html>

**body4u 8 week Challenge**

**Congratulations to Janet Mulholland** on winning the latest body4u 8 week challenge. Taryn and Bethany Grace were our joint runners up. Janet won herself a 3 month Platinum membership and Taryn and Bethany a 10 pack of Personal Training sessions each. Well done to all our clients who took part and keep up the good work, weigh ins will come around before you know it 😊.

For more information visit or to see our winners

<http://www.body4u.com.au/programs.html>

**body4u Bali Wellness Retreat**

Our Bali retreat is drawing nearer and with only 2 spots remaining you need to be quick. Hop on the website to see just how fantastic this place is. Fun activities, wonderful surroundings and beautiful food all add up to an experience to remember.

<http://www.body4u.com.au/pdf/bali.pdf>

**Classes and Passes**

Non members can participate in any of our classes at only \$15 a session for a casual visit or \$130 if you purchase a 10 pack .

All body4u classes are great fun, personalized and suitable for all levels of fitness.

We also have Boxercise on a Tuesday morning 2hr or 1 hr session. \$6 for members and \$8 for casuals.

You will find it hard to find prices like these for the quality of classes body4u offers.

<http://www.body4u.com.au/timetable.html>

Talk to us.....we would love to hear from you!!

If you have any feedback on the content of this newsletter, have something you would like to see included in a future issue or any questions or just have something cool to tell us – We would love to hear from you! Either send an email to [info@body4u.com.au](mailto:info@body4u.com.au) or give us a call on 07 3488 2455.