

fitness @ flagstaff

group personal training outdoors

SPRING 2013 NEWSLETTER

f@f Awards



Following the annual bushwak, Ian was awarded the f@f perpetual cup from a strong field of nominees. Ian has resumed his regular 6am schedule after undergoing a knee reconstruction and rehabilitation program. His fitness hardly missed a beat and he recently set a new record for the f@f 400m with a 60sec hot lap!



On the same morning Darrell was awarded the 2013 City Bay award. Darrell competed in the sea to summit, the Barossa half marathon and the Adelaide half marathon and it paid off for the city bay. He topped off the season with a great run. Well done Darrell!

✕ Quotation Corner ✕

"The secret of getting ahead is getting started."

Mark Twain

fitness@flagstaff winter news

It was a busy autumn and winter season for many of the f@f crew. Three trailblazer teams began training for the 50 and 100km challenge. We had runners entered in both the Barossa and Adelaide half and full marathon, the McLaren Vale half marathon, the Sea to Summit, the Hills to Henley and Janelle capitalised on her marathon form and tackled the 56km Yurrebilla trail run (see photos overleaf)

We had over 30 runners in the City to Bay and despite the foreboding weather, the rain stopped as the bus pulled up at the start line and it was perfect running conditions for the trek up Anzac Hwy.



But it wasn't all hard work...we fielded 4 tables at the FH Scouts quiz night...taking out 2nd place honors; 60 members and families enjoyed the annual f@f bushwalk and breakfast and lots of you enjoyed having a go at cardio tennis...what a great winter!

Earlier in the year a group of committed enthusiasts traveled to Claudio Winery in the Riverland to test themselves on the TRUE GRIT military inspired course.

The 12km course included some hard yards up and down the vineyards, some spectacularly fun obstacles and culminated in a 500m mud run and slide head first into the Murray...

TRUE GRIT



There's talk of a camp-site for next year ... stay tuned



2013 Colour Run

This year was the inaugural **Colour Run**, a 5km course around the east parklands including through colour stations. It was a fun-run in every sense of the word..the pictures above show the Moore family whooping it up with the rest of the f@f crew!



SETTING GOALS

The five golden rules of setting goals

According to Mind Tools there are five golden rules to setting goals. There are:

1. Set goals that motivate you

If your goal is irrelevant to you in the bigger picture, then the chance that you will put the effort in to achieve it is minimal. Set goals that are high priorities in your life.

2. Set SMART Goals

You probably know this one already...but do you practice it?

- Specific
- Measurable
- Attainable
- Relevant
- Time Bound

3. Set goals in writing

The physical act of writing down a goal makes it tangible. And you have no excuse for forgetting it! Mind Tools recommend using positive

language - I **will** do something. And post your goals in visible places, your bathroom mirror, computer monitor, desk. as a constant reminder.

4. Make an Action Plan

This is the most often overlooked step in goal setting. By writing out the steps and crossing them off as you go you realise you are actually making progress towards your ultimate goal.

5. Stick with it

Keep track of your progress at regular intervals to review your goals and your action plan. Whilst your goals may remain fairly constant you may change your action plan quite significantly along the way.



NEWSFLASH: NOT ALL EXERCISE IS EQUAL

Professor Tim Olds presented his latest research at the Heart Foundation Conference in Adelaide earlier this year. Whilst any physical activity is good for cardio health, leisure time physical activity, and in particular when enjoyed in the **outdoors or with friends or a loved one, is almost twice as beneficial** as the equivalent physical activity in the workplace setting. Prof Olds believes that the additional benefits are related to stress and how being outdoors or in company of a friend, loved one or even a pet actively reduces stress and in turn promotes cardio health incremental to the physical activity.