

JULY 2017

MEMBER'S NEWSLETTER



WATCH THIS SPACE:

By following us on Facebook, you can be confident that you are up to date with all that's going on here at FOCUS!

MONTHLY MOTIVATION:

"The act of getting strong doesn't start in the gym. It starts in your head!"

TRAINING TIP OF THE MONTH:

"Oxygen is energy for your working muscles. Holding your breath during an exercise will only see you fatigue faster. Easy fix = breathe!!

10 WEEK CHALLENGE

UNDERWAY & GOING STRONG!

The FOCUS 10week challenge began on Monday 29th May with 18 participants deciding that now is their time to achieve their personal health & fitness goals.



Initially all participants completed a fitness assessment, they action-planned with their personal trainer & attended a nutritional consultation with The House of Nutrition.

Since then participants have been attending 2 x personal training sessions each week, with one of these sessions being a carefully selected 'physical challenge'. These weekly challenges, thanks to Tayla, have really seen everyone push themselves out of their comfort zone & it has been extremely motivating to watch everyone achieve more than they thought they were capable of.

And even though we are only half way through the 10week journey, the improvements seen to body composition, physical & mental strength, cardiovascular fitness & general self-confidence in all participants is amazing!



We can't wait to see what these participants are capable of & what they can achieve in the 10 weeks!! We'll be sure to keep you posted ...

13 scary reasons to STOP drinking diet drinks RIGHT NOW!!

Despite claims that consumption of sugar drinks may lead to an estimated 184,000 adult deaths each year, the soda industry is still a \$75 billion dollar market!!

Despite all we know about the negative health effects of sodas, half of the population drinks at least one soda every single day. Of course, many of us think we are getting off the hook by opting for a diet soda instead—after all, it's the sugar that's the problem isn't it?

Read the complete article to find out why diet sodas are not a healthy alternative:

<http://www.naturallivingideas.com/13-scary-reasons-to-stop-drinking-diet-soda-right-now/>

What can I drink instead?

If water isn't exciting enough for you, why not try replacing diet drinks with:

- Fruit or herb-infused water
- Kombucha or Kefir
- Coconut water
- Matcha green tea
- An apple cider vinegar based drink



1. Weight gain
2. Scary side effects of Aspartame
3. Cancer concerns
4. Brittle bones
5. BPA exposure
6. High blood pressure
7. Faster aging
8. Depression
9. Diabetes
10. Poor heart health
11. Declining kidney function
12. Tooth decay
13. Devoid of any nutrients

RECIPE OF THE MONTH!

Thanks to the dedicated & experienced staff at 'The House Of Nutrition' here's a great winter recipe that ticks all the boxes! Not only is this comfort food for the soul but it is a well-balanced meal with plenty of variety, taste & best of all no-fuss preparation!!

BAKED CHICKEN



INGREDIENTS

4 chicken breast fillets
500g cherry tomatoes
1 cup mixed olives of choice
small bunch of oregano
rind of 1 lemon
juice of 1 lemon
2 tbs olive oil

TIPS

This is the perfect but delish no-fuss, throw in the oven meal.

For a vegetarian option replace chicken with roughly chopped zucchini, eggplant, carrot, capsicum, brussels sprouts and green beans.

Optional extras: add some cubes of feta or a few chunks of ricotta half way through baking.

METHOD

Preheat oven to 200C. Place chicken in a large oven proof baking dish. Top with tomatoes, olives, oregano, lemon zest, lemon juice, oil and season with salt and pepper.

Cook for 18-20min or until golden brown and the chicken is cooked. Serve in the pan with juices.

Serves 4

Serve with a side salad with plenty of leafy greens or alternatively roast or steamed some vegetables.

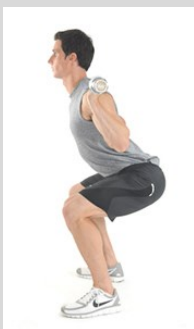
Spring veggies: asparagus, green beans, broccoli, cabbage, carrot, cauliflower, cucumber, peas, silverbeet, snow peas, spinach, sugar snap peas, tomato and zucchini.



to make an appointment
please contact us via

EXERCISE IN FOCUS: THE SQUAT

- Look forward, chin slightly raised
- Keep chest up with shoulders back
- Maintain neutral spine with a slight arch in the lower back
- Maintain a solid core
- Push gluts backwards as you lower
- Keep weight in the heels & push knees out, aligning with the middle toe
- Drive up through hips, weight in heels
- Inhale as you lower & exhale as you drive upward



TRX TRAINING @ FOCUS:

TRX Suspension Training is the original best-in-class workout that leverages gravity & your bodyweight to perform hundreds of exercises.

You're in control of how much you want to challenge yourself on each exercise—because you can simply adjust your body position to add or decrease resistance.

The benefits of TRX Suspension Training:

- Delivers a fast, effect total-body workout
- Helps build a rock-solid core
- Increases muscular endurance
- By using your own bodyweight it provides greater performance & functionality
- Is low-impact in nature
- Is suitable for all ages and abilities



Join us for a TRX Training class & experience a great way to train.

PT PROFILE with MICHELLE BENJAMIN

For some you may have noticed a new face around the gym, while for others it's a familiar face that you haven't see for a while!

For the past 3 years Michelle has been travelling around Australia with her family & is now back home excited to be joining the FOCUS team!



With 20yrs experience, she is the type of trainer that will challenge you, encourage you & genuinely wants to see you succeed.

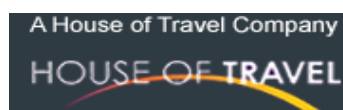
Michelle's approach as a Personal Trainer is:

- **Technique is Key:** I want clients to know "how" to perform every exercise correctly & more importantly "why". This will maximise the benefits of the workouts & reduce risk of injury.
- **Education is Essential:** I feel that clients are more likely to implement correct training practices if they understand the "why" principle behind it
- **Empower people to succeed:** I want clients to walk out feeling physically & mentally strong. I design all training sessions to be challenging yet achievable based on personal goals, fitness levels, age & self-confidence.

To book a PT session with Michelle contact reception.



YARRAWONGA
MULWALA
PHYSIOTHERAPY



Yarrowonga Mulwala Golf Club Resort
Gulai Road, Mulwala NSW 2647

Ph: (03) 5743 2800
Fax: (03) 5743 2877

Email: focuswellbeing@bigpond.com
Website: www.focusgymmulwala.com.au