



Inside The Focal Point

The Focal Point
www.peakfitness.net.au

The Focal Point January 2008 Issue

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Welcome to the 2008 issue of The Focal Point. You've probably noticed a change in the colour scheme already, this is due to Physical & Sport Focused Services now being promoted under the Peak Fitness Challenge "banner". The business name will still remain but Interschool Events, the On Campus Program, Personal Training services and After School Sports Programs will all be promoted with Peak Fitness Challenge as the forerunner.

This new focus brings about some exciting changes including new staff, an upgraded website (details about the new web address and its functions will be in following issues), new apparel for clients, sponsors and new promotional/marketing opportunities.

Changing colours is not the only change to our monthly newsletter you'll start to notice. In 2008 we will once again be profiling staff and running "The Sporty Spot" but

there will also be regular client profiles to let you know who out there is using our fitness services. There will also be a number of articles this year from other health professionals to help keep you informed in the health and well being area.

I'd also like to thank the contributions that all staff members made in 2007. As the business continues to grow so is our staff, and the opportunities for leadership and input into the business growth will continue in 2008. I'm looking forward to working with all new and existing staff and the ways in which they can contribute to the different aspects of the Peak Fitness Challenge.

All in all there will be plenty for me to write about over the next twelve months, I hope you enjoy reading it.

Dale Ringin

Boxing for Fitness

Our 2008 Boxing for Fitness programs begin on Tuesday 22nd and Wednesday 23rd January. The Tuesday night session will operate from 6.30-7.30pm at the Wandana Heights Hall, Tim Hill Reserve, Wandana Drive. The Wednesday night session will run from 7-8pm at Winchelsea Leisure Time Centre, Gosney Street, Winchelsea. Both programs will operate for 10 weeks. Both upfront and per session payments are accepted.

Throughout the year we are hoping to run additional programs at Moriac and in Grovedale but if there are interested people we are willing to look at starting programs in other areas. Boxing for fitness is great way to get a whole body work out whilst having some fun. So even if it's a one off session you are looking for then contact us to arrange a date/venue.





Children's Fitness Programs

Sedentary lifestyles, obesity epidemic and increased type II diabetes and what should be done about it all regularly hit the headlines. But putting together fitness programs for children can really be quite simple for teachers and parents. Utilising quality resources and advice from qualified professionals will obviously assist but there are some simple principals that can applied to any children's fitness program.

1. **Engage the children**– if you show enthusiasm, interest and passion for the program or activities then it really doesn't take that much to engage children in physical activity. Think about what types of presentation methods engage you.... do you use these with your children to get them keen?
2. **Role model**– if children see you as the teacher or parent in there having a go, enjoying yourself and making mistakes then they are likely to follow.
3. **Make it fun**– this can be easier said than done and can't all be giggles but there must be element of fun to a fitness program. Tag games and relays are usually successful for an element of fun but don't be frightened to ask for the children's input and ideas (they may surprise you).
4. **Set challenges**– children, just like adults, need to be challenged. Challenges can be individually based (e.g. how many hops in 30 seconds with eyes closed) or team/partner based. It's a good idea to record results so that children have something to aim for next time the task is taken on.
5. **Emphasise improvement and effort**– the end result is not as important as the journey (effort shown) and steps taken to get there (level of improvement). Setting realistic goals for personal or group challenges is a great motivator for children as everyone likes to see reward for effort.
6. **Educate**– lifelong exercise habits should be developed at an early age. Children should be educated on the benefits of exercise, technique, fitness components and varied ways of improving their fitness as they grow older.

A healthier nation starts with today's youth.

Feedback from 2007

“Your knowledge of the body and how it works is excellent. When we're busy knocking ourselves out your explanation of how we will benefit makes the hard work worthwhile. You don't let us get away with anything!” Teacher, Leopold PS, Teacher Exercise Network program

“Thank you for your endless patience, your good humour, motivation and enthusiasm. An excellent, professional instructor.” Teacher, Corio PS, Teacher Exercise Network program

“Absolutely love the program! Its great value for money and I feel like I have had a really good work out for days after!” Client, Boxing For Fitness program Moriac

“The staff loved it! Positive feedback from the kids as well and parents too.” Teacher, Narre Warren North PS, On Campus Program

“The day was very well organised and children thoroughly enjoyed the challenge that it presented. The certificates, ribbons and medals gave children incentive to try their best.” Teacher, Thomas Chirnside PS, Interschool Event.



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Interschool Events & On Campus Program



Interschool Events: As was written in the December issue, based on the feedback received from schools in 2007, **all Interschool Events will now be priced based on the individual area and costs associated** rather than a flat rate (as has been the case for the last 3 years). The **minimum number for the challenges to operate will also increase to 220 participants.** This number is not only based on viability but verbal feedback from a number of teachers in relation to “ideal operational” numbers. As dates and venues are confirmed in the individual areas so will the confirmed **new prices be posted on the website.** We’re confident this new pricing system will enable the

challenge to continue in all existing areas and create greater collaboration between us, schools and community facilities to ensure physical activity opportunities for students.

In 2008 to ensure that schools are getting the information quicker and more cost effectively we will be emailing a file containing the information required to print **certificates.** This will allow teachers to get certificates to students faster, ensure the correct name is printed (as the program will enable adjustments to be made in that particular field) and choose their own paper type to print on. Also, our end aim is to be able to provide schools with a copy of all results (raw and points) from the day.

Tentative dates have already been booked for the following Interschool Events– Wednesday 12th March (Corio District), Wednesday 27th August (Ballarat District), Friday 24th October (Werribee District) & Friday 14th November (Hoppers Crossing District).

On Campus Program: There were 2,400 students from Preparatory through to Year 12 participate in On Campus Program sessions during 2007. We are confident this number will increase as we continue to work with more schools across the state, both at primary and secondary levels.

Schools that have booked sessions already include Oakleigh PS (Thursday 14th February & Thursday 6th November), Skye PS (Friday 12th September), St Andrew’s PS Werribee (Friday 31st October) and Narre Warren North PS (Wednesday 26th November). We’re also again looking forward to working with the Melton Shire for their holiday Huff ‘n’ Puff Park days held around the Melton and Caroline Springs areas.



Fitness Facts– Heart Rate Intensity

Monitoring your heart rate is a great way of keeping an eye on how hard you are working during exercise. There are some fantastic heart rate monitors on the market that can ensure you are working in your “optimal zone”. Knowing your maximum heart rate (MHR) is the first step to working out which intensity level to work at. A more accurate formula for determining this is called the **Karvonen Formula**, however, a simple method is 220 minus your age. From this figure you can work out your percentage zones (e.g. 220 minus 32 years of age is 188). Then it’s a matter of finding your pulse and measuring your working heart rate.

Zone 1 (50-60% of MHR)- a good zone for beginners who have not exercised for a while or improving overall health. Also good for people who want to burn fat and lose weight.

Fitness Facts- Heart Rate Intensity cont.

Zone 2 (60-70% of MHR)- this zone is good for long and slow distance exercise. The heart starts to benefit in this zone through it's ability to pump blood and improve the muscle cells ability to use oxygen.

Zone 3 (70-80% of MHR)- often called the "aerobic zone" or "target heart rate zone", it's most effective for improving overall cardiovascular fitness. The body can burn less glucose and more fat in this zone. It's a an effective zone for increasing overall muscle strength.

Zone 4 (80-90% of MHR)- in this zone you cross from aerobic to anaerobic training. When the body cannot remove lactic acid from working muscles quickly enough this is known as anaerobic threshold. This zone is primarily for people who want to increase their performance levels. A major benefit of training in this zone is the ability to increase the body's tolerance to lactic acid for a longer period of time. This is done through the enzymes in your muscles that are responsible for anaerobic metabolism increasing.

Zone 5 (90-100% of MHR)- the very fit can train in this zone but it is only for short periods of time. Lactic acid develops very quickly but the value of training in this zone is that fast twitch muscle can be developed to increase speed.

2007 Photo Gallery



Left: Boxing for Fitness programs kicked off with a punch during '07!

Top right- Transformation session at Eastern Beach (that's me in the orange 'barking instructions').

Right- The Ball Fetch was a new event at 2007 Interschool Events.

Bottom right- the set up at the inaugural Castlemaine Interschool Event.

Bottom left- the Mini Hurdle Dash was a successful and challenging replacement event for the Power Dash.

Centre bottom- Syndal District Sports Expo was great day and well supported by The Athlete's Foot.

