



# The Focal Point

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## The Focal Point May 2008 Issue

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Welcome to the May issue or should I say the “birthday issue” of The Focal Point. To celebrate our sixth birthday we’re running a competition (which is Geelong based—see details below). Please feel free to tell anyone you know about the competition.

Six years seems to have flown but the business has been gradually evolving and building over that time frame.

Part of that evolution is the continual upgrade of the website. More resources, photos, links and information is being added weekly for people of all ages so keep an eye on it.

In this month’s issue we profile a personal training client for the very first time. Danielle Miller has been kind enough to openly talk about herself and experiences of working to achieve her fitness goals. It’s an interesting read, you may actually be able to relate or know someone that has similar

goals and obstacles to Danielle.

I’d also like to thank and welcome Jane Rowlands. Jane is studying Public Relations at Geelong’s Deakin University. Jane boldly rang me to ask if she could offer her time (and complete one of her university assignments on the business) and I jumped at the chance to have her input. I’m sure you’ll notice her ideas starting to come forward over the course of the year.

Finally, I like to send out a “get well soon” to Alan Campbell. I’ve only known Alan a short time but his enthusiasm and support of the Peak Fitness Challenge On Campus Program has been truly appreciated. Alan recently went in to have a brain tumor removed so he’s probably doing it tough but I hope to see him back in charge of the PE department at Narre Warren North PS by the end of the year.

Dale Ringin

## 6th Birthday competition

It’s our 6th birthday in May so we’re celebrating by running a competition. To enter either email your full name and phone number to [info@peakfitness.net.au](mailto:info@peakfitness.net.au) or text your full name to 0411 158 972. Entries close Friday 30th May and winners will be notified Monday 2nd June.

**1st prize** is 6 ‘Boxing for Fitness’ sessions for the winner and a friend, a 30 minute massage for winner and friend, training apparel and a \$20 Athlete’s Foot voucher.

**2nd prize** is 3 ‘Boxing for Fitness’ sessions for the winner and a friend, a 30 minute massage for winner and friend, boxing inners and a \$20 Athlete’s Foot voucher.

**3rd prize** is 1 ‘Boxing for Fitness’ session for the winner and a friend, a 30 minute massage for winner and friend, boxing inners and a \$20 Athlete’s Foot voucher.

More details can be found on the website, just go to [www.peakfitness.net.au](http://www.peakfitness.net.au)





## Client Profile- Danielle Miller

This month we asked Danielle Miller to answer some questions about our personal training services.

Danielle is a mum to four children (Chloe, Regan, Hannah and Klay) aged between 2 and 9, married to Dave and works as a hairdresser part time.

**How did you find Peak Fitness Challenge (PFC) Personal Training?** Advertising in a shop window, after phoning there wasn't enough people to participate so I ended up doing Transformation and after about 3 weeks I realised Dale was my trainer. This was in April 2007 and ever since I have been working in Dale's sessions.

**Which programs/training do you participate in with PFC Personal Training?** I participate in the Boxing programs at Moriac and Winchelsea. I never thought I would do boxing but I really love it.

**Why do you continue with the programs/training?** There are many reasons why I continue with the program, obviously I enjoy it and feel I get a good workout. Dale is a big reason why I continue, I find him very professional, always on time, easy to communicate with and I have never felt not comfortable doing any of the exercises. I also stay with the programs and Dale because he has got to know my strengths and weaknesses, and knows any injuries I have sustained in the past. I always feel great after a workout.

**Any other comments about your own health and well being or the programs?** Since I started training with Dale I have worked hard to get closer to my goals. I remember when I first started I would sometimes get head spins after doing a big workout to the degree I had to stop. In seeing a doctor it didn't seem to be anything, everything was normal. I now realize that was most probably because I was overweight. I have lost 20 kilograms since I started with Dale and over 16cm off my body. I now stand a lot straighter and I have muscle. I understand my body a lot better and how good it makes me feel. Sometimes I do give into temptations but I now never give up. School holidays are my worst time but I know that so I don't punish myself anymore, I wait until the children go back to school and work harder.

Now I am a lot more willing to have a go at things rather than sit on the side lines and watch. I haven't reached my goal yet and it has come to a bit of a stand still but I have gone from working out 4 times a week to 1. Therefore, the process of weight loss has slowed down to nothing but is stable. Finding time for myself has been the hardest with four children and a husband, it's easy to put yourself last. Just writing all of this down has made me realize it's time to get back into that routine and get to that goal.

Just a thank-you to Dale for putting up with me this long already. A big thank-you to my husband Dave who has supported me all the way and is always giving me compliments. It makes all my hard work really worth it.





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**Interschool Events:** The Southern B District Grade 3/4 Interschool Event has 290 students enrolled. The Mitchell South District has tentatively booked Friday 5th December for their inaugural challenge, thanks to Damian Hecker for all of his work so far. The Bellarine-Eastern Geelong challenge has been set for Friday 17th October this year, a couple of weeks earlier than normal and will be conducted in Drysdale for the first time.

**On Campus Program:** On Wednesday 23rd April Kieren and Ben went to Kilmore PS to conduct a PFC Tabloid for 80 Grade 5/6 students. This was the first challenge operated in the area and the local Greensborough Athlete's Foot store (owned by Andrew Parker) provided great support and got fully involved in the day. Damian Hecker from Kilmore PS has shown great support of the challenge and willingness to give it a go, inviting other schools within his District to come along and watch it all in action.

The following Wednesday (30th April) Kieren and Luke went to Werribee SC to run a PFC Tabloid for 140 Year 7 students. The 140 participants only represented half of the Year 7's at the school with the other half set to participate in a PFC Tabloid on Tuesday 17th June. Werribee SC has officiated the last 3 Werribee District Interschool Event and again utilised their Year 10 students to act as officials for the On Campus session. Thank-you to Lynne Beaumont for being so supportive and helpful in getting these sessions organized.

**News:** On Tuesday 13th May Kieren and I went to The Athlete's Foot state forum at the Melbourne Zoo. I have presented at the forum (about the Peak Fitness Challenge) on 3 occasions but this time our presentation was more interactive. As not all store owners have yet had the opportunity to be involved in the challenge we decided to give them a taste of some of the activities that are conducted at the challenge.

The hour session was a teams based event and combined some PFC events with some personal training type tests. The Yellow team took out "The Hover" test with all 8 team members lasting the maximum 2 minutes. Next it was the sit & reach (won by Red team) and the Gymstick overhead push for 20 seconds (also won by Red team). The stair climb followed with 30 second bursts from competitors eventuating in a tie between Red and Blue. Finally a fun sit up and box group challenge was run with Yellow team reaching the highest score. Overall the Reds took out bragging rights and the store owners/representatives showed some fantastic team spirit and competitiveness.

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## Fitness programs update



Our Boxing for Fitness programs have been operating now for 5 weeks at Wandana Heights, Moriac and Grovedale. So far the programs have involved over 40 participants, 75% of which are female.

The participants in the program have received a free gift from The Athlete's Foot (either a water bottle or running diary) and repeat participants (from program 1) have been rewarded with a free session voucher.

The focus of this program has been on improving cardiovascular fitness along with upper and lower body strength, with the infamous "push up circle" being tested two to three times during the 10 week program.

All sessions run for an hour, with Wandana Heights operating Tuesday 6.30-7.30pm and Moriac 7-8pm. Unfortunately the Grovedale program has been forced to cease after 5 weeks but we are now exploring the opportunity to conduct Circuit sessions as a replacement for the winter months. More information to follow on this in later issues.





## Indoors vs. Outdoors training

When it gets colder it can get harder to want to venture outside to train, but there are benefits to work outs both indoors and out. Motivation can also be a contributing factor and both indoor and outdoor training provide different motivators (e.g. groups, venues, weather, time, cost etc.). A prime example of this is going for a run– outside versus the treadmill.

### Indoor benefits:

- There is no need to worry about traffic
- You don't need to plan the route or distance
- You don't have to worry about being warm enough, having enough light to see where you're going or be protected from the elements
- You can use the treadmill gradients and distances to build up your fitness levels gradually
- An extended warm up is not required due to cold weather

### Outdoor benefits:

- There is the opportunity for variety in terms of routes, surfaces and scenery
- You can get out into the fresh air (especially if you work inside all day)
- There is the opportunity to run in groups, with family or the dog (or you may prefer to get out by yourself and clear the head)
- You can use stabilizer muscles when doing downhill running (not possible on a treadmill) or running on unstable surfaces
- There is the opportunity to involve other exercises into the run and increase overall fitness

Available time and resources make a difference to every individual and the reasons/goals for why you choose a particular type of training should play a big part in your decision making. For the record, I like to get outside and see the world.

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## Team Rex

Two of our Team Rex AASC programs operating for Term 2 are being conducted at Our Lady Star of the Sea PS (in Ocean Grove) and Fyans Park PS.

The Fyans Park PS is again being conducted by Peta Grigg (after having a great Term 1 program and developing a strong rapport with the students). This Term Peta is conducting a Minor Games/Tabloids program. A similar program was conducted at the school in 2007 by Luke with great success. The program combines some all time favourite minor games that students of all ages can play along with a variety of tabloids/circuits that focus upon team work, partner work, skill development, fitness and fun.

The program at Our Lady Star of the Sea PS is our first AASC program but actually not the first time Team Rex has operated at the school. We have previously conducted 'user pays' programs at school for Preparatory to Grade 2 children. European Handball is the focus in Term 2, with the development of throwing and catching skills paramount to the sport, the children are playing a variety of games that enable them to learn new skills and have fun. Although only a small group of children are participating, the feedback from parents about Luke's manner and coordination of sessions has been extremely positive.

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