



The Focal Point

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April 2010 Issue

April was an exciting month on a personal front. Both Jodie and I confirmed that we would be parents again but with an additional surprise—twins! When Jodie broke the news there was definitely a state of shock and it probably took us a week to fully comprehend it all but now it's full steam ahead. This is life, it throws us curve balls just when we think we've got everything under control... and our health is no different. That's why it's important to try different forms of exercise and methods of getting results because we really don't know what is around the corner. And seeking advice first is your best option, so don't be afraid to pick up the phone and ask questions.

May brings about our 8th birthday. The components of my business over the 8 years has varied but on reflection it has all been valuable as I aim to continue

to improve the business. I've listed some of the events/offers coming up for May in the What's Making News section below and will be sending out more information during the month.

Clients will also notice a change in some session during May. Boxing Circuits will move to a Saturday, Kilometre Club will move to a Thursday and a new Gymstick morning class introduced. The changes are to enable variety in training programs and to justify class numbers. As the year progresses we will continue to adjust the types of sessions offered with days and times remaining consistent.

Finally, congratulations to our Biggest Loser competition winner Matt Harper.

Dale Ringin



What's Making News?

May is our birthday month, 8 years old, so the "news" is all about what's happening with PFC. I've given an overview of the goings on for the month.

- Weekly competitions sent out via email. There will be a variety of prizes including free offers from Dietetic Design, Pace Physiotherapy, Fit Deck and Super Healthy. I'll also be throwing in some PFC vouchers and assorted gifts.
- Bring A Friend Week, Monday 10th to Saturday 15th. For every friend that is brought along to a session current clients will receive a voucher for a FREE session plus their friend gets to attend for free. Please contact Dale if you plan on bringing someone along.
- 30% off recommended retail price of all Under Armour compression garments.
- Gymsticks for the discounted price of \$100 (RRP \$135)
- USANA 4 week meal replacement program and products for \$350 (normally \$400)

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Stretching by Stuart Hinds



Heading into Winter it's important to remember that recovery is equally as important as the exercise we are doing. Stuart Hinds of Barwon Soft Tissue Therapies explains more.

Should I stretch? When is the best time to stretch before or after activity? Are among the most common questions I get asked as a therapist. I treat athletes from all levels of sport and activity, some have regular stretching program and others have no regular stretching program. How do they compare you ask, well in order to compare a range of factors need to be considered.

The type of activity/sport they participate in.

There are 2 points to be considered, firstly you need to make sure that you have sufficient flexibility for the activity you have chosen i.e. ballet dancers vs. hockey players, even middle distance runners require different flexibility compare to sprinters, as the middle distance runners to have a shorter stride than sprinters therefore a difference in the muscle's ability to lengthen is required.

The second most overlooked benefit from stretching is the maintaining of balance between major muscles groups. i.e. cycling tends to shorten the muscles in the front of the pelvis and lengthen the ones in the rear, therefore it is imperative to improve the flexibility of the muscles that are held in shorten positions in order to help establish balance through the pelvis. Imagine you develop a short tight hip flexor on one side; the potential effect is that it may drag one side of the pelvis down and forward, creating insufficiency in power/endurance through the pelvis, possibly leading to pain & dysfunction. Want to reduce visits to your therapists for treatment of pain & dysfunction this should be reason enough to stretch.

How often do you train/compete time

The amount of time you chose to train/compete are also important – if you just train to keep generally fit compared to training to compete then stretching programs should differ. Training once- twice a week without competition should require 2-3 stretching sessions compared with those that train/compete 4+ times a week a looking @ 4- 5 stretching sessions.

WHY?

Research tells us that static active stretching 4 times a week over 5 weeks increases the active/passive range of movement (Roberts,wilson1999), holding stretches for a length of 5-15 seconds, however holding for 15 seconds increases the active range more.

POINTS TO REMEMBER

- Holding stretch with a comfortable tension only, definitely no pain, if painful to stretch seek professional advice.**
- Stretching 3-4 times a week maintains existing range of movement.**
- Stretching 5+ times a week increase existing range of movement.**
- Be mindful if stretching an unstable or irritable joints.**
- Stretch opposing muscle groups.**
- Stretching routines can be tailored to suit your needs depending on your sport and commitment.**

May Birthday news continued

- Super Saturday, 30th May. The big finale to our birthday month is 3 hours of training. The session will include our regular Boxing Circuits session, a brand new Dance Circuits session and a brand new Gymstick Hybrid session. You will be able to participate in 1, 2 or all 3 sessions but places in each session will be limited and registration on the website will be required (even for existing clients).



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Streets Ahead Program

The Streets Ahead project is designed to bring communities together by promoting activity and connectedness amongst neighbourhoods. Organised by Margot Busch from the City of Greater Geelong, the program that Peak Fitness Challenge was engaged to operate ran over four Wednesday's at Aldershot Reserve in St Albans Park. Peter and Bryce ran a variety of activities suitable for children and adults alike with the emphasis on participation, team work and enjoyment. The sessions during the school holidays were operated at the earlier time of 3pm and were well supported by parents and kids.

Thanks to Margot for all of her work in organising and promoting the event to the families in the St Albans Park area and to Peter & Bryce for running the sessions.

Client Quotes

"I've tried gym memberships more times than I'd like to remember. I stuck at it for maybe 1 month every time, and always let it fall by the way side. With Peak Fitness, I genuinely look forward to each and every session and have stuck at it than any other fitness program before. The trainers make it fun whilst also pushing you to achieve your best. I highly recommend anyone to join... You'll soon wonder why you didn't join PFC sooner." - Erin Yates

"I have been boxing for nearly two years now and I love it. The benefits that you gain are not just physically but mentally as well. I had never boxed before and everyone made me feel very relaxed and welcome. The programs are designed to meet all fitness levels and the instructors are professional and encouraging. I would encourage anyone who is wanting to try something different, to give boxing a go." - Carla Scott

Staff Profile—Josh McNamara

What are your personal training qualifications? Cert 3 Gym Instructor, Cert 4 Personal Trainer, Level II First Aid

Why do you believe it is important for people to maintain their fitness?

I believe it is important for people to maintain their fitness so that they can enjoy everyday life without limitations, whether it be playing with the kids or filling in for a mate's basketball team.

What's the most beneficial exercise you prescribe for clients?

Boxing would be one of the most beneficial exercises that I prescribe to clients. When done properly, boxing can use over 70% of the muscles in your body. It is a great cardio work out and also a very good upper body strengthening exercise.

Why do you enjoy being a personal trainer and working for Peak Fitness Challenge?

I love being a Personal Trainer because I get to help my clients push themselves to achieve things that they never thought they could. I enjoy working with them to achieve their health and fitness goals. I like working for Peak Fitness Challenge because of the training community that they have built, where trainers and clients all support each other in reaching their goals.

What else can you tell us about yourself?

Like most of my clients, only a couple of years ago I too struggled with my fitness and could not even run around the block. I know how hard it can be to get your health and fitness on track but I now know the benefits of an active lifestyle and how important it is to have a good personal trainer to motivate and push you.





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May Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Saturday 1st, 8th, 15th, 22nd & 29th	Boxing for Fitness (changes to Boxing Circuits on 15th May)	7.30-8.15am, Mandama PS gym
Monday 3rd, 10th, 17th, 24th & 31st	Women's only Boxing for Fitness	6.30-7.15pm, Mandama PS
Monday 3rd, 10th, 17th, 24th & 31st	Leopold PS staff fitness	4.15-5.15pm, LINC
Monday 3rd, 10th & 17th	Pairs Power Work Out IV Boot Camp	6-7am, varied locations
Tuesday 4th, 11th, 18th, 25th	Circuit Training	6.15-7am, Oberon HS gym
Tuesday 4th, 11th, 18th, 25th	Boxing for Fitness	6.30-7.15pm, Wandana Heights
Tuesday 4th	Supermarket Tour with Anne Buso	7.45-8.45pm, register on the website, only 8 places
Wednesday 5th	Kilometre Club running group—last one on a Wednesday!	6.15-7am, Eastern Beach
Wednesday 5th, 12th & 19th	Pairs Power Work Out IV Boot Camp	6-7am, varied locations
Wednesday 5th	FREE Gymstick Muscle session	9.30-10.115am, The Shed @ 10, register on the website
Wednesday 5th & 12th	MacKillop Family Services fitness session	5.30-6.30pm
Wednesday 5th, 12th, 19th, 26th	Gymstick Muscle	6.45-7.30pm, Mandama PS gym
Wednesday 5th & 12th	Marshall Cricket Club Boxing for Fitness	6.30-7.30pm
Thursday 6th	Boxing Circuits—last one on a Thursday!	6.15-7am, Wandana Heights
Thursday 6th	8th Birthday of PFC	
Friday 7th, 14th & 21st	Pairs Power Work Out IV Boot Camp	6-7am, varied locations
Sunday 9th	Mothers Day Classic	www.mothersdayclassic.org.au
Monday 10th—Saturday 15th	Bring a Friend Week	Bring along a friend to any of our classes and earn a free session voucher
Wednesday 12th, 19th & 26th	9.30am Gymstick Muscle trial program	9.30-10.115am, The Shed @ 10, Grayling Street Belmont. 6 week program.
Saturday 30th	Super Saturday	3 hours of training, 3 different types of training, Mandama PS gym 7.30am onwards