



# The Focal Point

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## July 2010 Issue

I'm sure I can feel it. Spring. It's just around the corner, even though there are still some cold and wet days to come it's just getting that little bit lighter and I can't wait! Spring brings about new life and in the coming months there will be some "new life" coming to PFC programs.

To launch into Spring I'm really looking forward to our next information night. There will be not just one or two presenters but FOUR experts to discuss how you can get ready for Spring and improve your wellbeing. All four speakers, including me of course, have a wealth of knowledge to share so it won't be one to miss. Keep an eye on your emails and the website for more details.

Although I'm getting excited about Spring being a great time to improve your health there really is no time like the present. If you keep waiting for a date to come or a season to change then chances

are something else will stop you from getting started. You need to commit now! You need to make that commitment to do it for yourself so that your motivation is real and your goals are your own.

Finally, I'd like to thank Shane Flynn for his work over the past nine months. Shane will finish at the end of August and I wish him all the best going forward. I know it was a tough decision for him but one he needed to make for his future. Shane came to me originally to complete his required hours to become a personal trainer. Since then Shane has demonstrated great commitment to improving himself, to helping clients and to being a contributor to Peak Fitness Challenge.

Thanks for all your work Shane.

Dale Ringin



## What's Making News?

The June edition of HBA's Shine magazine wrote about sleep insomnia and sleep apnoea. The article talks about 7 steps to switching off.

1. Create a good sleep environment. Quiet, dark room with supportive pillow and mattress.
2. Use the bed just for sleep, no work or arguing with your partner!
3. Develop a bedtime routine. Get up at the same time each day and do something relaxing an hour before going to sleep.
4. Make sure the temperature in your room is not too warm and turn off the electric blanket when you go to sleep
5. Try to reduce stress and anxiety by writing down concerns before you go to sleep.
6. Regular exercise improves sleep quality— just not before bedtime.
7. Avoid a large meal 2-3 hours before bed. Don't use alcohol either to help you sleep.



## July 2010 Issue

# Boot Camp is Back!



After having a break over Winter and letting some “new” programs take the limelight, Boot Camp returns at the end of August just in time for Spring. But this Boot Camp is fresh and new!

How? The next Boot Camp is a **first time Boxing Boot Camp**, there will be boxing in some form in every session. And the format has changed, for this Boot Camp there will be **4 sessions a week**—Monday 6am, Wednesday 6am, Thursday 6pm and Saturday 7am.

Is boot camp training for you? Let’s take a look at what you get out of boot camp training;

- 4 weeks of concentrated training designed to get you serious fitness and weight loss results
- Flexible schedule to fit in with your lifestyle that also includes free “make up” sessions to any group fitness classes
- Improved cardio fitness, development of lean muscle and burning of over 300 calories per session
- Chance to train in a supportive, fun and challenging group environment of like minded people
- No gung-ho, military style trainers yelling at you to do more push ups or some other over the top exercise (but they might encourage you to do push ups)

But don’t just take my word for it, here’s what Julie from Grovedale had to say:

*“After losing my enthusiasm from going to an overcrowded gym, the friendly group environment has helped me to regain my incentive to exercise. You’re not a nameless face in the class and the trainers are very friendly and encouraging. I enjoy the variety of sessions from boxing to bootcamp which are always challenging and fun, they are never boring. Being a woman in my 40’s I feel comfortable attending all classes as the trainers cater to all ages and fitness levels.”*

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## Client Profile—Danielle Yates



**Name:** Danielle Yates

**Age:** 32

**Occupation:** Radiographer

**PFC programs you've participated in:** Boxing for Fitness, Boot Camp, Gymstick Muscle & Boxing Circuits

**Date or month (or year) you joined PFC programs:** mid 2008 I think

**What were your reasons for joining with PFC?** Group exercise but not at a gym

**What benefits have you experienced to date?** Increased fitness, increased upper body and core strength

**What is the best part of participating in the sessions?** Able to work within your own limitations but still work hard.

**What has been your experience of PFC Personal Training?** Stress free training with the same friendly people each week.



## July 2010 Issue



### Training Outdoors in Winter—Are You Mad?

It's maybe 3 or 4 degrees. Somewhere in the night you heard rain on the roof. It's so dark that you'd be lucky to see your feet in front of you. So why would you want to be outdoors doing exercise at this time of year? Yes, these are the realities but I like to see the glass half full and I love training outdoors. So what are the positives related to outdoor training.... at anytime of the year?

- In winter you are working harder to stay warm, therefore, you are using more energy and consequently burn more calories.
- There are usually less people training outdoors in winter so the popular spots are a lot quieter meaning there is more room for you. Although this changes in the warmer months there are still so many places to train outdoors that it's not hard to find your own "little patch".
- Class sizes can be smaller training outdoors because it's really not for everyone but this means there is more personalised attention for you.
- If you like training in the morning, it's a great way to start the day (or your week if you are training on a Monday). You get the endorphins kicking around your body, you've warmed up and always feel so much better for just doing it!
- Outdoor training, no matter what time of year, gives you so much more scope. No waiting for a piece of equipment or not having enough room because the exercise room is too small. You have natural elements such as hills and slopes to push yourself harder or open grass areas to combine body weight exercises and equipment carries... the options are endless!
- Outdoor training also requires little equipment to work. As little as 3 pieces of lightweight equipment (e.g. a skipping rope, a hand weight or a resistance band) can have you working easily for an hour if you combine it with your surroundings.

So how do you get started training outdoors in Winter.

1. Get a friend on board to train with you
2. Choose somewhere close to home, minimal driving or a place you can run to for training
3. Join an outdoor training group
4. Buy a set of FitDeck bodyweight cards so you never have to think of an exercise again.
5. Set a flexible training schedule so if a freak storm blows in you can still get in at least a session for the week.

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## Special Offer

With Spring only a month away I'm keen to get as many people as possible getting out of their winter hibernation and launching in to a Spring fitness program. So for my September Boxing Boot Camp I'm making a special offer to readers of The Focal Point:

**1 Week Free Boot Camp training (value \$45)**

**Free Fitness consult (value \$20)**

**Pair of Sting Quick Wrap Inners (value \$17)**

**Bonus 2 week meal plan and food diary**

**Just go to [www.peakfitness.net.au](http://www.peakfitness.net.au) to register but hurry as there are only 6 on offer**



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## August Calendar

| DAY & DATES                      | PROGRAM OR EVENT                                       | DETAILS   |
|----------------------------------|--|---|
| Monday 2nd, 9th, 16th & 23rd     | Enviro Training  | 6.15-7am, Steampacket Gardens & Eastern Beach                 |
| Monday 2nd, 9th, 16th & 23rd     | Women's only Boxing for Fitness                        | 6.30-7.15pm, Mandama PS                                       |
| Monday 2nd, 9th, 16th & 23rd     | Leopold PS Teacher Exercise group                      | 4.15-5.15pm, LINC blue room, Leopold<br>Amended day           |
| Tuesday 3rd, 10th, 17th & 24th   | Boxing for Fitness                                     | 6.30-7.15pm, Wandana Heights Hall                             |
| Wednesday 4th, 11th, 18th & 25th | Lunchtime Fitness                                      | 12.15-12.45pm, Johnstone Park                                 |
| Wednesday 4th, 11th, 18th & 25th | Gymstick Muscle  | 6.45-7.30pm, Mandama PS gym                                   |
| Thursday 5th, 12th, 19th & 26th  | Kilometre Club running group                           | 6.15-7am, Eastern Beach                                       |
| Friday 6th, 13th, 20th & 27th    | Gymstick Hybrid  | 6.15-7am, Wandana Heights Hall                                |
| Saturday 1st, 7th, 14th, 21st &  | Boxing Circuits  | 7.30-8.15am, Mandama PS gym                                   |
| Monday 23rd                      | Extended Sessions—Boxing for Fitness & Enviro Training | Enviro 6-7.15am & Women's Only Boxing for Fitness 6.30-7.45pm |
| Friday 27th                      | "Get Together" Dinner                                  | Grovedale Hotel, 6.30pm                                       |
| Monday 30th                      | Boxing Boot Camp                                       | 6-7am, varied venues  |
| Monday 30th                      | Kilometre Club running group<br>FREE session           | 6-6.45pm, Eastern Beach                                       |

## The End of an Era

After eight years, I've decided to no longer operate primary school and local government events. The major reasons for the changes revolve around staffing and my inability (with a young family) to work in that side of the business and cost of insurance to run children's programs. In the eight years of operating events there have been over 15,000 children from all over Victoria that have participated in Peak Fitness Challenge programs—a figure I'm extremely proud of. My intention in running events across the state was always to bring a unique fitness event/activity to as many children as possible. Along the way I've had a number of people (staff, teachers, business contacts, sponsors and family) that have supported me and "push the Peak Fitness Challenge barrow" and I truly appreciate all of their support.

So where to from here? As the personal training side of the business has grown so has my passion to grow that side of the business so all of my efforts will be poured into improving the fitness services and products that I offer. I hope as a reader of the this newsletter that you will gain some benefit from these services.