

March 2010

## Members Only Section

Well it's been a great start to the year and to make it even more exciting we would like to welcome our new fantastic Personal Trainers and Admin staff to our already vibrant team!

~Craig Thompson  
(Personal Trainer)  
~Carie Bolton  
(Group Instructor and qualified Personal Trainer)  
~Paula Hoffmann  
(Group Instructor and qualified Personal Trainer)

Kristy Brennan - Admin  
Craig Wilkinson – Admin

For more information about our team click on the following link:  
<http://www.body4u.com.au/team.html>

## Making Exercise Personal



## body4u Monthly Motivator

*"Doing the best at this moment puts you in the best place for the next moment"*

*Oprah Winfrey*

### Fit Tip

Here at body4u we are very lucky to have high quality, state of the art cardio machines. One of these machines is the Climber! Everyone's favourite!

Whether you're looking for a quick warm up before your pt session or a great high aerobic cardio session, the climber offers the most complete, versatile, total body work out! Studies show the Climber is the #1 cardio machine to burn the most amount of calories in the least amount of time! It combines both lower and upper body exercise into one natural, vertical climbing motion; it's like working out on two cardio machines at the same time and guess what? We now have two climbers available in the gym! Okay settle down don't get too excited! So this month's fit tip is to encourage you to have a go on the climber and see how long you can climb for on level 7, whether it would be for 1, 2 or 6 minutes. There will be a clip board next to both climbers so you can tally your performance and try to beat it by the end of the month, good luck and happy climbing!!

### Nutrition Tip

Eating a fresh, balanced diet is the cornerstone to great health!

It makes sense that if you feed your body clean wholesome food you'll feel better and improve your quality of life!! Yet the foods we eat and what our bodies require are different for everyone. Every single thing you consume has an effect on your body!! Some foods help nourish your body, whilst others can make you ill. We have had a few members ask us about food intolerances and the difference between each. So this month's nutrition tip is clearing up the difference between a few and their symptoms.

*Did you know studies show that around 80% of the world's population have an intolerance to a specific food type: the three most common are Gluten, Wheat and Dairy.*

**Gluten Intolerance** is also known as *coeliac disease*. It's an auto-immune disease, which means in English – the body's immune system attacks itself! When People with this terrible intolerance eat foods containing gluten, it damages the lining of the small intestine, which stops the body from absorbing nutrients. This can lead to diarrhea, weight loss and eventually malnutrition. Gluten is a protein found in many grains like, wheat, rye, oats and barley.

## Did you know?

1. body4u now has more than 20 Group Exercise classes per week. From 5.30am through to 8.00pm daily we have a mix of Spin, Fit Key, Bootcamps, Circuits, Pilates, Stretch and more. We'd love to see you there so if you haven't tried our classes, we're offering our newsletter subscribers an unlimited FREE WEEK to trial any or all of our Group Classes. Just call body4u reception on 3488 2455 to receive your FREE WEEK CLASS PASS.

You can visit our updated class timetable at <http://www.body4u.com.au/timetable.html>

2. We love and appreciate your client referrals to help us grow our business and we reward you with a thank you and a \$15 body4u gift voucher for every client you refer to body4u.

**Wheat intolerance**, when diagnosed, is often treated by eliminating wheat from the diet. This is very similar to gluten intolerance because wheat is made up of gluten. Common symptoms are bloating, headaches and loose stools and will often disappear immediately once wheat products are eliminated.

**Lactose Intolerance** is the inability to properly digest a sugar called *lactose*, found in dairy products such as milk, soft cheese and cream. Lactose Intolerance is a result of the body's inability to produce an enzyme called *Lactase* needed to digest the lactose. Symptoms are wind and bloating to name a few.

Everybody's sensitivity is different, so with the help of a dietician or a health professional, people usually learn how much they can tolerate before the body starts to react.

Visit [www.coeliac.org.au](http://www.coeliac.org.au) / [www.wheatfree.com.au](http://www.wheatfree.com.au) / [www.lactose.com.au](http://www.lactose.com.au) for information.

## Heart Healthy Recipe

While we are on the topic, here's a yummy easy recipe that doesn't contain gluten, wheat or lactose.



### Gluten Free Apple and Blueberry Muffins

Combine 1 ¾ cups of brown rice flour with ¼ cup ground almonds, 2 tsp gluten free baking powder, ¼ cup macadamia nut oil, ½ cup malt free soy milk. Add a cup of frozen blueberries and 1-2 grated apples. Spoon into muffin tins. Bake for 40 minutes at 180C. Makes 6 yummy muffins!

## Muscle of the Month

### Lower back Muscle

The lower back muscles are the spine's main defence against gravity. Strengthening the muscles that support the spine with exercises and stretches can prevent, reduce and even eliminate back pain. Lower back pain is very common in adults.

Strong abdominal muscles (especially the deep abs) are as crucial as strong back muscles for supporting the lower back and preventing lower back pain. Strong quadriceps (front of thigh muscles) are important to prevent back injuries when lifting. Proper lifting techniques involve using your legs and if your legs are weak, you may end up using your back. So here are some exercises to help strengthen and condition your core and back.



**The Bridge:** Strengthens several core muscle groups - buttocks, abs, back. Can also be performed with your feet on a fitball for more of a challenge.



**The Plank:** Strengthening exercise for back, abs and neck (also strengthens arms and legs).



**The Side Plank:** Strengthens the obliques (side abdominal muscles). Can also be performed on elbow and forearm for beginners.



**The Wall Squat:** Strengthening exercise for back, hips and quads. Keep your weight more on your heels. Knees and hips at 90° angles.

Also make sure you stretch after each workout - tight, shortened muscles can throw the spine out of alignment and cause lower back pain. Tight back muscles, tight buttock muscles and even tight hamstrings (back of thigh muscles) or quadriceps (front of thigh muscles), can affect the alignment of the spine. So make sure you give all of these muscles a good stretch after each workout.

## Member of the Month

The team at body4u are very excited to announce our first ever Member of the Month.....and it goes to.....**Rebecca Stratford!**

Rebecca has been a member of body4u since July 2006. Not only does she work hard, but she has kept her training consistent week in week out. Rebecca rarely misses a session, unless she is on one of her adventures overseas, Rebecca is our little quiet achiever losing 5.5 kilos in the last 8 Week Challenge!! She is now participating in classes as well as her PT sessions each week.

Congratulations Rebecca! Keep up the awesome work!!

## body4u 8 Week Challenge

The next 8 week challenge will begin 3rd of May of this year and we are looking forward to seeing the amazing results once again. Non-members are most welcome. [Click here](#) to see the fantastic results achieved in body4u's previous 8 week challenges.

<http://www.body4u.com.au/results.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. Otherwise, come in to reception and have a chat with a friendly member of the body4u team!



### **body4u** Personal Training Club

Raby Bay Harbour  
Level 1-152 Shore St.  
Cleveland Queensland  
Australia 4163  
Tel: 07 3488 2455  
Fax: 07 3488 2466  
[info@body4u.com.au](mailto:info@body4u.com.au)  
[www.body4u.com.au](http://www.body4u.com.au)