

# Fit Beat

SUMMER NEWSLETTER 2016/2017

The staff at Sporties Health & Fitness would like to take this chance to wish you a very Merry Christmas & Happy New Year. We thank-you for your commitment over the last 12 months and looking forward to helping you reach your fitness goals in 2017.

#### Please be advised of our Christmas open hours:

|                         |                          |                   |
|-------------------------|--------------------------|-------------------|
| <b>Sunday 25th Dec</b>  | <b>Christmas Day</b>     | <b>CLOSED</b>     |
| <b>Monday 26th Dec</b>  | <b>Boxing Day</b>        | <b>8am – 12pm</b> |
| <b>Tuesday 27th Dec</b> | <b>Christmas Holiday</b> | <b>8am – 12pm</b> |
| <b>Sunday 1st Jan</b>   | <b>New Years Day</b>     | <b>8am – 12pm</b> |
| <b>Monday 2nd Jan</b>   | <b>New Years Holiday</b> | <b>8am – 12pm</b> |

No classes or crèche from Monday 25th December – Friday 6th January. Classes resume Monday 9th January.

2017 will bring continual upgrades to the gym/aerobic area with new equipment, classes and instructors.

We welcomed new staff members to the team in 2016 being Ash Good from Tocumwal, Steve Steward from Barooga and Kayla Eddy from Cobram. All very enthusiastic, happy and very keen to help our members and guests fulfil their goals in the coming years!

We hope you enjoy the holiday season and look forward to seeing you again in 2017.

Thanks,  
**Sporties Health & Fitness Team**

## DID YOU KNOW? MUSCLE burns more calories at rest than BODY FAT.

So it is important that you do strength training. If you feel you're not doing enough weights talk with your trainers to set up a weights program.

## HOW TO DO A PLANK: A Single Move for Stronger Abs

**Want a single exercise move that will give you rock hard abs? Build a hard core with this deceptively simple exercise.**

For a pretty basic isometric exercise, planks strengthen your entire body – they make your core pop, strengthen your lower back, and build your shoulders.

Better yet, you don't need any equipment, and you can amp up the intensity by widening your stance and bracing yourself with your hands instead of your forearms and elbows. See for yourself.

Get into push-up position on the floor.

Now bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet. Brace and hold the position and for as long as you can.



# Sporties Health & Fitness 2017 Coming Events

## Intensive Swimming Lessons

Commencing 2nd January 2017 running for 2 weeks.

All children from 4 years are welcome:

Program 1 Monday 2nd Jan to Friday 6th Jan 2017

Program 2 Monday 9th Jan to Friday 13th Jan 2017

Cost \$65 for one week or \$120 for two weeks.

Enquire now at reception.

## 6 Week Bootcamp

Commences February 2017.

## Lap It Up Club

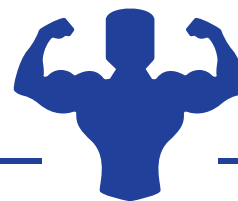
Is back and is a great way of keeping track of how many kilometres you are swimming in the pool. Sign up now at reception.

## New Classes

Will be added to the 2017 timetable, both early morning and night – keep watch!

## Inflatable Pool Monster

To be revealed in 2017



## WELL DONE ON YOUR COMMITMENT!

### SION VAENUKU .... 65 VISITS

LOTHAR KISCHKEL.....58 VISITS

KIM FITZPATRICK.....51 VISITS

JENNY DEMAIO .....49 VISITS

ROBERT VESCIO .....49 VISITS

SUSAN UKICH.....47 VISITS

SHANE GORMAN.....45 VISITS

VINCENZO MANTOVANI.....45 VISITS

MICK DUNN .....44 VISITS

HAYDN SMITH .....40 VISITS

# Getting to know Sharon Hatty

### Position Title

Fitness Trainer

### What is your life Moto

'It's all about balance'

### If you could have a PT session with anyone in the world who would you choose?

Brian Cox (English Astrophysist and rockstar)Such a talented young man – I just wonder if he does fitness too?

Melissa McCarthy (US actress)

I enjoy her acting but I worry about her health and I'd like to help her.

Paul Pogg(NT fireman and Elite powerlifter)

A mentor of mine and ex trainer. I'd like to give backs lots of running and swimming– Ha!

### What is it about your job you enjoy?

Inspiring and motivating everyone. I've worked with elites and I've worked with rehab – I love watching athletes grow, we are all athletes, just at different levels.



### What is something not many people would know about you:

I hold the record for power-wheel walk '180m' second to an American male '220m'

Female 1st and second overall.

Powerwheel is a wheel that you strap to your feet and walk on your hands superb ab workout.

### Some interesting things about Sharon:

I can hold a plank for 15minutes and 10 seconds. NT record

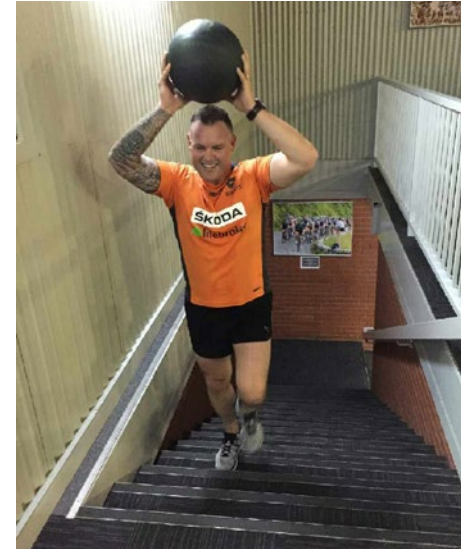




**THANK-YOU FOR  
A GREAT YEAR!**









Here's a great Summer recipe for you!  
**Grilled Fish with Chickpea Salad**



**Ingredients**

- 300g orange sweet potato, peeled, chopped into 2cm cubes
- 1/2 teaspoon ground cumin
- 1 garlic clove, crushed
- Olive oil cooking spray
- 250g cherry tomatoes
- 600g firm white fish fillets (such as snapper or Barramundi)
- 40g low-fat feta cheese, crumbled
- 1/2 cup canned chickpeas, drained, rinsed
- 100g baby spinach
- Yoghurt dressing
- 1/2 cup low-fat yoghurt
- 1/2 lemon, juiced
- 1 small garlic clove, crushed
- 2 tablespoons coriander leaves, finely chopped

**Method**

- 1) Preheat oven to 200°C. Combine sweet potato, cumin and garlic in a large roasting pan. Season with salt and pepper. Spray with oil. Toss to coat. Roast for 30 minutes. Add tomatoes. Roast for a further 15 to 20 minutes or until sweet potato is tender. Set aside.
- 2) Make yoghurt dressing: Combine yoghurt, 1 tablespoon lemon juice, garlic, coriander and salt and pepper in a bowl.
- 3) Preheat barbecue plate on high heat. Season fish with salt and pepper. Spray lightly with oil. Barbecue for 4 to 5 minutes each side or until just cooked through.
- 4) Crumble feta over warm vegetables. Add chickpeas and spinach. Toss to combine. Spoon salad onto plates. Top with fish. Serve with yoghurt dressing.

## 8 EATING HABITS FOR EXCELLENCE



**1.** Aim to eat every 3 to 4 hours



**2.** Eat within 1 hour of rising



**3.** Never eat within 3 hours of bedtime



**4.** Start the day with protein



**5.** Always eat within 45 minutes of finishing your workout



**6.** Never do your weight training on an empty stomach



**7.** Focus on your food



**8.** Eat protein first

Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.