



August Newsletter

1-7th August

“HEALTHY BONES WEEK”

Healthy Bones week highlights the importance of calcium in the development and maintenance of healthy bones and prevention of osteoporosis.

How exercise benefits our bones:

- reduction of bone loss
- Conservation of remaining bone tissue.
- Reduced risk of bone fractures
- Reduced pain.
- Improved muscle strength
- Improved mobility and reaction time.

Best sources of calcium:

- Yoghurt
- Skim milk
- Spinach
- Cottage cheese
- Baked beans
- Oranges
- Almonds
- Black eye & Green peas.



Dairy Australia recommends 3 servings of dairy daily for good bone health.

One serve is equal to

- .1 cup (250ml) milk
- .1 tub (200g) yoghurt
- .40g (2 slices) cheese

Thankyou to all of those who attended our Open Day in July. We had a fun filled day and Margie the face painter did a great job on the children's faces, you can view the photos in the creche.

INTRO INTO PERSONAL TRAINING

\$99

Induction plus 3 personal training sessions

Please see reception if you are interested.

YOGA

We would like to bring yoga back to the timetable.

At this stage we are looking at

Saturday August 14th 2.30- 3.30

Please register your interest at reception.

Have you tried **Boxercise** yet?

Suitable for all fitness levels this boxing class is a fun and effective way to promote weight loss while adding muscle tone. If you want to mix up your fitness routine you will love boxercise.

Tuesdays 6pm

Saturdays 8.30am



SWEET POTATO & PUMPKIN SOUP WITH YOGHURT DRIZZLE

Ingredients

- 1 onion, sliced
- 1 clove garlic, crushed
- 1 teaspoon grated fresh ginger
- 1/4 cup water
- 250g sweet potato, peeled and chopped
- 250g pumpkin, peeled and chopped
- 1 Tablespoon finely chopped coriander.
- 2 low salt vegetable stock cubes, dissolved in
- 3 cups boiling water
- 2 cups Australian skim milk
- 250g reduced fat natural Australian yogurt

Method

1. Saute onion, garlic and ginger in a non-stick saucepan with water until tender. Add sweet potato, pumpkin and stock and simmer, uncovered for 15-20 minutes or until tender
2. Puree mixture until smooth and return to a saucepan. Stir in milk and reheat gently without boiling.
3. Combine yogurt and coriander. Ladle soup into serving bowls and top with a swirl of yogurt.

Join the Funlife Fitness City to Bay Fun Run team!

Sunday 19th September 2010

Free bus to the city for the race start

Free Funlife Fitness Centre team t-shirt

Free bus return from Glenelg

All you pay is the \$33 Registration Fee.

Walk or Run- 3, 6 or 12km.

If you are interested please see reception staff with the registration money no later than Friday August 6th.

For more information about the event you can go to www.city-bay.org.au

3 Ways to maintain a healthy weight

1 Increase activity levels.

The Australian Department of Health and Aging recommends a minimum of 30 minutes of moderately intensive exercise on most days.

2. Measure your waist

Weight carried around the abdomen has been associated with an increased risk of developing chronic conditions such as diabetes, heart disease and high blood pressure.

For men : 94cm or more = increased risk

102cm+ = greatly increased risk

For women: 80cm or more = increased risk

88cm+ = greatly increased risk.

3. Work out your BMI

Your BMI (body mass index) indicates how much body fat you are carrying.

Those within a healthy BMI range have a reduced risk of disease.

Our personal trainers can take your measurements and calculate your BMI for you and help to keep you on track.

Book with a Personal Trainer at reception

We offer members special privilege passes for people you genuinely care about.

Do you know someone who would benefit from a healthy lifestyle change? Some one who would like to try one of our group fitness classes or take a swim in our pool? We also reward you when a friend of yours joins!