



# The Focal Point

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## October 2009 Issue

Commitment. That's what I'm looking for in 2010. And yes I realize that 2009 isn't done with just yet but I want to put it out there nice and early. Why am I looking for this? Because I'm prepared to give plenty of commitment to make sure those anyone that deals with Peak Fitness Challenge gets what they envisaged. It also means our staff will be committed and our programs will reflect our commitment to client needs.

One such commitment to our personal training clients will come in the form of a special offer about to be sent out. We want to give all current clients an opportunity to lock in their 2009 prices for all of 2010. This offer will give clients a great opportunity to get real value for money from their training and know that their payment is covered. It's also on top of some of the other exciting changes were making in 2010 that clients will be

informed of shortly.

After two successful free information sessions to date this year, our last one for the year could well be the best! Anne Buso from Dietetic Design will join me in speaking on topics such as hydration plans, sports and energy drinks and healthy eating for activity. Should be a wealth knowledge their for everyone.

Finally, I'd like to thank Shane Flynn for his professionalism whilst completing necessary practical hours for his course. I'm sure those that have worked with Shane have appreciated having him around and hopefully we'll see more of him working for PFC. I'd also like to wish Abbie Silver (part time administration manager) all the best with her new full time work.



Dale Ringin

## What's Making News?

In a recent article by the Better Health Channel ([www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Obesity](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Obesity)) obesity rates in Australia have more than doubled in the last 20 years. The World Health Organization defines obesity and overweight by using a person's BMI (Body Mass Index). BMI is calculated by dividing a person's weight on kilograms by their height in metres squared. People with a BMI over 25 are classed as overweight and over 30 is classed as obese. What does all of this mean to us as a society. Well, according to international results, Australia ranks 6th in the world for obesity rates (21.7% of the population) behind the United States of America, Mexico, the United Kingdom, Slovakia and Greece. Obesity costs taxpayers 1.5 billion every year.

Every year! Can you imagine how that money could be better spent for us as Australians! The indirect costs are harder to estimate but they relate to things such as work absenteeism, weight management programs, work lost due to premature death or illness. There is no doubt that the strain on us as a society will continue to grow and ripple into other areas if the obesity rate continues to climb. Best thing is, it's all preventable!



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## School & Local Government



Highton PS have booked a PFC Fit 'n' Fun (for P-2 students) and a PFC Contest (for Grade 3-6 students). The session will be operated on Wednesday 11th October at Highton Reserve as the school court areas are being used for building works.

St John's PS (Geelong) have booked a PFC Fit 'n' Fun (for Grade 5-6 students) to be held at Steampacket Gardens. The day is structured slightly different to a regular Fit 'n' Fun with students coming throughout the day in small groups of 24 to do a reduced number of stations (and varied fitness activities). The session is booked for Monday 16th October.

St James the Apostle PS have booked a PFC Contest for their Grade 5-6 students on Friday 4th December. Joe Grimes, PE teacher, has been a long time supporter of the interschool event in the area but this year has opted to have the children do an On Campus session.

**Do you receive our bi-weekly emails including game/drill of the week and other useful information for teachers? If not, contact us to be added to our list.**

Late September and right through October saw a variety of school and local government programs operated. On 14th & 15th September we ventured to **Kennington PS** in Bendigo to operate the full range of PFC school events. The P-2 students did a Fit 'n' Fun, the 3-4 students a Contest and the 5-6 students a Grand Championship. Thanks to Kieren, Peter and Abbie for their work over the two days. Also, thank-you to Luke Monaghan for his support and organisation at a school level. On the 30th September we operated our first holiday program circuit with the **Wyndham City Council**. Corey was kept busy with 5 different sessions and 2 different sites but thoroughly enjoyed it. On the 1st October we were again involved with the brilliantly operated **Huff 'n' Puff in the Park** day operated by Melton Shire at Rockbank. Corey, Danny, Catherine and Kate had a great day with over 100 children participating. Tuesday 6th October was **Cressy Primary School's** turn (along with other small schools from the surrounding area) to do a PFC Fit 'n' Fun. Abbie headed off to Cressy with the threat of being rained but did a great job of getting through nearly all of events before the heavens opened up. Finally, I headed down the highway to Portland for a PFC Fit 'n' Fun & PFC Contest at **St John's Lutheran PS Portland**. Listening to the rain belt down the night before was a worry but Portland turned on a magnificent day and both sessions ran beautifully. Thanks to Quentin Pritchard for his help and hospitality.

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## Pairs Power Work Out II photos





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## Static Stretches

Static stretching, you've all done them and you all know the benefits of static stretching (please tell me you know the benefits!). At this time of year people are generally more active, daylight savings has kicked in and it's a great time of year to exercise. But to continue exercising you need to ensure you have in place a recovery program. This is where static stretching comes in as it leaves the muscle in a resting state and helps with repairing the muscles.

**How long should you stretch for?** The longer you can hold the stretch the better. This does not mean that you need to time yourself but if you can hold the stretch for more than 20 seconds then you may find the muscle relax a little which can then enable you to increase the range of the stretch.

**What muscles should you stretch?** You should anywhere you are tight (and strengthen anywhere you are weak). If you've been using specific muscle groups then they should be stretched but don't be neglectful of the muscles you use in everyday life (e.g. neck muscles for those sitting at a computer during work hours).

**What types of stretches should you do?** We're all put together differently and for some people certain types of stretches just don't give what they need. The great thing about the body is there are usually different ways to manipulate it so if one type of stretch does not work for you then make the effort to find out what other options are available to get the desired result. A simple example may be doing a standing hamstring stretch with your leg up on a bench on comparison to laying on your back a pulling your knee back towards your nose (the later stretch works really well for me personally).

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## Benefits of Gymstick Training



A gymstick allows you to do hundreds of movements and exercises that give you total body resistance. 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

It is also compact, light, portable and requires little storage space. The different coloured bands also have different resistance levels. Light (green) is 1 to 10kgs, ideal for beginners, older adults and rehabilitation. Medium (blue) is 1 to 15kgs, designed for junior athletes and men/women who want to start exercising. Strong (black) is 1 to 20kgs, designed for fit men, women and athletes. For more information about gymsticks and to see them in action go to [www.gymstick.net](http://www.gymstick.net).

New Gymstick Muscle trial program starts Wednesday 25th November and runs for 4 weeks. Sessions will be held at Mandama PS gym, Church Street, Grovedale. Sessions will run for 45 minutes from 6.30-7.15pm. Costs: **bring** your own gymstick \$48 upfront, **buy & bring** your own gymstick from PFC \$163 (\$115 for the gymstick – normally \$120) or **borrow** PFC gymsticks for the session \$85 upfront. Only 8 places available, enrolments close Friday 20th November.



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## November Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Monday 2nd, 9th, 16th, 23rd & 30th	Women's only Boxing for Fitness	\$55 upfront payment. 6 week program. Mandama PS gym, Grovedale, 6.30-7.15pm
Monday 2nd	Challenge Yourself II Boot Camp	3 times a week, 4 week program, 6.15-7am, various locations.
Monday 2nd, 9th, 16th, 23rd & 30th	Leopold PS Teacher Exercise Network	8 week program, LINC front room, 4-4.45pm
Tuesday 3rd, 10th, 17th & 24th	Lunchtime Fitness	Johnstone Park, Geelong, 1.15-1.45pm.
Tuesday 3rd, 10th, 17th & 24th	Boxing for Fitness program 5	Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Tuesday 3rd & 10th	Challenge Yourself II Boot Camp	Tim hill Reserve, Wandana Drive, 6.30-7.15pm
Wednesday 4th	Challenge Yourself II Boot Camp	3 times a week, 4 week program, 6.15-7am, various locations.
Thursday 5th, 12th, 19th & 26th	Team Triumph program	Kardinia International College, Prep to Grade 2 students, 3.30-4.30pm
Friday 6th	Challenge Yourself II Boot Camp	3 times a week, 4 week program, 6.15-7am, various locations.
Friday 6th	Staff Volleyball session	VicBeach Geelong, 6-7pm
Saturday 7th & 14th	Challenge Yourself II Boot Camp	3 times a week, 4 week program, 7.30-8.15am, various locations.
Wednesday 11th & 25th	MacKillop Family Services staff	Fitness sessions, 5.30-6.15pm
Wednesday 11th	Highton PS On Campus Program	PFC Fit 'n' Fun (P-2) & PFC Contest (Grade 3-6)
Thursday 12th & Friday 13th	Cairnlea PS On Campus Program	PFC Fit 'n' Fun (P-2) & PFC Contest (Grade 3-6)
Monday 16th	St John's Lutheran PS (Geelong) On Campus Program	PFC Fit 'n' Fun Grade 5-6
Tuesday 17th	MacKillop Family Services staff	Fitness sessions, 5.30-6.15pm
Wednesday 18th	Marlborough PS On Campus Program	PFC Contest (Grades 3-6)
Wednesday 25th	Gymstick Muscle trial program	4 weeks, upfront payment, limited places, Mandama PS gym, 6.30-7.15pm
Thursday 26th & Friday 27th	ACHPER Conference	Monash University. Dale presenting on both days.