

fitness @ flagstaff

group personal training outdoors

AUTUMN 2009 NEWSLETTER



Perpetual Cup

Awards were presented at the recent Anzac Day social event to recognise members efforts and talents.

Francis was awarded the most improved, Paul was recognised for his hover, Ellie for the ball pass, Lynne took out the line jump and Kat the balance award.

Linda, Steve, Janelle, Darryl, Julie, Samantha and Peter M were all nominated for the fitness@flagstaff Perpetual Cup. Janelle was awarded the Cup in recognition of her positivism on the track and continued improvement.

✕ Quotation Corner ✕

"To put the world in order, we must first put the nation in order; to put the nation in order, we must first put the family in order; to put the family in order, we must first cultivate our personal lives."

Confucius

FITNESS@FLAGSTAFF MEMBER NEWS

I consider myself privileged to be able to go to work each day and be surrounded with such a great bunch of people. It is truly one of the unexpected highlights of my new profession.
Adrian



Well done to Di and Peter. They joined fitness@ flagstaff earlier this year as part of their preparations to tackle the Kokoda Trail. They left Australia shortly after Anzac

Day for Papua New Guinea and completed the trail in 8 days. Di said they were safe and sore...but the experience was awesome.!

Sam and Sarah recently took part in the Adelaide leg of the Mother's Day classic, a national event promoting physical activity and raising money and awareness for breast cancer. Sam and Sarah chose the 4.5km distance around Pinky Flat in the city.



No Pain, No Gain?

There was an interesting article published in the "Journal of Internal Medicine" (Feb 2009) about exercise and it's impact on overall health.



A group of 430 inactive women were randomly assigned to one of 4 groups. While the control group remained inactive, the other 3 groups were assigned to 50%, 100% and 150%, of the current public health physical activity recommendations (ie 15, 30 and 45 mins/day respectively). At the conclusion of the study the general health of the participants was measured using an internationally recognised health survey.

Each of the exercise groups had significantly improved **general health, vitality, mental health and social functioning**. The study also found a dose response mechanism - that is, more exercise resulted in greater gains, regardless of weight loss. The only "quality of life" measure not to improve was **bodily pain**. So next time you're feeling an exercise induced ache or pain, think of all the benefits!!!



Anzac Day Tennis Challenge

The weather couldn't dampen the spirits of those that attended the Anzac Day Tennis Challenge. Unfortunately it did put a stop to the tennis!

While quite a few members braved the conditions at their local Anzac Day Dawn Service, we

commemorated the spirit of the Anzacs with a combination of Turkish bread rolls and an Aussie barbeque.

The next social event will be in September with a bush walk through the Sturt George.

TEAM 50

Linda
Lee
Karen
Darryl
Michelle
Lynne
Nat
Ellie
Pauline
Kat
Janelle
Bob
Trish
Hayley W
Julie
Hayley R
Steve
Sam B
Graeme
Sarah
Darren
Kym
Di

Congratulations to all...but who will be the first to 100?



MOUNTAIN BIKING

Those of you who train with Julie regularly will know she is somewhat of an adventure enthusiast. If we needed any confirmation, the photo here shows her airborne over a steep jump during her recent downhill mountain bike event. The downhill demon finished on the podium...who said white women can't jump?

FLAGGI FOX

A wily fox has been spotted out at the oval several times now. The cheeky customer seems to enjoy moving around my cones!

WELCOME KRISTI

I would like to formally welcome Kristi Holt to the team. Kristi is a fully qualified personal trainer and has advanced qualifications in boxing and fit ball. Kristi has taken on Wednesday evening X-training



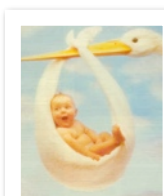
sessions (which has allowed me to continue umpiring). If you haven't met Kristi yet, I would encourage you to book in for a Wednesday session. ... from all reports her workouts are a hit. Look out for the Kristi crunch!

EGG & BACON

Saturday morning session times have changed to accommodate footy. To celebrate home games we kick off 30 mins early at 7.00am and finish up with an egg and bacon roll (my shout). Away games remain at 7.30am. To avoid any confusion I'll send a text message confirming the times each week to all members booked in for Saturdays. Thanks to Scott on the footy club BBQ.

SOMETHING IN THE AIR?

There must be something in the air... Linda, Kristi and Danielle J are all expecting. Congratulations



to you and your families.