



The Focal Point

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January 2010 Issue

Welcome to the first newsletter of the year and an exciting year it will be! I'd like to firstly congratulate all of the clients that took up the pre-Christmas offer and locked in their prices for 2010—great commitment! Secondly, congratulations to all that have embraced my new way of operating group fitness and taking up packages or special offers. There's a greater level of commitment (not that I haven't been giving commitment in the past) for personal training clients this year so I'm looking forward to delivering all of those benefits.

To date, I believe we have a package to cover everyone's situation, be it group fitness or 1 on 1 and I'm developing new models for small group fitness. As the year progresses there may be some new packages rolled out and plenty of special offers from myself and allied businesses.

The boot campers are also noticing

some subtle changes with sessions running now for an hour, fitness testing, more structured warm ups and some great boot camp drills. The year's calendar for boot camps has already been planned with each one having a different focus and varied sessions.

I'm also excited about our new programs that are gradually being rolled out. Gymstick Muscle, Outdoor Boxing for Fitness, Kilometre Club and Circuit training will all be operating by mid February. The calendar of sessions will provide options for everyone, no matter what fitness level you are at.

Make this your fittest year ever!

Dale Ringin



What's Making News?

FEARS FAT PILL COULD KILL—

DOCTORS STOP PRESCRIBING CONTRY'S MOST POLPULAR WEIGHT-LOSS DRUG

The Therapeutic Goods Administration has banned Reductil being prescribed by doctors after a 2 year clinical trial found it could be potentially fatal and that almost 200 people had adverse reactions to the drug. The pills are now heading down the path of being a black market item as desperate posts went on pharmacy forums such as "my doctor has stopped prescribing me Reductil but I'm terrified of gaining weight. Do you ship to Sydney?".

From where I sit this option to ban the drug is a huge positive as the people that need the help were the ones actually being harmed! However, what saddens me is the fact that doctors feel the need to use drugs as the fix for people being overweight. Granted, the case for every individual is different but it is a sad state of affairs to think that individuals need to turn to drugs to reverse the effects of what is usually poor diet, lack of exercise and being unaccountable.



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School & Local Government



On 21st January we continued our great relationship with the Melton Shire's Huff 'n' Puff in the Park. This time around it was in Melton, the site of the very first one. Corey, Bryce, Caz, Kate and Anthea did a brilliant job of running stations for 143 children for the 2 hours. We're looking to the next two instalments during the next two school holidays.

Also on 21st January I volunteered my time to help out Jo-Anne McDonald in running boxing for fitness for the adolescent group from Berry Street Orphanage. For 21 years the kids have been coming to Geelong from Shepparton to camp in Anglesea and have a full week of activities provided for them. Numerous people and organisations donate their time during the week which is not only great for the kids but also for the carers. This is the second year I've helped out and it was rewarding to be able spend just 10 minutes with a few individual teenagers that may not normally be engaged in sport or activity.

On 10th February 3 PFC staff members will begin a 5 week program with Leisure Networks and the Whittington Community. We'll be running twilight activities from 6-7pm for primary to lower secondary school students with emphasis on fun and engagement.

Getting Started on an Exercise Regime

When it's cold, getting to the session is always the hardest, when you're tired getting out of bed is always the hardest or when you've had a long day at work going back out again is always the hardest. But doable, so getting started on a program is no different but it needs structure.

1. Determine your goals. Make them specific and measurable. Ensure they are achievable and realistic and add a time frame to them.
2. Determine your level of commitment. If you are not 8, 9 or 10 out of 10 then you are wasting your time.
3. Evaluate where you are right now. You need to know where to start from before you can go anywhere. There are many ways to do this: fitness tests, measurements, weighing yourself and photos (very powerful)
4. Seek professional advice. Why? Because this where you get the accountability, coaching, information and little bit extra push to help you reach your goals. A professional (such as a personal trainer or gym instructor) can not only design a program for you helps you achieve your goals but also teach you about all of the parts of a fitness program (including recovery, nutrition, warm ups and hydration) - not just the exercises.

Once you've got started on your program you also need to regularly assess it to check your progress and overcome any challenges.

A couple of other tips to help get started:

- Train with a friend, this means you are both accountable to each other.
- Try group fitness to start with before moving into your own 1 on 1 or self motivated program.
- Choose a time of day that suits you and your schedule, if you don't like early starts then train in the evening.
- Choose a form of exercise you enjoy so that it does not become a chore.
- Get the basics gear wise (e.g. good pair of runners) to minimise the risk of injury.



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Fitness Programs in Feb

February is a great time to get into your fitness. Holidays are over for most people, kids are back at school, routine is cranking up again and your fitness routine should be hitting top gear.

Circuit training— for a whole body work out you can't beat. Come and try it for free on Tuesday 16th February at 6.15am. The format of this program will challenge all and guarantees to give your day a kick-start!

Kilometre Club— got a running goal in mind, a distance or time to beat, or would just like to improve your running capabilities then this is the one. As of Wednesday 17th February the running group will start off under the guidance of Josh (a passionate but understanding runner).

Gymstick Muscle—word can't do this program justice, you just have to experience it! All done to music and with the trios system, it is **Geelong's Only!** You will work muscles you didn't know you had.

Advanced Boxing— an interval style session that includes body weight work and repeated efforts. This is for those that want to be pushed a little harder and work with others of similar skills and fitness level.

Outdoor Boxing— great way to finish the week/start the weekend with still having all of your day to spare. The first 8 weeks will be outdoors in the fresh air to spark the senses.

Bring a Friend Week— this is a great opportunity for existing PFC clients to bring along a friend to session and get rewarded for it. I'll credit current clients with a free session (added onto their existing packs) for every new person they bring along to our sessions.

Client Profile– Glenn Garraway

Name: Glenn Garraway **Age:** 29 **Occupation:** Technical Services Engineer

PFC programs you've participated in: Boxing for Fitness

Date or month you joined PFC programs: Can't remember

What were your reasons for joining with PFC? I had a couple of friends doing boxing for fitness and I needed another activity to maintain a reasonable level of fitness so I decided to join. I use it to supplement my running and tennis.

What benefits have you experienced to date? I find that I've generally got more energy and my stamina is much better than it used to be. My general level of fitness is a lot better than it has been in the past.

What is the best part of participating in the sessions? You get out of the sessions what you put in, so you can work at your own fitness level. It's also been good to exercise with a great bunch of people.

What has been your experience of PFC Personal Training? It's been fun and I've really enjoyed it. The trainers are friendly and clearly know what they're talking about.

Any tips for other participants? Try to attend every week. If you miss out on a few weeks worth then the first week back will be tough. It's amazing how much fitness you can lose after a couple of weeks away.





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February Calendar



DAY & DATES	PROGRAM OR EVENT	DETAILS
Monday 1st & 8th	Challenge Yourself IV Boot Camp	6-7am, Wandana Heights
Monday 1st, 8th, 15th & 22nd	Women's only Boxing for Fitness	6.30-7.15pm, Mandama PS
Monday 1st	Free Information Session	7.30-8.30pm, Mandama PS
Tuesday 2nd & 9th	Challenge Yourself IV Boot Camp	6.30-7.30pm, Wandana Heights
Tuesday 2nd, 9th, 16th & 23rd	Boxing for Fitness	6.30-7.15pm, Wandana Heights
Wednesday 3rd & 10th	Challenge Yourself IV Boot Camp	6-7am, varied locations
Wednesday 3rd, 10th, 17th & 24th	Lunchtime fitness	12.15-12.45pm, Johnstone Park
Wednesday 3rd	MacKillop Family Services come & try session	5.30-6.30pm
Wednesday 3rd, 10th, 17th & 24th	Gymstick Muscle	6.45-7.30pm, Mandama PS
Thursday 4th, 11th, 18th & 25th	Advanced Boxing for Fitness	6.15-7am, Wandana Heights
Thursday 4th, 11th, 18th & 25th	Ceres PS Cricket program	3.30-4.30pm
Thursday 4th	DHS staff come & try session	5-6pm, Johnstone Park
Thursday 4th & 11th	Challenge Yourself IV Boot Camp	6.30-7.30pm, varied locations
Friday 5th & 12th	Challenge Yourself IV Boot Camp	6-7am, varied locations
Saturday 6th & 13th	Challenge Yourself IV Boot Camp	7.30-8.30am, varied locations
Saturday 6th, 13th, 20th & 27th	Outdoor Boxing for Fitness	7.30-8.15am, Kardinia Park
Monday 8th	Leopold PS staff come & try session	4.15-5pm, Leopold PS
Tuesday 9th	Barwon Health staff come & try session	1.15-1.45pm
Saturday 13th	PFC inaugural Awards Night	7-11pm, Geelong Lawn Tennis Club
Tuesday 16th	Circuit Training FREE session	6.15-7am, Oberon High School
Tuesday 16th	Supermarket Tour	8-9pm, Safeway Waurun Ponds
Monday 22nd—Saturday 27th	Bring a Friend Week	Bring a buddy for free to group fitness sessions