

# fitness @ flagstaff

group personal training outdoors

S P R I N G 2 0 1 2

## Quotation Corner

To wait to treat one's health until after it is lost is like waiting until one's family is starving to begin to plant seeds in the garden.

~The Yellow Emperor's Classic of Internal Medicine~



## f@f City to Bay Campaign

The 2012 f@f City Bay Campaign started off well with 30 members signing up for the challenge.

We had some great conditions for the Sunday running sessions and the introduction of the Hallett Cove boardwalks was challenging, but scenic enough to be enjoyed by most...

Despite a hectic trip to the start line there were some great performances especially those conquering Anzac Highway for the first time and the old hands who achieved a PB's in the record crowds. Every entrant had his or her own story and can be proud of his or her achievement

Special thanks to Sue B and the drivers for saving the day!



## Secret Men's Business

November is the month to grow the mo and generate awareness for men's health. Of course the best thing we can do to promote good health is to improve our fitness.



To support this important cause all new male members in the lead up to November can have a **2-week free trial** and any existing members signing up for Movember will get **one week added to your renewal date**



**A great offer for  
new & existing  
members**

To find out more about Movember and Men's Mental and Prostate Health visit:

<http://au.movember.com/about>

# 10 reasons to run...

There was an article in a popular health and well-being journal promoting 10 reasons to run. There are so many great reasons to run and reading through the full article again has given me motivation to develop some new drills. However, to get to know my target market better I asked Michelle to put them in order as to what benefits are most important to her. Here's her list, how does it compare against your priorities?

1. You lift your mood
2. You improve your sleep and boost your energy levels
3. You live longer
4. You boost your immunity
5. You lose weight



6. You strengthen muscles
7. You strengthen your bones
8. You decrease your risk of cancer
9. You reduce your risk of blood pressure and heart disease
10. You reduce your risk of diabetes

## Member News

**Janelle and Scott** recently celebrated Janelle's special birthday trekking the Kakoda Trail.



While the heat and the blisters made things trying, Janelle said the experience was unforgettable.

f@f celebrates it's **4<sup>th</sup> birthday** in October with a family gorge walk, breakfast and awards ceremony.

**The f@f creche** is going well, with qualified carers and access to the Playgroup toy cupboard, it's proving popular with the 9.15 crowd

f@f have four teams registered for the **Trailblazer event**. Starting from Pinky Flat in the city on Sat 6<sup>th</sup> October, the teams will head to Athlestone, up to Mt Lofty Summit and around to Kuito forrest to complete the gruelling 100km course. Good luck to all!



## Boost your *brain-power* with exercise

Most people are surprised that your brain is pliable, and it can keep improving even in advanced years. Exercise is a powerful way to encourage your brain to work at optimum capacity by causing nerve cells to multiply, strengthening their interconnections and protecting them from damage. Animal tests have illustrated that during exercise their nerve cells release proteins known as neurotrophic factors. One in particular, called brain-derived neurotrophic factor (BDNF), triggers numerous other chemicals that promote neural health, and has a direct benefit on cognitive functions, including enhanced learning.

Further, exercise provides protective effects to your brain through nerve-protecting compounds, greater blood flow to your brain and improved development and survival of neurons.

**All I know is that f@f has won the FH Scouts quiz night 3 years in a row!**



**FITTER BODY,  
FITTER BRAIN**