



The Focal Point

www.peakfitness.net.au

February 2009 Issue

Inside The Focal Point

Welcome
Pg.1

The Athlete's Foot
PFC update
Pg. 1

Challenge Yourself
'09 Training Camp
photos Pg. 2

What type of
exercise is right for
you? Pg. 2 & 3

Client Profile:
Country 2 Coast
Windows Pg. 3

March Calendar
pg. 4

Firstly, a hats off to the fire fighters, volunteers and Australians in general that have pulled together in the wake of the Victorian bush fires. My condolences goes out to those who have lost family and friend. I also hope the schools communities that were involved in PFC events in 2008 (and effected by the fires) will be able to bounce back strongly and I look forward to possibly being able help them out with our On Campus Program.

Excitement is building about our first entry into the Geelong Relay for Life event on Saturday 14th and Sunday 15th March. We've got 15 team members made up of staff, clients and friends. As a team we need to raise \$2250 (\$150 per team member), which in these economic times is difficult. However, cancer touches all of our lives somewhere along the line. For me, my mother has beaten cancer so I'm aiming to honour her

fight. As a team, we'd appreciate any form of donation by Friday 6th March. You can donate to the Peak Fitness Challenge team by clicking on the donation link located on our News & Events page (at www.peakfitness.net.au).

Our On Campus Programs have been re-named in 2009. There are more details on the website about program differences but we now have PFC Fit 'n' Fun, PFC Contest, PFC Grand Championship and PFC Tri Work Out.

Finally, I'd like to congratulate Annette, Ben & Michaela (5km) and Claire & Kristie (10km) for completing the Barwon Banks fun run courses. All five have been training three times a week as part of our Run for Your Life training camp. Keep up the work guys!

Dale Ringin



News: The Premiers Active Go For Your Life) is on from 8th March to 19th April. Schools can go to www.goforyourlife.vic.gov.au and click on the link to register. 30 days of activity for the whole family is the aim with prizes on offer and a chance to win \$3000 of sporting gear. **Why not run a PFC On Campus session for parents, students & staff to kick start your challenge!**

On Campus Program: To coincide with the re-naming of our On Campus Programs we are offering schools between 10% and 30% discount (depending on the type of program booked) for programs booked for Term 1 only. This includes our brand new secondary schools program, PFC Tri Work Out. The aim of the PFC Tri Work Out is to have students participate in three different types of circuits, each with a different focus and equipment, made up of 5 stations.



February 2009 Issue



Challenge Yourself '09 Training Camp photos



Top left: Richie puts the ladies through the "hover"

Top right: Weaving around the poles while the ladies use the gymstick in the background



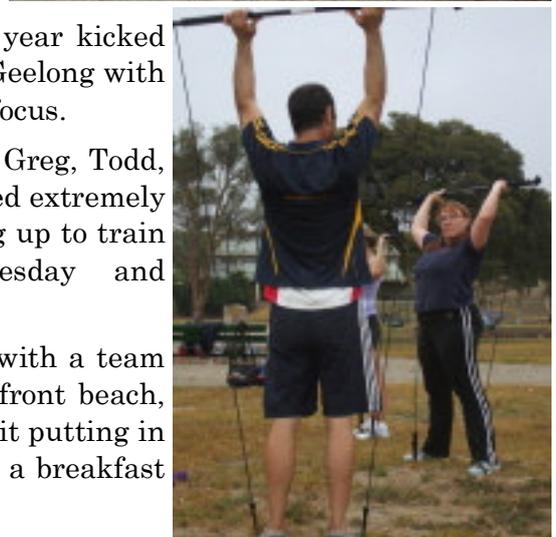
Centre left: bag carry along the track at Barwon Valley

Centre right: the fellas skipping at a frenetic pace



Bottom left: bag carry up the hill

Bottom right: Richie leads gymstick exercises with the ladies



Our first training camp of the year kicked off at various locations around Geelong with each session having a different focus.

Kerryn, Bisi, Annette, Santina, Greg, Todd, Grant, Craig & Jimmy all worked extremely hard for the 12 sessions, getting up to train at 6.15am Monday, Wednesday and Fridays.

The training camp culminated with a team challenge session at Torquay's front beach, with all that were able to make it putting in to help each other and enjoying a breakfast together at a local café.

What type of exercise is right for you?

How do you choose the right type of exercise for yourself? There are a number of factors to consider to start with.

1 How much time can you commit to exercise during the week?

This must be a realistic commitment. It's great to put down how many hours a week you'd *like* to train (e.g. 3 x 1 hour sessions a week) but when starting out on an exercise program or finding a training regime right for you then time is imperative. A great way to get more training in is to do more 30 minute sessions at a higher intensity rather than 1 hour sessions.



February 2009 Issue



2. What time of day can you exercise? Are you a morning person or evening trainer? Are you willing to give up some of your weekend or lunch break at work?

Know yourself, your routine and other commitments. Either sacrifice getting up early so you can enjoy an evening during daylight savings or go straight from work to your training so that you get more time (and possibly sleep) for you in the morning. Or take the first part of a Saturday morning to kick start your weekend and release the stresses of the week.

3. How much can you afford to spend on exercising per week? Does it fit with your budget or will you have to sacrifice something else to pay for your choice of exercise?

In these current economic times having a budget is important but your exercise levels do not need to suffer. You may be able afford 1 session a week with trainer/in a group whilst also going for a run by yourself (and costing you nothing). You may choose to join a gym that has pool facility or other benefits that enable you to get more “bang for your buck” exercise wise. It pays here to do some research and find out what is out there for certain price levels (and match it to your budget).

4. What sort of exercise suits you the best? Indoor or outdoor? Cardio or strength? Classes/groups or 1 on 1? High or low impact?

Your goals should heavily guide you here. Being able to do 50 push ups without stopping may be very difficult to achieve just by doing a Yoga class weekly. Make your goals specific so you can match them to a type of training or exercise environment. It's also important to again know yourself. What environment best suits you to get best results or maybe it's a totally new challenge you are looking for to get out of your comfort zone.

There are some variables that come in to play but in the end it's about you so don't be frightened to seek advice from others about what they got out of a certain type of exercise and then devise a plan.

Client Profile: Country to Coast Windows

Clinton and Steve own Country to Coast Windows. The business has been operating for two years for commercial and industrial clients. Country to Coast Windows provides glass services for and relating to shop front glass fittings, alucobond cladding, bi fold doors, commercial architectural windows, glass cut to size, balustrade and stacker doors. Contact them at c2cwindows@bigpond.com

Both Steve and Clinton work long hours as business owners getting up early to start work but have dedicated time twice a week to help improve their fitness and well being.

Steve already keeps active by Jet Skiing at least twice a week but has always been active playing sport and going to the gym. Clinton goes to football training twice a week and is outdoors regularly taking his dogs for a run. The guys have a common goal of being able to run 5 kilometers and have been gradually building upon their cardio-respiratory fitness (along with other fitness components) over the first 11 sessions to reach this goal. The guys are now not far away from reaching their initial fitness goal, running 4 kilometers in their last session.

Steve (left) and Clinton (right) at Eastern Beach after a session.





February 2009 Issue



March Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Monday 2nd & 9th (session still on Labour Day)	Run for Your Life Training Camp	3 sessions a week for 4 weeks,, varied locations, upfront payment or \$20 for casual sessions , 6.15-7am. Free Athlete's Foot gifts
Monday 2nd, 16th, 23rd & 30th	Leopold PS Teacher Exercise Network	Staff & friends from Leopold PS & surrounding schools. 4-4.45pm. Upfront payment.
Tuesday 3rd & 10th	Boxing for Fitness program 1	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Wednesday 4th & 11th	Run for Your Life Training Camp	3 sessions a week for 4 weeks, varied locations, upfront payment or \$20 for casual sessions , 6.15-7am. Free Athlete's Foot gifts
Wednesday 4th, 11th & 18th	Modewarre Junior Football & Netball Club sessions	Junior football and netballers fitness program, 5-6.30pm, Mt Moriac Reserve
Thursday 5th & 12th	Boxing for Fitness program 1	\$10 per session, Cameron Park, High Street, Belmont, 6.15-7am
Friday 6th & 13th	Run for Your Life Training Camp	3 sessions a week for 4 weeks, varied locations, upfront payment or \$20 for casual sessions , 6.15-7am. Free Athlete's Foot gifts
Friday 6th	St John's (Footscray) PS	PFC Fit 'n' Fun On Campus Program re-scheduled session
Sunday 8th	Bellarine 4 Bridges Fun Run	Entries on the day from 8am. Barwon River Melways Ref. Map 451 A2
Saturday 14th & Sunday 15th	Geelong Relay for Life– 15 team members	Deakin University, 12pm-12pm, funds raised for Cancer Council, Donations needed.
Tuesday 24th & 31st	Boxing for Fitness program 2	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm New program focus
Thursday 26th	Boxing for Fitness program 2	\$10 per session, Cameron Park, High Street, Belmont, 6.15-7am New program focus
Friday 27th	Sunshine Christian School	PFC Fit 'n' Fun On Campus Program
Sunday 29th	Sri Chinmoy Races– Barwon River Run	18km, 12km & 6km runs. 8am on the day entries. \$28 with post race breakfast. www.srichinmoyraces.org/au

Keep an eye on our News & Events page for regular updates about PFC - www.peakfitness.net.au