



The Focal Point

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I recently heard a great comment about hang onto a weight. It doesn't matter how heavy that weight is but how long you hold it for. That is, the longer you hold it, the heavier it will become. This is also applicable to reaching your fitness goals. Autumn is here and for some of you the NY resolution may have already slipped away. BUT the best part is you still have the rest of the year to get started, however, the longer you wait the heavier that "weight" will get! And with winter only around the corner, Autumn is an extremely important time to prepare the body for all the nasties that go with winter.

Our inaugural Biggest Loser competition kicks off in March and finishes in April. This is a great way for anyone that has a weight loss goal to get motivated and focus on your goal weight. There is no obligation to train with me as the competition is all free, it's just

about trying to gather some momentum and reach that end point. And if you lose the greatest percentage then there is of course a prize at the end!

For most small businesses word of mouth is the life blood of new business and me that is no different. However, I strongly believe in looking after those who look after you so my new referral program has started as of February. Letters with a choice of rewards for current clients that have referred business will be coming out soon.

Finally I'd like to say well done the boot campers that completed the Challenge Yourself IV program and congratulations to the people that have signed up to the Body Blast boot camp for March.

Dale Ringin



What's Making News?

Low-carb beer not a healthy alternative, says Doc

Low-carb beer has been described as an "insidious health risk" by addiction expert Dr Peter Miller. Dr Miller says, "the message should be made explicit—low-carb beers are not a healthy choice". Dr Miller goes on to say that although the beers have a lower carbohydrate level they deliver almost the same energy load (kilojoules) to the body as a full strength beer. Low-carb beers have about 130 kilojoules per 100ml while full strength beer can have between 150 and 170 kilojoules per 100ml. Beers with lower or mid-strength alcohol content have about 100 to 120 kilojoules per 100ml. Dr Miller raised his concerns about the ill-founded perception that low-carb beers are a healthier option in a letter (written with colleagues) in the Medical Journal of Australia.

From where I sit, it's great to see that these sort of concerns are being raised and put forward. I see and know of so many people that will exercise only to follow it up with a night on the low-carb beers thinking that not only that they are choosing a healthier option but also just wiping away all of the hard work they've done in the session to burn calories!



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Inaugural Awards Night



Saturday February 13th was a great night for all that attended. The purpose of the awards night was to reward those that had attended classes regularly in 2009, for the group fitness clients to get together in a social setting and for the 2010 boot campers to finish off their 4 weeks of hard work together.



Mission was accomplished on all fronts! The door prize of a group jump start pack was won by Dean Hackwill and the raffle (to get a 30 minute training session either with or the training of Josh, Shane and myself) winners were Julie Squire, Sue Lamb and Nathan Wilson (who kindly handed his ticket to Sue and Jodie!). The date and time of the “train the trainer” session is yet to be confirmed but I’m sure the girls will put us through our paces!

For the record, Boot Camper of the Year went to Claire Thomson with Jim Kefalas 2nd and Andrea Illif 3rd. Boxing for Fitness client of the Year went to Jason Howell with Claire Thomson (good night out for Claire!) 2nd and Carla Scott 3rd.

Next year we’ll also have two more categories, Group Fitness Trainer of the Year and Champion of the Year (the person that refers the most amount of business to PFC).

Top left—Jodie & Sue



Top right—Claire receiving her medallion

Bottom left—trainers Josh, Dale & Shane

Bottom right—boot campers Jim, Matt & Greg



Handy Tips When Selecting Food Products

Consider what your health goals are. Ask yourself:

Are you aiming to lose weight?

Are you keen to eat a healthy well-balanced diet?

Do you have particular medical issues – high blood pressure, elevated cholesterol. Is dietary fibre important?

How strict is your food budget? (many “healthy” processed foods are quite expensive).

Your health needs should influence what particular products you select. If you are keen to lose body weight, total kilojoules/calories need to be considered.

Think of how often you have the food – is it an every-day food or sometimes food? Make sure you compare apples with apples – i.e.: check the serving sizes to see that they are similar.



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Compare the products serving size with your ACTUAL serving size (e.g.: it may suggest 30g cereal, but you have 50g)

Don't overlook the plain looking product with no "health claims" – the cheaper brands are often just as healthy as the big name products.

Be wary of the term "reduced" – this simply means that the company has reduced the amount of a particular nutrient, compared to the original product. It still may be a less than ideal choice.

General healthy food selection tips:

Select products with a nutritious ingredient list (healthy ingredients at the top of the list)

Aim for low fat products

Choose foods low in saturated fat & high in dietary fibre

Select foods lower in salt

Consider products that have a higher total carbohydrate:sugar ratio

Anne Buso, APD

Kensington Hill Medical Centre

52 501208

Mob 0407877548

Client Profile– Lorraine Crawford

Name: Lorraine Crawford **Age:** 57 **Occupation:** Primary Teacher

PFC programs you've participated in: Just the weekly after school sessions at Leopold PS

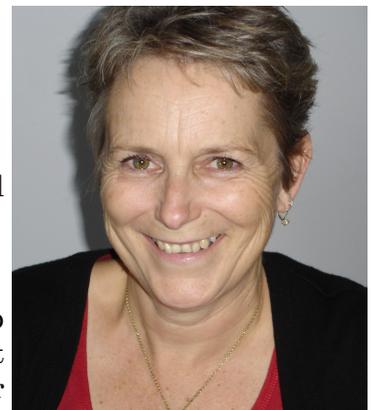
Date or month you joined PFC programs: Mid 2006

What were your reasons for joining with PFC? The school group needed extra numbers and the other participants said it was great fun. It was also an easy option for me to get fit- it was at school and straight after work. I don't always like to go out again once I'm home. I'm a great one for excuses!

What benefits have you experienced to date? I'm a lot fitter and I actually like doing exercise now. I am also finding it a great way to unwind and clear the head after a day at work. I walk 5kms at least 3-4 times a week, try to go bike riding each fortnight for 20kms and currently do street orienteering on Thursday nights. All this exercise was unheard of before. My whole mindset has changed.

What's the best part of participating in the sessions? It's great fun, very social, non threatening but challenging at the same time. Even though we are in a group class I feel as if I'm getting individual attention while being pushed to improve myself.

Any tips for other participants? Give it a go. You'll surprise yourself at what you CAN do. Set small realistic goals and work up from there.





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March Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Monday 1st, 8th, 15th & 22nd	Body Blast Boot Camp	6-7am, Wandana Heights
Monday 1st, 8th, 15th, 22nd & 29th	Women's only Boxing for Fitness	6.30-7.15pm, Mandama PS
Monday 1st	Biggest Loser competition starts	See website for details
Monday 1st, 15th & 22nd	Leopold PS staff fitness	4.15-5.15pm, LINC
Tuesday 2nd, 9th, 16th & 23rd	Body Blast Boot Camp	6.30-7.30pm, Wandana Heights
Tuesday 2nd, 9th, 16th, 23rd & 30th	Circuit Training	6.15-7am, Oberon HS gym
Tuesday 2nd, 9th, 16th, 23rd & 30th	Barwon Health Staff Boxing for Fitness	1.15-1.45pm, Pevenssey Park
Tuesday 2nd, 9th, 16th, 23rd & 30th	Boxing for Fitness	6.30-7.15pm, Wandana Heights
Wednesday 3rd, 10th, 17th & 24th	Body Blast Boot Camp	6-7am, varied locations
Wednesday 3rd, 10th, 17th, 24th & 31st	Kilometre Club running group	6.15-7am, Eastern Beach
Wednesday 3rd, 10th, 17th, 24th & 31st	MacKillop Family Services staff fitness	5.30-6.30pm, North Geelong
Wednesday 3rd & 10th	Leisure Networks activity session	6-7pm, Whittington
Wednesday 3rd, 10th, 17th, 24th & 31st	Gymstick Muscle	6.45-7.30pm, Mandama PS
Thursday 4th, 11th, 18th & 25th	Ceres PS Cricket program	3.30-4.30pm
Thursday 4th, 11th, 18th & 25th	DHS staff Boxing for Fitness	5-6pm, Johnstone Park
Thursday 4th, 11th, 18th & 25th	Body Blast Boot Camp	6.30-7.30pm, varied locations
Friday 5th, 12th, 19th & 26th	Body Blast Boot Camp	6-7am, varied locations
Saturday 6th, 13th, 20th & 27th	Body Blast Boot Camp	7.30-8.30am, varied locations
Saturday 6th, 13th, 20th & 27th	Outdoor Boxing for Fitness	7.30-8.15am, Kardinia Park
Thursday 18th & 25th	New Boxing Circuits	6.15-7am, Wandana Heights
Friday 26th	Social Get Together—Indoor Beach Volleyball	6.15-7.15pm, VicBeach, South Geelong
Sunday 28th	Sri Chinmoy Fun Run	6km, 12km and 18km