



The Focal Point

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March 2010 Issue

Autumn is here and it's a great time of year to re-assess where you are at health and fitness wise. Winter is just around the corner, so just like we do with our gardens at this time of year, it's time to prepare your body for the approaching winter. Re-assess your goals, look at what training is available to help you achieve your goals, assess your nutritional habits as you move to the "warmer foods" and set yourself so that you will be held accountable. But **START NOW** because winter will be here before you know it!

Are you setting yourself events to train for? It's great to get along to fitness sessions during the week but are aligning your goals with specific events (runs, rides, triathlons, swims etc.) to really challenge yourself? It's a great feeling to cross the finish line and know all the hard work has paid off along with getting the cheers of support from your family or fellow

exercisers.

I'd like to send out a big congratulations to all clients that completed the last boot camp—Body Blast. The evening boot camp has gone into hibernation until daylight savings comes back but the Pairs Power Work Out Boot Camp (with a 6am start time) begins at the end of April. Great opportunity to commit to your own fitness and get a friend along to work each other.

Finally, I've been wrapped to receive feedback from clients on our new classes. I'm looking to keep incorporating your feedback and implement some additional classes so you may notice some changes to the existing timetable—keep your ears to the ground and an eye on my emails.

Dale Ringin



What's Making News?

In a recent article by the Geelong News titled "Beat the brands in-store", the article wrote about the savings that can be made by buying generic brands (over brand name products) could tally up to a total of \$26 a week. The article touched on varied types of home brand products and the savings that could be made, using examples such as white bread, cheese slices and orange juice.

My concern with this particle is that it focuses on people purchasing food items purely based on price. Now some people, this is extremely important, but think of the cost on the other end to our healthcare system for continual purchasing of food items that are low in nutritional value! We are in an obesity epidemic here in Australia and people need to be given greater education into how to shop wisely for their health (because it will cost a lot more in the long run than the \$26 a week) and their hip pocket.

It does not matter your fitness goals are you can always be more informed about food purchases at the supermarket so make sure you don't just take front page newspaper articles as the way to go.



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What Are The Benefits of Boxing for Fitness



What do you really get out of it? What if I'm not coordinated enough? What if I'm not fit enough to keep up with the rest of the group? I've never boxed before in my life and don't like fighting, why should I try this? These are the questions I hear when regularly talking to people about boxing for fitness.

Here's what one of my clients said about Boxing for Fitness: *"A close friend and work mate had been attending 'Boxing for Fitness' classes, and, having watched TV ringside with my Dad so many years ago (yes, I am over 50!!), I decided to have a go. I have found the classes very enjoyable and Dale and his team are always encouraging. They are aware of little injury niggles and make sure that I don't over do it. I have never felt out of place with other participants, as everyone is friendly, and we all share a common goal, to increase our quality of life"* - Rosie Gillett, age 53.

But what do you really get out of Boxing for Fitness. For starters, you can have 98% of your muscles working! 98% - that's a pretty comprehensive work out. Abdominals, Abductors, Adductors, Biceps, Calves, Deltoids, Gluteals, Hip Flexors, Hamstrings, Latissimus Dorsi, Pectorals, Quadriceps and Triceps all get used. Other benefits of Boxing for Fitness training include: increased agility, improved balance, weight loss/fat loss, improved muscle tone & development of lean muscle, increased in personal confidence, improved co-ordination, greater core strength, increase in mental strength, increased speed and a higher level of cardio fitness. So with all of those muscles working and all of those benefits being gained why wouldn't you give it a go?

Starting out tips:

1. Pair up with someone that is of a similar fitness level and experience as yourself.
2. Work at your own rate, don't try to keep up with anyone else in the group.
3. Work hard on getting your technique right early



Leisure Networks Program Report

Leisure Networks approached me to do a twilight program for the Whittington community with an emphasis on having kids aged 3 to 12 engaged in activity between 6 and 7pm. Over five weeks Kieren, Bryce and Catherine ran a variety of structured games and unstructured physical activities. As the weeks went by the numbers of attendees gradually increased and the kids that were coming on a regular basis were able to do a variety of activities. I'd like to thank Rebecca Hickey for again involving PFC in a community based activity and allowing us to keep pushing the message of physical activity should be a lifelong pursuit.

"Big crowd last night with over 30 kids plus family members making it the biggest night by far. Cat and Bryce did a great job, both stepping up to fill the void of Kieren. I couldn't have been happier with their efforts so please pass on my thanks again. We were all pretty tired at the end of the session. I wouldn't hesitate to use any of the staff that worked on the project again in future." Mathew Kelly, Healthy Communities Team Community Development Project Officer, Leisure Networks Association Inc.



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Get Into Autumn Training

As was mentioned on page 1, Autumn is a great time to prepare yourself for Winter and carry positive habits right through the year. So I've got some great offers on at present related to my Autumn Boot Camps.

Pairs Power Work Out IV Boot Camp— lots of opportunities to work with a partner or in a group situation (where you can get so much more out of yourself). Special offer:

- 12 boot camp sessions (value \$195)
- PFC cap (value \$14)
- Exercise tracker fridge magnet (value \$5)
- Pre & post program body fat assessment/consult (value \$40)
- Post work out recipes (value \$5)
- Priority place on supermarket tour with dietician (value \$10)
- BONUS OFFER—sign up with a friend a receive a 30 minute 2 on 1 personal training session (value \$45)

That's \$289 of value for just \$179—offer ends Friday 23rd April.

Autumn Action II Boot Camp— chance for ladies to train together at 9.30am on a Monday and Wednesday, and the Saturday session at 7.30am. 1 session a week is indoors with the other 2 close to playgrounds. Special offer:

- 12 boot camp sessions (value \$195)
- PFC cap (value \$14)
- Exercise tracker fridge magnet (value \$5)
- Pre & post program body fat assessment/consult (value \$40)
- Post work out recipes (value \$5)
- Priority place on supermarket tour with dietician (value \$10)
- 30 minute 1 on 1 personal training session (value \$45)
- 15 minute coaching call in with Dale (value \$20)

That's \$334 of value for just \$179—offer ends Wednesday 14th April.

Client Quote—Meghan Jones, age 33, Highton

“I had been attending the gym for many years but I was getting bored as I was doing the same exercises everytime. I started training with Dale about 6 months ago and I immediately began to enjoy exercise again due to the variety he offers in this sessions. I have also found I am a lot more motivated - I was not able to run a kilometre before without stopping but last week I ran 8.5kms and actually enjoyed it. Dale referred me to Nathan (at Pace Physiotherapy) as I was beginning to think my abdominal muscles were non existent, however, it turns out I just did not know how to "turn them on". In one session with Nathan I learnt about how to control my core muscles and also was given exercises I could do at home to strengthen those. Now when I do abdominal exercises I no longer get the back pain I got before.”

Find out more about improving your core stability by contacting Dale or Nathan Wilson at Pace Physiotherapy—5242 8398



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April Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Thursday 1st, 8th, 15th, 22nd & 29th	New Boxing Circuits	6.15-7am, Wandana Heights
Friday 2nd to Monday 5th	Easter weekend	No classes
Tuesday 6th, 13th, 20th & 27th	Circuit Training	6.15-7am, Oberon HS gym
Tuesday 6th, 13th, 20th & 27th	Boxing for Fitness	6.30-7.15pm, Wandana Heights
Wednesday 7th, 14th, 21st & 28th	Kilometre Club running group	6.15-7am, Eastern Beach
Wednesday 7th & 14th	City of Greater Geelong activity sessions	Aldershot Reserve, St Albans 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	10.30am-12.30pm, Diggers Rest
Saturday 10th, 17th & 24th	Boxing for Fitness	7.30-8.15am, Mandama PS gym
Monday 12th, 19th & 26th	Women's only Boxing for Fitness	6.30-7.15pm, Mandama PS
Tuesday 13th	Free Information Session— How To Awaken the Inner Core with guest presenter Nathan Wilson	7.30-8.30pm, Wandana Heights Hall, register on the website
Monday 19th	Leopold PS staff fitness	4.15-5.15pm, LINC
Friday 23rd	Biggest Loser competition finishes	See website for details
Saturday 24th	Autumn Action II Women's Boot Camp	9.30-10.30am, venue TBC
Monday 26th	ANZAC day holiday	Women's Boxing class still on
Tuesday 27th	Pairs Power Work Out IV Boot Camp	6-7am, venue TBC
Tuesday 27th	Autumn Action II Women's Boot Camp	9.30-10.30am, The Shed @ 10, Belmont
Tuesday 27th	Autumn Action II Women's Boot Camp	9.30-10.30am, The Shed @ 10, Belmont
Wednesday 28th	Pairs Power Work Out IV Boot Camp	6-7am, venue TBC
Wednesday 28th	Autumn Action II Women's Boot Camp	9.30-10.30am, venues TBC
Friday 30th	Pairs Power Work Out IV Boot Camp	6-7am, venue TBC