

## WHAT'S ON AT WALL 2 WALL FITNESS

JANUARY 2009

HAPPY NEW YEAR!!!!

I hope you have all had a well deserved break, enjoyed time with family and friends and still managed to get some time to train!

Wow ! so 2010! Out with the old and in with the new; New Year, New You i say!!!

Hopefully you have all had a chance to check out our new website; i am just a little excited about it! We are still in the process of updating it here and there so some things may change but if you haven't had a look go to [www.wall2wallfitness.com.au](http://www.wall2wallfitness.com.au) and feel free to tell us what you think....

This month look out for..

- Our *new group sessions* starting next week. These are casual so come along, or tell someone you think would be interested. Please don't leave me there on my own!! Below is the timetable (this is slightly different to the one on the web – it will be on there next week)
- *New Year, New You Boot Camp!* Still a few places left; it is not too late to have your friends join...
- *Corporate Group Sessions* – Get a team together and have some fun. For a group of 8 or more sessions are great value and terrific lunchtime fitness.
- Yummy Recipes
- *New Older Adults and Mum's Training*- So if your mum or dad, friends or any new mothers wanting to start training, please send them my details or forward them this e-news

Enjoy Summer!!!!

### GROUP SESSION TIMETABLE – FROM JAN 18 2010

*The number of sessions will start low just until we get our feelers out there and see how many people would like to attend, but if there is a time you and perhaps some friends would like to train, just email me and i will what can be done...*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7.00-7.30AM		TUMMY TIGHTNER		BOXING SESSION	CIRCUIT TRAINING	
7.30- 8.00						
8.00-9.00						
8.30 – 9.00						
9.00-9.30						
9.30-10.00				FITBALL CLASS		RUNNING CLUB
10.00-10.30	BOXING SESSION					10.15AM FITBALL CLASS
10.30-11.00						
11.00-11.30						
5.30-6.00PM	TUMMY TIGHTNER		TUMMY TIGHTNER	TUMMY TIGHTNER		
6.00-6.30		BOXING SESSION	CIRCUIT TRAINING			
6.30-7.00				RUNNING CLUB		
7.00-7.30						

### INTRODUCING NEW OUTDOOR GROUP SESSIONS FOR 2010.....

From the week beginning January 11 2010, Wall 2 Wall Fitness will be running a number of group sessions outdoors. These are outlined below... We will also be running Mums Training and Older Adults sessions, contact us for more information.

#### Tummy Tightner

Our 30 minutes abs only classes are a great way to strengthen your core which will help you tone and improve your posture. This class is great for all fitness levels and will help you achieve that ideal stomach you have always wanted. Suited for beginners through to regular exercisers

#### Session Prices

Casual - \$15.00

8 sessions - \$100.00

16 sessions - \$195.00

24 sessions - \$270.00

50 sessions - \$500.00

#### Circuit Training

Circuit training is an efficient and challenging form of conditioning. It works well for developing strength, endurance, flexibility and coordination. Our circuit training classes are high intensity activities that give you a great cardio workout that includes strength work. Suited to beginners through to regular exercisers.

#### Boxing Circuit

A high energy, boxing class with punching & kicking combinations that offer a constant change and challenge broken up with body weight, resistance, and cardio training intervals. Suited to the beginner through to the regular exerciser.

#### Fitball Session

An all over muscle conditioning workout utilising the Fitball and focusing on the core. Suited for all fitness levels. *You will need to provide your own fitball for this class.*

#### Running Club

Want to run but just don't have the motivation to get out there on your own? Whether you are a beginner or a regular runner we will cater for all your needs. Sessions will include interval, fartlek, hill and speed training.

#### Session Prices

Casual - \$20.00

8 sessions - \$140.00

16 sessions - \$265.00

24 sessions - \$380.00

50 sessions - \$750.00

Sessions other than tummy tightener will run for approximately 45 minutes – to 1hr.

*If you buy a number of sessions, you can use these for any of the sessions outlined above. Sessions must be used within 6 months of purchasing.*



## COMMON MYTHS AROUND EXERCISE

Thought it was about time we look at some myths around exercise, and here is a couple I have found.

### Myth #1: "I need to sweat to see results"

Sweating isn't necessarily an indication of exertion. Instead, it's your body's way of regulating temperature. Things like genetics, weather and the body's natural detoxification process can all play a part in how much or how little you sweat. So although you can sweat throughout some types of exercises, you don't necessarily have to. Instead of measuring the effectiveness of your workout on how much you perspire, use other indicators, such as how high your heart rate is, or how challenging you find the workout. Try to push yourself a bit further every time for maximum results.

### Myth #2: "Only sit ups will tone my stomach"

Sit ups and crunches will strengthen and expand your ab muscles, but toning your stomach is really about losing the layer of fat that covers it. If a washboard stomach is what you are after, you will need to follow a sensible diet, and establish regular exercise routine that incorporates both aerobic and strength. Then do exercises that focus on your core. Things like the plank will make your waist line smaller and stronger.

### Myth #3: "Using weights in class will make me bulk up"

Many people associate weights with huge muscles and body building; but female bodies are just not made to look huge! Classes with weights, with lots of reps can assist you build lean muscle, leaving you with stronger bones, a firmer more toned, leaned body and better health.



## WALL 2 WALL FITNESS MONTHLY OFFER

### BRING A FRIEND FREE FOR 2 CLASSES

Try our Tummy Tightner, Circuit, Boxing or Fitball Classes.

Also introducing Mum's Training & Older Adults Training

*Quote this coupon to receive your discount*

*Visit the website for the most recent group session timetable*

**[www.wall2wallfitness.com.au](http://www.wall2wallfitness.com.au)**

## NEW YEAR **NEW YOU** BOOT CAMP

The 2010 Boot Camps are heating up!!!! We have begun our first week but it is not too late to join us.....

### Days still available....

Monday/Thursday 6pm – only a couple of spots available

Tues/Friday 9am – spots available

Mon/Thursday 6pm – only a couple of spots available

Tuesday/Friday 6am – **SOLD OUT!!!!**

**\$\$\$:** Join us for 6 weeks for \$199 and make up the rest at the end!!!

**SIGN UP... AND YOU WILL ALSO RECEIVE 2 FREE TRIAL  
SESSIONS TO OUR NEW GROUP SESSIONS**

**Venue:** Domain Oval (Edward Herring Oval), South Yarra

### What this includes:

- 2 sessions per week with a certified PT
- Challenging and varied sessions
- Personal Support
- Wall 2 Wall Fitness gift
- Guaranteed to get fit, feel great, meet new friends & enjoy yourself along the way.



**BOTH FEMALES & MALES ARE WELCOME TO ATTEND**

## COME JOIN US



## UPCOMING RUNNING EVENTS FOR YOU

Just another reminder of the up and coming events to enter! If anyone does, please let me know how you go! Would love to hear all about it!



Sunday 7<sup>th</sup> February  
Albert Park  
5/10km run/walk  
8.30am – 5k run/walk  
8.55am – 10k run/walk

## UPCOMING TRIATHLON EVENTS TO ENTER

Maybe just running isn't your thing...there are always triathlons, i have entered myself in for the Brooks series! Why not give it a go! All you need to know is how to swim, ride and run ☺



Sunday 7<sup>th</sup> March  
Peter Scullin Reserve, Mordialloc  
7am Starter – 100m/3km /500m,

7.40am Mini - 200m/8km/2km,  
8.15am Sprint - 400m/16km/4km



Sunday 17 January  
Sunday 21 February  
Sunday 14 March  
Distance: 200m/10k/2k



Sunday 31 January  
Sunday 14 February  
Sunday 21 March  
Distance: 150m/7k/1.5k



Sunday 31 January  
Sunday 14 February  
Sunday 21 March  
Distance: 150m/7k/1.5k

*All triathlon distances increase throughout the series*

## INTRODUCING SPECIALISED GROUP TRAINING..

### MUMS TRAINING

Mums Training sessions are designed to assist Mums to get fit and healthy and spend some time on you, something that you probably don't often have time for. Classes will be varied and fun to ensure we keep you motivated throughout the sessions with a variety of strength and resistance, cardio, boxing and core work. This will result in and helping you lose that 'baby fat' and ensure you have enough energy to care for the kids and complete the tasks you are having to maintain each day.

The bonus to these sessions are you can bring the bub or young children along with you while you workout, so no paying for childcare or bribing someone to babysit.

### SESSION TIMES:

Tuesday – 10.00am – 11.00am – Edward Herring Oval, Domain Rd, South Yarra

Thursday - 10.00am – 11.00am – Edward Herring Oval, Domain Rd, South Yarra

### OLDER ADULT GROUP TRAINING

Our Older Adult Sessions target 50 plus, female and male participants that are eager to increase their current activity levels and to be able to enjoy keeping fit and healthy.

Sessions are run for approximately 45- 60 minutes and are based around functional fitness components – muscular endurance, strength, power, balance, flexibility and range of motion.

Groups are also provided with exercise sheets that they can do at home in between sessions.

### SESSION TIMES:

Monday – 9.00am – 10.00am – Edward Herring Oval, Domain Rd, South Yarra

Wednesday - 9.00am – 10.00am – Edward Herring Oval, Domain Rd, South Yarra

## GET SMART

Before you begin, it's important to establish what you want to achieve this year. After all, it's hard to stay motivated if you're not 100% sure what you're working towards. Saying "i want to lose weight" is more a wish than a goal. Unless the goal is something specific you won't know where to start and that's where most people will get stuck and simply go around in circles.

Define your goal or goals by applying the SMART principles. Your goals should be.....

**SPECIFIC:** this means your goal is to the point, "I want to be thin" is not a specific goal, try, "I want to lose 10kg by my birthday in May instead.

**MEASURABLE:** You must have a way of monitoring your progress. A specific goal, "i want to fit into my size 12 jeans is easy to measure.

**ACHIEVABLE:** An achievable goal is one you know that you, not your best friend or your next door neighbour can personally achieve

**REALISTIC:** A realistic goal is one that's within your reach. While "i want to become a size 8 lingerie model" may not be realistic, "I want to be able to run 5km without stopping" certainly is

**TIME:** The amount of time you allow to reach you goals needs to be reasonable – not too short, not too long

## HAPPY BIRTHDAY

In October, we would like to say a big Happy Birthday to the following people, we hope you have had, or are about to have a magical day!!

12 January – Adrienne Knell



All listed as celebrating a birthday will receive 2 free group sessions as a small gift from us xo

## MOBILE TRAINING

- Too busy for boot camp?/Not enough time to get to the gym but still want personal health & fitness advice???

Wall 2 Wall Fitness has the solution for you....we provide the equipment, motivation and expertise, you just nominate the location – home, backyard or local park! You can train on your own, with a friend, or have the kids there while you train!

Areas that we service are – South Melbourne, Port Melbourne, Middle Park, Albert Park, St Kilda, Elwood, Brighton, South Yarra & Toorak.

Contact us at [info@wall2wallfitness.com.au](mailto:info@wall2wallfitness.com.au) or 0413 996 235 for more information.

## EXERCISE OF THE MONTH

**Supine Glute Bridge** – for lower back, bottom, hamstrings

1. Lie flat on your back with your spine in a neutral position.
2. Bend your knees and bring your heels in close to your bottom
3. Push up your hips, so they act as a midpoint for a straight line between your knees and shoulders.
4. Slowly lift and point your right foot in the air, keeping the knees level
5. Bring your right foot back to the floor and repeat with the left. Perform 8 – 12 repetitions on each side



## STRETCH OF THE MONTH

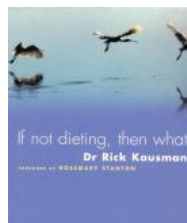
**Abdominal stretch & Lower back strengthener**

Lying on the front with the hands underneath the shoulders, the head and shoulders are gently pushed up with the arms. The pelvis is kept to the ground. The stretch is felt in the front of the stomach.



## BOOK OF THE MONTH

If Not Dieting, Then What?, is the winner of the Australian Food Writers Award for Best Nutrition Writing.



The book explores how to:

- enjoy food without feeling guilty
- increase your eating awareness
- improve how you feel about yourself
- fit some sort of activity into your day
- achieve and maintain a healthy, comfortable weight for you, without being deprived of food or quality of life.

For further information go to.... [www.ifnotdieting.com.au](http://www.ifnotdieting.com.au)

## RECIPE OF THE MONTH

*Something yummy on the side....*

### Quick Vegetable Couscous

#### Ingredients

- 1 stock cube
- 115g couscous
- 2 zucchini
- 2.5cm piece of fresh ginger
- 6 spring onions
- 2 red capsicums
- 350g firm tofu
- 2 garlic cloves

#### Method

1. Dissolve the stock cube in 350ml boiling water
2. Place the couscous in a medium sized bowl. Pour over the boiling stock and stir well. Leave until the couscous has absorbed all the liquid
3. Slice the zucchini into rounds. Peel and grate the fresh ginger; slice the spring onion; core; seed and slice the capsicums; cut the tofu into cubes; and peel and crush the garlic
4. Spray a wok with a little oil and place over a medium heat. Add the zucchini to the wok and stir-fry for 5 minutes.
5. Add the tofu and the rest of the vegetables to the wok. Stir-fry for a further 5 minutes
6. Remove the vegetables and tofu from the wok and stir gently into the couscous, take care not to break up the vegetables and serve immediately.

Variation: you can replace the tofu with cubes of chicken breast; flavour with ground cumin and coriander; and garnish with flaked almonds