

July 2011

## Members Only Section

Once again we have so many clients involving themselves in a variety of sporting challenges and events.

Congratulations and good luck to all of those clients that are setting themselves goals and entering these events. Any event takes time and discipline and training, in many cases these people are also raising funds for various charities or causes.

Here's a list of only some of the events our clients and staff have recently completed or are in training for, it's an impressive list.

### Ironman Triathlon – Utah

Brett King

### Half Ironman – Cairns

John Cash

### Half Ironman – Hawaii

Ang and Darren

### Gold Coast Marathon

Richard Murphy, Ali King, Brett King, Tom Mursalo

### Gold Coast Half Marathon

### Gold Coast 5k and 10k

Jan Somers, Paula Hoffmann, Ian Leckenby

### Kokoda Challenge Gold Coast

Amanda Watson, Nigel Perry, Ben & Jo Cannon

### Ride to conquer cancer

Lyn Mursalo, Linda Stewart & Brian Robertson

Sorry if anyone has been omitted

## Making Exercise Personal



QUEENSLAND 2010  
FITNESS BUSINESS OF THE YEAR  
under 2000 members  
finalist



REGISTERED BUSINESS 2011



## body4u July monthly motivator

***“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”***

*World Health Organization, 1948*

**We are well into 2011, how time flies.**

It never stops amazing me at how wrapped up in our everyday lives we become. The stresses of work, not having enough time or money, even just becoming a bit negative and seeing the bad in things rather than the good. Then something happens that makes us realise there are so many more important things in our lives such as our families and our health.

So as you read this newsletter take a moment to reflect on the positive things in your life and how you can make someones day a bit happier, maybe it's as simple as a smile or a kind word. Thanking someone for their efforts is so easy but too often overlooked.

Have a great day and remember - take time to look around breathe and enjoy life.

### **Class Update**

We would like to farewell our lovely Angela our Pilates instructor of the past few years as she continues with her own studio. We thank her for being part of the body4u team.

Also a big welcome to Gina who will be taking over from Ang and we look forward to having her as part of our team. Gina has many years experience in both Pilates and Yoga. Stay tuned for a possible evening Yoga class coming soon!

Please remember to book through reception for all classes to help us assist all our clients. Also if unable to attend please let us know so we can place anyone who may be on the reserve list into that vacant spot.

Boxing Classes - Please remember that for health and safety reasons each client should have their own boxing gloves.

Visit our website [www.body4u.com.au](http://www.body4u.com.au) for our class timetable or contact us on 3488 2455 to make a booking.

## PERSONAL TRAINING

Please remember that as a personal training club we still maintain our policy that **Personal Training clients and their Trainers** have priority on equipment whilst in progress of a session. We appreciate your assistance. Keep in mind one day it may be your PT session

### July Members Special



Shop 2 381-387 Main St,  
Wellington Point

For the month of July Present your body4u membership card and buy one meal get one free!

Great fun dining experience, some healthy options too.

Conditions Apply

Ph: 3822 7688



## body4u Personal Training Club

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Level 1-152 Shore St.  
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## BCA and Metabolic Testing available at body4u

Body Composition Analysis measures the ratio of muscle, body fat, bone and other tissues that make up our body. Body Composition is designed to measure the various components and the changes to these over time.

Resting Metabolic Rate testing determines what range your metabolism is in. Your metabolic rate has an effect on your ability to lose weight and gain muscle.

Talk with your trainer or enquire at reception for more details if you are interested in finding out more about your body and its function and how this can assist your training.

## The body4u 8 Week Challenge

We are already receiving enquiries about when we will be holding the next body4u 8 week challenge. We are currently looking at October as a possible option. If you are interested please let our team know as this will assist us in working out the best dates.

## Exercise of the Month

### Step Ups

Step Ups work the muscles of the glutes, hamstrings and quads and you can make them more intense by raising your step height and holding weights. If you have knee problems you may want to chat to a trainer before doing this exercise.

**Do it Right:** Stand behind a step and hold weights if desired. Place the right foot on the step (Fig 1), transfer the weight to the heel and push into the heel to come onto the step (Fig 2). Continue driving upwards until you are upright on the step. Do not be afraid to place the opposite leg onto the step for stability at the top (Fig 4). Slowly step back down still using the right leg to control the movement. The upward phase should have you driving toward the ceiling not forward and over the knee (Fig 3). Repeat all reps on the right leg before switching to the left for about 1-3 sets of 10-20 reps according to your fitness level and goals.

Please feel free to chat with a trainer if you need further assistance.



Fig:1



Fig:2



Fig:3



Fig:4

