



The Focal Point

www.peakfitness.net.au

Inside The Focal Point

Welcome Pg. 1
What's Making News Pg. 1 & 2
Build Your Own Pack Competition Pg. 2
Information Session Report Pg. 3
The Benefits of Small Group PT Pg. 3
July Calendar Pg. 4
Client Quote— Jess Daffy Pg. 4

June 2010 Issue

Well done to everyone that “flew through” our very first extended sessions in June (Kilometre Club & Gymstick Muscle). An extra 30 minutes was added onto these two sessions to challenge those participating and add some variety to our winter training programs. The July extended sessions will be for Gymstick Hybrid & Tuesday night Boxing for Fitness (with two more to come in August).

Our web provider has upgraded it's system which has coincided nicely with some changes I'm making to the website. These changes will start to happen over the next month and you will start to notice some small changes to the site content as the month progresses because I just have to get it done! I'm sure all that visit the site will see a greater benefit from it's layout.

July 11th to 17th is National Diabetes Week. The focus of the

week is on diabetes and kidney damage. Diabetes is now being classed as an epidemic, currently affecting 1.7 million Australians. Type 2 diabetes occurs in 85 to 90 percent of this 1.7 million. Type 2 diabetes is preventable by eating healthy and doing regular exercise. Go to www.diabetesvic.org.au for more resources, information and online risk tests.

Last but not least, a big happy birthday for my little man Mitch, who now tells me “I'm a big man daddy”, turning 3 in July. Putting photos of Mitch in the newsletter just when he was born only seems like yesterday—so cliché I know! It's also an exciting time for us as a family, as Mitch will be a big brother in late October, twin girls are expected! Exciting times ahead.

Dale Ringin



What's Making News?

Amanda Hall, Relationship Manager in Victoria and Tasmania for Fitness Australia, wrote in the June edition of Reps Magazine about the rewards for healthy living and tying it in with health funds. Currently there are 20 Australian private health funds that offer rebates for fitness services. The rebates typically offered for fitness services range from between \$50 to \$200 per year.

Health funds offering rebates for personal training and gym memberships are listed below:

Australian Health Management (AHM)	13 42 46	www.ahm.com.au
St. Lukes Health	1300 651 988	www.stlukes.com.au
CBHS	1300 654 123	www.cbhs.com.au

Continued on Page 2



June 2010 Issue

What's Making News?



Health funds offering rebates for just gym memberships are listed below:

MBF	1300 653 525	www.mbf.com.au
Grand United Corporate Health	13 29 39	www.grandunited.com.au
HCF	13 13 34	www.hcf.com.au
Health Insurance Fund of WA	1300 134 060	www.hif.com.au
Manchester Unity Australia Ltd	13 13 72	www.manchesterunity.com.au
NRMA Health Insurance (MBF Alliances)	13 32 34	www.nrma.com.au
NIB Health Funds Ltd	13 14 63	www.nib.com.au
Peoplecare Health Insurance	1800 808 700	www.peoplecare.com.au
Westfund Ltd	1300 552 132	www.westfund.com.au
Queensland Country Health	1800813 415	www.qldcountryhealth.com.au
Medibank Private	132 331	www.medibank.com.au
SGIC Health Insurance	133 234	www.sgic.com.au/health-insurance
Teachers Federation Health Ltd	1300 728 188	www.teachershealth.com.au
Teachers' Union Health	1300 360 701	www.tuh.com.au
HBA	13 12 43	www.hba.com.au
Mutual Community	13 12 43	www.mutualcommunity.com.au

So is your health fund provider on either of these lists? If not, it's up to us to call upon our health funds and request rebates for fitness and personal training services because if enough members want it then they will need to look at providing it (or lose business!).

It's imperative that prevention becomes the main weapon of attack to beat the costly chronic illnesses, rising obesity rates and impact it has on our healthcare system.

Build Your Own Pack Competition

The “**Build Your Own Pack & Win Competition**” gives clients a chance to have their say and design a group fitness package. All you need to do to enter the competition is:

- > **Give your pack a name**
- > **Tell me how many sessions and how long you have to use them**
- > **Tell me what you would included in your pack (e.g. apparel, supermarket tours or anything else you see of value)**
- > **Optional – give it a price**

Once you have “built” your pack, **email through the details by Friday 16th July**. The winner will receive their pack for free (with 12 months to use it) along with other prizes for innovation and creativity.



June 2010 Issue



Information Session Report

On Tuesday 22nd June we were privileged to have Shane Rose from Nike present about the Nike Sport Band. Although it was a touch cold in the venue, Shane “warmed up” the group with quality information and an interactive presentation on:

- > How to be part of an online running/walking community
- > The benefits and functions of a Nike Sport Band
- > The importance of correct footwear for exercise
- > The benefits of strengthening your feet for exercise



Shane himself has a degree in Sports Management and Coaching. He is a competitive distance runner and has worked at Nike for 10 years. Shane specialises in foot technology and foot type analysis. Shane's current role at Nike is all about teaching people about the technology surrounding their running products. He's visited Nike's research facilities in Beaverton, Oregon, and has been trained by Nike's top Running Footwear specialists. He is heavily involved in the Health Professionals industry through working very closely with some of Melbourne's top Podiatrists and Physiotherapists.

Thank-you to Marshall Cricket Club for allowing us to use their venue, Tony Stewart from The Athlete's Foot for putting me in touch with Shane, Nike for giving away a door prize to Jacquie Marfatia and to all that attended.

I've now utilised the knowledge Shane passed on to set up a challenge for July on the www.nikerunning.com website—the most amount of kilometres for July. This is free to enter and is open to everyone, runners and walkers. We'll be using our Sport Bands to greater advantage in our programs over the coming months so if you are interested in purchasing one then please contact me.

The Benefits of Small Group Personal Training

Have you considered small group personal training? There are a number of reasons why it is becoming such a popular training option that still yields fantastic results for all involved.

1. You save money because the personal training price is halved, a third or a quarter of 1 on 1 PT.
2. You have another person or people that are holding you accountable to get to the sessions.
3. The focus is not entirely on you in the session yet there is still enough personal attention to go around to get your goals focused on.
4. You can have plenty of fun in the session training with friends, family or a partner.
5. You can choose a time slot to suit the demands of your day and know that you'll have someone else there to encourage you along. This works perfectly for spouses who may be living the life of “ships passing in the night (or morning)”.
6. Training in a small group adds so much variety from a personal trainer's perspective. The trainer can set up small circuits, have one client doing cardio while the other does resistance and the list goes on... it's almost endless.
7. Sessions can be geared to focus on one person's goal (e.g. run 5 laps of the oval non stop in 3 separate intervals) but everyone training does the same type of training just pitched at their specific fitness level (how many laps can you run while the other person does their 5 laps non stop?).



June 2010 Issue

July Calendar



DAY & DATES	PROGRAM OR EVENT	DETAILS
Thursday 1st, 8th, 15th, 22nd & 29th July	Kilometre Club running group	6.15-7am, Eastern Beach
Friday 2nd, 9th, 16th, 23rd & 30th	Gymstick Hybrid—brand new class	6.15-7am, Wandana Heights Hall
Saturday 3rd, 10th, 17th, 24th & 31st	Boxing Circuits	7.30-8.15am, Mandama PS gym
Monday 5th, 12th, 19th & 26th	Enviro Training	6.15-7am, varied locations (changing every 2 weeks)
Monday 5th, 12th, 19th & 26th	Women's only Boxing for Fitness	6.30-7.15pm, Mandama PS
Tuesday 6th, 13th, 20th, 27th	Circuit Training	6.15-7am, The Shed @ 10 (Grayling Street Belmont)
Tuesday 6th, 13th, 20th, 27th	Boxing for fitness	6.30-7.15pm, Wandana Heights Hall
Wednesday 7th, 14th, 21st, & 28th	Lunchtime Fitness	12.15-12.45pm, Johnstone Park
Wednesday 7th, 14th, 21st, & 28th	Gymstick Muscle	6.45-7.30pm, Mandama PS gym
Thursday 8th	Melton Shire Huff 'n' Puff in the Park	8.30-4.30, Caroline Springs
Friday 16th	Build Your Own Pack competition ends	
Tuesday 20th & Friday 23rd	Extended Sessions—Boxing for Fitness & Gymstick Hybrid	Tuesday 6.30-7.45pm & Friday 5.45-7am
Wednesday 21st & 28th	Leopold Teacher Exercise Sessions	4.15-5.15pm, LINC, new session day, new members welcome

Client Quote—Jess Daffy

- Lots of variety in sessions, always changing and continue to be super challenging! Boot camp in never repetitive, you never know what's in store until you're there!
- Convenient and various session times and locations available so that you can arrange sessions around your lifestyle.
- Professional trainers, easy to get along with, very motivating.
- Testing at the start and end of the programs shows actual results.
- Encouraged to push ourselves and extend our abilities, but within safe and supportive environment.
- Constantly kept updated with new sessions, packages/specials etc.
- Great organisation, great staff and trainers, great programs!
- I look forward to all my training sessions! Love it!