



# The Focal Point

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## May 2010 Issue

Winter is here and it can be a time of year when the fitness regime suffers. But I truly believe Winter is a time for opportunity when it comes to your fitness. It's the perfect time to set yourself a 12 week program, which is the time you need to get serious results! It's the perfect time to try a new form of exercise or class. It's the perfect time of year to get a friend or partner training with you and keep your motivation levels up. So you see, Winter should not be a time for excuses but a real chance to set some great exercise habits in place for 3 months.

Now that is Winter is here I'd like to also thank everyone that contributed and got involved in our birthday month celebrations last month (in Autumn). We had some great feedback come through for the month, handed out prizes to very deserving winners and finished it all off with Super Saturday. Thank-you to everyone

that came to Super Saturday (Boxing Circuits, Dance Circuits & Gymstick Hybrid class) and especially to the girls that toughed it out for all three sessions—very impressive ladies. It was great to see clients challenged themselves. Also, a big thank-you to Lea for the Dance Circuits. Even yours truly got into the swing of it, showing the girls just how well I could do the shimmy!

Finally, I'm excited to have Shane Rose from Nike as our guest presenter at our next free information session. Shane will give an insight into using the Nike Sport Band and how it can make fitness fun! The session is on Tuesday 22nd June and all information is available on the website.

Dale Ringin



## What's Making News?

The Herald-Sun's Body & Soul lift out on Sunday 9th May had an article written by Sanitarium Nutritionist Cathy McDonald on cultivating work and life balance. The article quoted that we spend one third of our lives at work and that Australians work harder than most other nations. On average we spend 1855 hours at work each year in comparison to the international average of 1643 hours. Cathy went on to give some tips in relation to juggling the hours, feeling great and enjoying time both at and away from work.

**Move**—get up from your chair regularly, meet outside, take a walk anything to get moving.

**Eat Well**— have a variety of foods at work, have a protein food at lunch to give sustained energy through the day.

**Relax**— identify stress triggers and have a plan to reduce stress. A quick walk, ten minutes in the sunshine or flick through a magazine can often help stressful situations.

Sanitarium are also giving away a free copy of Health & Happiness Cookbook until 30th June or while stocks last, go to [www.sanitarium.com.au](http://www.sanitarium.com.au) or call 1800 673 392.



May 2010 Issue



## 5 Sensational Gymstick Exercises

It's cold and dark out there when you want to exercise so motivation to get to the gym or a fitness class can be difficult. But what if you could use a fitness tool that is compact, light, portable and requires little storage space? What if the fitness tool also allowed you to do hundreds of movements and exercises that are the same as you can do in the gym? And the end result of those exercises is giving that toned look all done in the comfort of your lounge room! Well that's what you can get from training with a Gymstick. The total body resistance you can achieve using a Gymstick will:

- > Improve muscle strength and endurance, balance, joint stability, coordination and postural awareness
- > Develop heightened proprioception
- > Add variety to traditional types of exercises by adding resistance that is not reliant on the body's position in relation to gravity
- > Reduce the risk of injury as the exercise bands are pulled from below the centre of gravity
- > Help develop explosive power in a safe and effective way
- > Improve fat loss and developing lean muscle (toning)

Here are 5 simple exercises to get you started and help tone up:

1. Squat & military press – great for toning legs, backside and shoulders. Place the gymstick at the chin, squat with feet shoulder width apart and keeping your weight through your heels. As you stand up out of the squat position use your momentum to help extend the gymstick above your head.
2. Triceps squeeze with squat – great for triceps, legs and backside. Place the gymstick on the ground and step over it. Pick it up again and wind it up slightly to get some resistance, resting it near your backside. Slowly extend your arms out away from your body and at the same time go into a squat. Release the hold behind your body as you come back up out of the squat.
3. Crunch with seated row – perfect for working abdominals and upper back muscles. In a seated position wind the gymstick up to get some resistance. With knuckles on top, the gymstick resting at the top of the legs and shoulders back perform a row (bringing the gymstick to your chest). After doing the row, perform a crunch (like a sit up) making sure you don't let your shoulders touch the floor.
4. Kneeling leg extension – great for toning backside, quadriceps and hamstrings. Kneeling on all fours, extend your left leg straight out from your body so that it ends up parallel with the ground and no higher than your hips. Work one side of the body before changing legs. Aim to keep your hips reasonably square and no pressure through your lower back. To add some variety, add in a hamstring curl after you extend your leg.
5. Laying shoulder press- perfect for lower back strengthening and working the upper back and shoulder muscles. Laying on your stomach and with the gymstick at your chin, raise your shoulders and arms off the ground and then press the bar out in front of your head before returning to the starting position and relaxing the lower back muscles. To add a degree of difficulty, lift one or both feet off the ground as you press out with the gymstick.

To see Gymsticks in action go to [www.gymstick.net](http://www.gymstick.net) or come along to PFC Gymstick class.





May 2010 Issue



## On Campus Program Report

On Friday 30th April Corey ran a PFC Fit 'n' Fun at Caroline Springs College. The session was for the Grade 4 students of the Brookside Campus. Corey set up 10 different fitness stations and the students moved to a new station approximately every nine minutes. Some of the stations included the Speed Kick (with the radar gun measuring the speed of the ball attached to a bungee cord), Ali Shuffle (punching the focus pads and then moving through the quick step ladder "Ali" style) and Weight Retrieval (a shuttle involving picking up different weighted medicine balls and returning them to the start/finish line). The purpose of the PFC Fit 'n' Fun is for the participants to put in their best efforts without worrying about times or scores and for the third year in a row the students at Caroline Springs College did this to perfection!

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### Client Quote

"I've really been enjoying the lunchtime program you organise, so thanks and keep up the great work! I really enjoy the variety you've been giving us in the last few weeks with the cardio intervals and resistance training - it seems to work well and I find that I'm still on a "high" and buzzing from the session at about 4pm after our lunchtime training! I also find I'm more focused and productive afterwards, so it must be working :-)" Faith Hesse, aged 41

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### Client Profile— Sue Lamb



**Name:** Sue Lamb **Age:** 34

**Occupation:** Clinical Trial Coordinator / Bone Density Technologist

**PFC programs you've participated in:** Boxing for Fitness, Boot Camp, Gymsticks, Boxing Circuit and lunchtime boxing with a group of work colleagues.

**Date or month you joined PFC programs:** August or September 2009

**What were your reasons for joining with PFC?** Jodie hassled me for weeks to come along to boxing and I finally gave in.

**What benefits have you experienced to date?** Not wasting money on a gym that I don't go to. Motivated to exercise once again. Meeting new people. Fitter and stronger. Have learnt to push myself to get the most benefit from the session.

**What is the best part of participating in the sessions?** The sessions are different from the usual gym / aerobic session. Can go at your own pace and everything can be altered to your level whether you are just starting out or have an injury. I always get a good laugh out of something at a session as it is always fun, although the amount of laughing depends on who the trainer is!!

**What has been your experience of PFC Personal Training?** Haven't done a 1 on 1 session, but sometimes when there is a small group it can feel like the session is tailored just for you and you are pushed past what you thought was your limit.

**Any tips for other participants?** Try all the programs you can. Provide feedback, one of the great things about PFC is that you can get out of it what you need or want. If you want something included in a session, or really don't like something, chances are someone else feels the same so let Dale or the trainer know.

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## May 2010 Issue

# June Calendar



DAY & DATES	PROGRAM OR EVENT	DETAILS
Tuesday 1st, 8th, 15th, 22nd & 29th	Circuit Training—changed venue	6.15-7am, The Shed @ 10 (Grayling Street Belmont)
Tuesday 1st, 8th, 15th, 22nd & 29th	Boxing for Fitness	6.30-7.15pm, Wandana Heights
Wednesday 2nd, 9th, 16th, 23rd & 30th	Lunchtime Fitness	12.15-12.45pm, Johnstone Park
Wednesday 2nd, 9th, 16th & 23rd	MacKillop Family Services fitness session	5.30-6.30pm
Wednesday 2nd, 9th, 16th & 23rd	Marshall Cricket Club Boxing for Fitness	6.30-7.30pm
Wednesday 2nd, 9th, 16th, 23rd & 30th	Gymstick Muscle	6.45-7.30pm, Mandama PS gym
Thursday 3rd, 10th, 17th & 24th	Kilometre Club running group	6.15-7am, Eastern Beach
Friday 4th, 11th, 18th & 25th	Gymstick Hybrid—brand new class	6.15-7am, Wandana Heights Hall
Saturday 5th, 12th, 19th, 26th	Boxing Circuits	7.30-8.15am, Mandama PS gym
Monday 7th, 14th (Public Holiday, 21st & 28th	Women's only Boxing for Fitness	6.30-7.15pm, Mandama PS
Monday 7th, 21st & 28th	Leopold PS staff fitness	4.15-5.15pm, LINC
Tuesday 8th	Information Talk for The Gordon Personal Training students	11.30am-12pm
Monday 14th	Queen's Birthday Holiday— Boxing class still on!	
Wednesday 9th, 16th & 23rd	9.30am Gymstick Muscle	9.30-10.15am, The Shed @ 10, Grayling Street Belmont. 6 week program.
Monday 21st & 28th	Enviro Training—brand new class	6.15-7am, Bunnings car park, Waurnd Ponds
Tuesday 22nd	FREE Information Night	7.30-8.30pm, Marshall Cricket Clubrooms, Belmont Common. Guest speaker Shane Rose from Nike More information and to register go to <a href="http://www.peakfitness.net.au">www.peakfitness.net.au</a>