



The Focal Point

www.peakfitness.net.au

July 2009 Issue

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“Where did two years go?” is what my father said to me at the start of the month. It didn’t actually go anywhere but he was referring to my son Mitchell turning 2 years old. I know this comment is something similar said by parents/grandparents on a regular basis—seize the day is so true because time marches on and who knows what’s around the corner. It’s difficult to always think in these terms with all that life can throw at us but sitting back and watching a 2 year old go about tearing around with his birthday balloons can really simplify a lot of it and make you realize what is important. Happy birthday Mitch!

Start of the new financial year has meant some changes for PFC, all that I’m excited to jump straight into. The Focal Point itself is gradually having some new elements added to it. “What’s Making News” (below) will focus on some of the issues and

information that relates to the fitness industry in general.

The business will have a stronger emphasis on our group personal training programs heading into the second half of the year. In August we’ll run a new Monday night women’s only boxing for fitness program.

An additional element to the business coming soon will be the availability of fitness resources for both schools, holiday programs and personal training clients. There’ll be more information to come on this but we’ll be giving some of it away for free just to give you a taste!

How can you keep up with all that’s happening with PFC? Our website News & Events page, become one of our Facebook fans or subscribe to our weekly emails.

Dale Ringin



What's Making News?

A new section in our newsletter, “What’s Making News” is about providing our readers with little bits of information that relate to the fitness industry as a whole. This time its: The House of Representatives Standing Committee on Health and Ageing released a report on obesity in Australia. There were numerous recommendations put forward by the committee, some of these included:

- Research into the causes of obesity and the success or otherwise of interventions
- Investigate the use of tax incentives to improve the affordability of fresh, healthy food and access to physical activity programs for all Australians
- Research the effect of advertising of food products with limited nutritional value on eating behaviour of children
- Encourage private and public employers to adopt programs and incentives that will promote active and healthy lifestyle choices by all Australians in the workplace



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School & Local Government Programs

I'd firstly like to personally thank The Athlete's Foot and all the Victorian store owners support over the last two years. The Athlete's Foot have been naming rights sponsor and a fantastic supporter of our programs. Having a FitPrint machine at interschool events or on campus sessions for competitors to try out, getting informative speeches about footwear from Athlete's Foot representatives or just being able to hand out some Athlete's Foot prizes at the end of the day all added to our challenges.

Bellarine Learning & Living Centre report by Rebecca Hickey (PICSAR project officer, Leisure Networks)- As part of the recent Bellarine Living Learning Centre Holiday Program in Whittington, Leisure Networks was involved in organising a physical activity session for the primary aged children. Leisure Networks engaged Peak Fitness Challenge to provide a fun fitness circuit and a series of team games. A total of 14 children aged between 5 and 13 participated in an action packed afternoon trying the mini steppers, speed pitch, gymsticks, boxing, FitDeck cards and finishing with a game of soccer and touch football. The kids all enjoyed the session, it kept them interested and active the whole two hours with the fun and innovative activities and the enthusiastic staff.

I'd also like to personally thank Rebecca for giving us an opportunity to be involved in this inaugural holiday program event. We look forward to being able to work with the centre and Leisure Networks with future programs.

City of Greater Geelong holiday program report- On 8th July I ventured to Leopold to again work with the City of Greater Geelong's holiday program. Michelle Garnier, program coordinator, brought all five holiday programs together to operate a Healthy Living day. The children were split into senior and junior groups, with the senior students participating in PFC events while the junior students did a healthy cooking session. After lunch the children listened to a talk on fruit and vegetables before the junior students coming into the gym to do 9 Peak Fitness Challenge activities (and the senior students doing the healthy cooking session). The CoGG holiday program staff all did a brilliant job running their stations and kept the students active.

Melton Shire Huff 'n' Puff in the Park report- Abbie, Peter, Caz and Kate went to Caroline Springs Leisure Centre on 9th July to run two separate Huff 'n' Puff in the Park sessions. The day was split into two hour sessions, morning and afternoon. The Caroline Springs event is always well supported by the local children and this time around was no different. Huff 'n' Puff in the Park is a great initiative of the Melton Shire Council and it was great to again be a part of the day.



Above Left: boys on the mini-steppers & Above Right: Speed Kick with Abbie looking on.



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Staff Profile- Abbie Silver



This month we profile staff member Abbie Silver (Administrative Manager).

What is your sporting background?

I enjoy playing Netball having played for Geelong Amateurs for 4 seasons, then Newtown & Chilwell for 2 years (I won a Best & Fairest in Under 17's) and am now in my 6th year at Modewarre. As a junior I played basketball- from Under 10's (for 4 years), hockey as a 5 year old (for 2 years) and did Little Athletics for 4 years. All through high school I played Girls Football & Cricket, making the state league final for cricket one year. I also did swimming for 11 years.

What is your current work load?

I currently work part-time for Peak Fitness Challenge and am completing my Certificate IV in Sport & Recreation (Administration Manager). Some of my duties include keeping email contact with clients & staff, contacting clients for feedback on programs, updating databases, producing PFC documents and general office administration.

I've worked "in the field" for PFC (to build my total understanding of all of our programs) at the Caroline Springs Melton Shire Huff n Puff in the Park event and Bellarine Learning & Living Centre's holiday program session. I will also be running the Netball program at Ceres Primary School in Term 3 as part of the AASC program.

Why did you decide to work for Peak Fitness Challenge?

I enjoy fitness, activity, being outdoors and working with children so these elements all fit in well with what the business does. It was also an opportunity for me to gain a qualification and work in the growing fitness field.

Anything else you would like to tell the readers about yourself?

I currently coach the Modewarre F&NC Under 17 netball team. I enjoy taking the dog to the beach for a walk, motorbike riding and spending time with animals on the farm. I also like getting out there to do PFC fitness programs (boxing, boot camps etc.) and having a chance to meet new people.

Finish The Term With a Fitness Buzz

Looking for an exciting way to finish off the Term? Need to get your students out and active in the fresh air? Need some innovative activities for your students? Book an On Campus Program but hurry as there are **only 7 available days** (in September). Go to the website for more information.

- Book a **PFC Fit 'n' Fun** and receive a free set of **FitDeck Junior cards**.
- Book a **PFC Contest** and receive a free **20 minute health talk** for your students (choice of 4 topics).
- Book a **PFC Grand Championship** and receive a free **RHSports voucher** valued at \$150.
- **Secondary schools** that book a **PFC Tri Work Out** receive a free **30 minute PFC Group Training clinic** (choice of Boxing for Fitness, gymstick resistance training or speed & agility training).



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August Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Monday 3rd, 10th, 17th, 24th & 31st	Women's Only Boxing for Fitness program- NOW FULL	\$55 upfront payment. 6 week program. Mandama PS gym, Corang Avenue, Grovedale. 6.30-7.15pm
Monday 3rd, 10th, 17th, 24th & 31st	Leopold PS Teacher Exercise Network	8 week program, upfront payment, LINC front room, 4-4.45pm
Tuesday 4th, 11th, 18th & 25th	Netball AASC	Ceres PS, 3.30-4.30pm.
Tuesday 11th, 18th & 25th	Boxing for Fitness program 4	New program– new focus. \$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Tuesday 11th	Free Information Session	Inaugural information session: The role shoes play in injury prevention. Guest presenter is Tony Stewart from The Athlete's Foot. 7.30-8pm, Wandana Heights Hall, Wandana Heights
Thursday 6th, 13th, 20th & 27th	Boxing for Fitness program 3	\$55 upfront payment. 6 week program. Wandana Heights Hall, Wandana Drive, 6.15-7.00am
Thursday 6th, 13th, 20th & 27th	Athletics & Tabloids AASC	Ceres PS, 3.30-4.30pm
Monday 31st August	Pairs Power Work Out III training camp	3 times a week, 4 week program, 6.15-7am, various locations

Teacher Fitness Programs

Over 60% of our population is considered overweight and obese and in a society that is both “time poor” but also places pressure on schools to have positive role models; staff really need to active and healthy. We can do either a **30 minute trial fitness session** or a **free 10 minute talk to staff on health & fitness**. Our programs generally run for 8 weeks (shorter programs can be arranged) and require minimum numbers, however, programs are open to family & friends. Some of the benefits of being involved in a sessions include:

- Stress release – after exercise the body releases endorphins (“The Natural High”)
- Staff bonding that’s non-work related
- Sessions are all done on campus so staff don’t have to travel to another venue to exercise

“This form of activity is a great way teachers can work together in a social and less formal way, to improve their health and fitness. It has worked for us because we organise sessions for straight after school so no one has to go home first, we are able to use school facilities and we keep each other motivated and keen”

Jenny Clissold, Leopold PS