



The Focal Point

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August 2009 Issue

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Spring is here (even though is still a winter issue) and at PFC we're going to "spring" into more fitness options for our personal training clients. We have planned new boot camp programs in October (with Pairs Power Work Out III starting 31st August) for both am and pm time slots. Our women's only boxing for fitness on Monday night will continue (so ladies be quick to reserve your spot for the next 6 week program). There will be another 9.30am boot camp, lunchtime programs trialed in the city and potentially a gymstick based program. Plenty of options to come to get all of our clients reaching their fitness goals. And for all new clients that are interested in 1 on 1 training we offer a FREE 30 minute session followed by a health consult.

For all of this exercise we need something to aim for so I personally (and hoping some of you out there) will be doing the 21km

distance of the Melbourne Marathon (there are also shorter distances). We also have the Anaconda Adventure Race in December and on the distant horizon is Relay for Life 2010 in March. Along the way we'll have fun runs and other "in house" events to get out and challenge ourselves at.

Well done to North Shore PS (my very first teaching job in Geelong) on the first rate re-opening of the school they had in August. It was great to see so many past and current faces that were proud of the new look facilities.

Finally, thank-you to all those people that read our emails and newsletter and still get something out of it. I'm glad we can provide something useful for you and look forward to being to give more to those on our distribution lists.

Dale Ringin



What's Making News?

I recently read in the newspaper about a code for fast food for children. Australia's fast food industry has agreed to a voluntary code to govern the way it markets products to children. **Hooray and about time!** Seven companies (McDonalds, KFC, Pizza hut, Oporto, Chicken Treat, Red Rooster & Hungry Jacks) have signed up for the code the will set new nutrition standards for foods featured in television advertisements and other marketing efforts that are aimed at kids under the age of 14.

The initiative will also dictate how fast food companies can interact with schools and requires greater nutritional information for parents. There will also be an independent third party to act as a monitor and make sure these companies are complying.

The code itself has come into place as of 1st August. Other leading food companies, such as Coca-Cola and Nestle, have pledged not to advertise to children 12 and under unless they are promoting healthy dietary choices.



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School & Local Government Programs



There are still two dates available for our “Say Goodbye to Winter Sale”- **Friday 11th September and Thursday 17th September. However, they must be a PFC Fit ‘n’ Fun booking only.** FitDeck Junior cards for those schools that grab the opportunity.

On 30th September we will be involved with the Wyndham City Council’s holiday program at both Manorvale and Bellbridge primary school sites. I’d like to thank Jo Nadj for taking the time to sit and talk with myself and Rob, it gave us a great insight into the needs of her program. We also have a first time booking with Marlborough PS on 15th October which will be both a PFC Fit ‘n’ Fun and PFC Contest.

Cressy PS (and their cluster of schools) has booked for Tuesday October 6. For the past 2 years we’ve gone to Carlisle River PS with principal Jeff Douma promoting the On Campus Program to other small schools within the area. A change of venue and some new events this year will certainly make for an exciting day for the 100 students attending.

Planning on booking a challenge for Term 4? Now is the time to get on the website and submit an online quote, dates are already starting to be booked up.

Warm Ups

They tell us that the weather is getting warmer and you can start to feel it but a good warm up (despite the weather conditions) is crucial. Why? Let’s take a look at some reasons:

1. You need to prepare your body for what it is about to do.
2. Doing an appropriate warm up for the activity you are about to undertake reduces the risk of injury.
3. You need to prepare your mind, so a warm up that is perhaps game related or involves some coordination engages you for the following activity.
4. If it is cold, a warm up can help with blood flow to the extremities.

So what type of movements can you do for a warm up? Here are some examples:

Arm swings- side to side, forward and backward rotations, above the head rotations.

Leg swings- leaning on a partner or a wall, swing the legs forward and back (like a kicking motion). You can also swing the legs across the body.

Trunk rotations- twisting the arms and upper body from side to side and making sure the feet rotate with the movement. Alternatively, reach down towards your toes slowly before standing up and trying to place your hands on the wall (or imaginary wall) behind you– do at least 3 in a row on each side of the body.

Body weight exercises- squats, lunges, push ups, dips and the list goes on but if it’s related to the exercise you are doing then body weight works.

Running drills- high knees, butt flicks, bounding (with arms moving opposite to legs), 5 strides forward with 2 steps backwards, side stepping.

Games- knee taps (this gets the heart rate up and uses reaction skills). With a partner, attempt to tap each others knees with your fingers. First to 10 wins and then start again after a 10 second break.



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Client Profile— Kristy Nwankwo

Name: Kristy Nwankwo **Age:** 29 **Occupation:** Customer Relationship Officer

Programs you've participated in: Boxing for Fitness & Circuit training

Date joined: About a year and a half ago, roughly!

What were your reasons for joining with PFC?

To maintain my weight loss and to stay fit.

What benefits have you experienced to date?

I have maintained a 15kg weight loss for over 3 years, and kept fit and healthy.

What's the best part of participating in the sessions?

The best part about participating in the training sessions is the people you meet and the enjoyment you get from such invigorating training. I absolutely love my boxing and feel so good after I have been.

What has been your experience of PFC Personal Training?

The Personal Trainers are very professional & supportive. They are always mindful of any injury complaints and will implement change to your training to accommodate this.

Any tips for other participants?

Give it a go! It's a excellent way to stay fit, have fun, and meet some great people.



Raise The Bar Training Camp photos

Top left: Jason puts part of the group through their paces with medicine balls. Centre top: Jimmy gives Brian plenty of resistance with the gymstick. Top right: good old push ups, Marine style! Bottom left: the group make their way down the gym in pairs. Bottom right: The girls do chest presses with their partner giving resistance.





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September Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Tuesday 1st, 8th & 15th	Netball AASC	Ceres PS, 3.30-4.30pm
Tuesday 1st, 8th, 15th, 22nd & 29th	Boxing for Fitness program 4	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Wednesday 2nd, 9th, 16th & 23rd	Pairs Power Work Out III training camp	3 times a week, 4 week program, 6.15-7am, various locations. \$340 per pair
Thursday 3rd & 10th	Boxing for Fitness program 3	\$55 upfront payment. 6 week program. Wandana Heights Hall, Wandana Drive, 6.15-7.00am
Thursday 3rd, 10th & 17th	Athletics & Tabloids AASC	Ceres PS, 3.30-4.30pm
Friday 4th, 11th, 18th & 25th	Pairs Power Work Out III training camp	3 times a week, 4 week program, 6.15-7am, various locations. \$340 per pair
Monday 7th, 14th & 21st	Pairs Power Work Out III training camp	3 times a week, 4 week program, 6.15-7am, various locations. \$340 per pair
Monday 7th & 14th	Norlane West PS boys fitness program	8 week program, 2.30-3.15pm, focus on fitness including Boxing for Fitness
Monday 7th & 14th	Leopold PS Teacher Exercise Network	8 week program, upfront payment \$125, LINC front room, 4-4.45pm
Monday 7th	Women's only Boxing for Fitness	\$55 upfront payment. 6 week program. Mandama PS gym, Grovedale, 6.30-7.15pm
Tuesday 15th & Wednesday 16th	Kennington PS	PFC Fit 'n' Fun, PFC Contest & PFC Grand Championship
Wednesday 16th	Victorian Fitness Academy Industry night	7-8.30pm, VFA, Yarra Street, Geelong
Friday 18th	<i>End Term 3</i>	
Saturday 19th	PFC Staff professional development session	Group management techniques
Monday 21st & 28th	Women's only Boxing for Fitness	New program, reserve your spot now!
Thursday 24th	Morning Boxing for Fitness	New program, reserve your spot now!
Wednesday 30th	Wyndham City Council holiday program	Bellbridge & Manorvale primary school sites

"I loved using the gymsticks and I'm thinking of getting one" - Paula Jo Mitchell

"Recording results at sessions was good as I had a specific number to aim for and beat" - Melissa Walsh