

fitness @ flagstaff

group personal training outdoors

SUMMER 2015 NEWSLETTER

f@f Awards



The f@f Perpetual Cup was awarded in December to kick off the annual f@f Christmas party. Laura, Di, Ian, Steve and Janelle were all worthy contenders, but Leah went home with the trophy.

Leah is a long time member and has had a purple patch since returning from a trip around Australia. Leah is good value out at training, always puts in and her fitness test results have been impressive with a big improvement recorded in the beep test.

Congratulations Leah!

✧ Quotation Corner ✧

'When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life.'

John Lennon

fitness@flagstaff Christmas Party

Our annual Christmas party is a tradition that Michelle and I started when we moved into York Drive some 20 years ago. It has always been a celebration where our friends and families gather, mingle, catch up on the year past and make plans to for the summer stretching ahead.

And now after 6 years, the f@f Christmas Party is becoming quite a tradition in the same vein. I have come to realise that f@f is an important part of many of our lives, a regular routine shared by a diverse bunch of people in the local community. The Christmas party provides an opportunity to celebrate all the blood sweat and tears and to get to know your training partners and their families that support their commitment to their personal fitness.



f@f members and families at the f@f Christmas party



Congratulations Wise Family

Darryl and Kat Wise were one of the first members to join fitness@flagstaff when we opened for business in 2008. Their fitness journey has been inspiring with both achieving significant personal goals including the 50km Trailblazer, several half marathons and are regulars in the city to bay. Darryl also blitzed the Adelaide Marathon in 2014.

Marg caught the bug in 2011 and is a regular at the X-Training sessions. Now together they have now completed an impressive 2,000 sessions.





f@f Summer Update

The snapshots below are just a taste of what some of our members have been up to over summer

love of a lifetime

Traci and John have been together for 20 years, they share 4 boys together, they immigrated to Australia together in 2007 and they have carved out a life together in Flagstaff Hill.

After a couple of thwarted attempts over the years, they decided to get married and affirm the love and life they share.

The ceremony was hosted at home in hot conditions. All four boys were included, many family members travelled from the UK and lots of friends, including several from f@f, were on hand to celebrate with Traci and John.

Those of us that were there were inspired by their love that has endured and flourished over time.

fabulous at 50

Darren and Liz Thorne celebrated their 50th birthdays in January. There were lots of champagne flowing and lots of f@f members on hand to help celebrate the occasional.

flagstaff gift

The f@f team supported the Flagstaff Gift with 3 teams competing in the invitational relay. Competition for bragging rights is always strong, but this year there was some big money on the line for winners, being the 20th Anniversary of the event. The handicapping was spot on, teams were close going into the last change with the red team just getting to the finish line first.

valentine special

Darren and Liz got a small group of f@f friends together for Bernad Fanning's Valentines Day performance at the Bird in Hand winery.

Thanks

A massive thanks to members for supporting Nikki's Interplast fundraising efforts.

With a fantastic range of donations for the cake stall, f@f helped raise over \$500!

fringe frivolities

A group of f@f girls headed into the Royal Croquet Club to catch the raunchy fringe show "Briefs" and a few of the boys took in Linda's husbands Floyd tribute band at the HWY.

20 Exercise Benefits

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|--------------------------|---------------------------|
| 1. Reduces body fat | 11. Maintains mobility |
| 2. Increases lifespan | 12. Improves memory |
| 3. Oxygenates body | 13. Improves coordination |
| 4. Strengthens muscles | 14. Strengthens bones |
| 5. Manages chronic pain | 15. Improves complexion |
| 6. Wards off viruses | 16. Detoxifies body |
| 7. Reduces diabetes risk | 17. Decreases stress |
| 8. Strengthens heart | 18. Boosts immune system |
| 9. Clears arteries | 19. Lowers blood pressure |
| 10. Boosts mood | 20. Reduces cancer risk |



WHAT'S YOUR MOTIVATION?

The poster to the left lists just some of the benefits of regular exercise. While it's quite an impressive list, it isn't exhaustive. Exercise is linked to better concentration and education outcomes for youth and there is a growing body of evidence around exercise as a prevention and treatment for depression.

Some researchers have documented cases where addicts have substituted exercise as an alternative activity to substance abuse. They note that the endorphine release is likely the underlying cause of the addictive tendencies and make exercise an ideal intervention for some addicts.

As we head into a new year of fitness it's worthwhile thinking about your own personal motivation. I am sure there are as many reasons as there are variations in a cardio session!

Let me know your motivation when you have it figured out.