



The Focal Point

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September 2009 Issue

The count down is on and now is the time of year to amp up your training for our “Trainer of the Year” contest. We’ve got some fantastically committed people training with us but as I write this the top 5 (in no order) are Jason Howell, Andrea Illif, Jim Kefalas, Michaela Little & Claire Thomson.

We have a great offer people that are interested in 1 on 1 Personal Training at the moment and it’s FREE. 30 minutes of training with Dale (just long enough to get up a sweat) followed by a fitness consult. In the consult we look at individual goals and motivators to see if what we offer is a “fit” for the individual.

I’d like to extend a huge pat on the back to a few of the guys that have been training with us and have reached their fitness goals. Firstly Brenton Foote who needed 9.6 on the beep test to take a step closer to his goal of being a fire fighter. Brenton achieved this in 21 days

of intense training after initially scoring 7.4 in a practice test with me. I wish him all the best in the next testing phases for becoming a fire fighter. Also, well done to Anthony, Alan & Peter for 2 months of solid training 3 days a week. This especially paid off for Peter in reaching his goal of running two kilometres without stopping.

Finally, in this fast paced world that we live in it can be difficult to juggle all the things that are thrown at us but reflection is important. We look at all our programs regularly to see where we can improve but we NEED and appreciate your feedback so we can make improvements. If asked for feedback then please take just a couple of minutes to give us your thoughts, we love seeing what you think.

Dale Ringin



What's Making News?

Taken from the Geelong Advertiser- “It seems vanity has not gone out of fashion despite tightened purse strings with a surge in jobs in hairdressing and other personal services responsible for Geelong shrugging off the economic downturn. Our interest in spray tans, fancy hairdos and personal trainer sessions has meant Geelong recorded a 71 per cent increase in jobs in recreation, hairdressing and other personal services between 2001 and 2006. The momentum of the jobs surge has saved the region from the worst depths of recession during the worst stages of the global downturn last year Corio and Corangamite regions saw an increase in jobs.”

The above news snippet is great news for Personal Training businesses, especially those that are committed to making a difference to lives and wellbeing of people in the community. At present, the average “life” of a personal trainer in the industry is 18 months. So although there is an increase in jobs in this area, make sure you choose a trainer that is going to be in it full the long haul with you so that you can develop a lifetime of healthy habits.



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School & Local Government



St John's PS (Portland) have booked a PFC Fit 'n' Fun (for P-2) and PFC Contest (for Grade 3-6) for the second year in a row. The challenge will be run in the first week of Term 4 on 9th October.

Cairnlea PS (formerly Deer Park PS) has booked a PFC Fit 'n' Fun (for P-2) and PFC Contest (for Grade 3-6) on 12th & 13th November. We look forward to working with the staff, parents and students for the first time.

Bellarine Secondary College Youthfest– On Thursday 10th September I was fortunate to be involved with great event ("Youthfest") organised for the students of Bellarine SC. It was held at the Drysdale campus with a massive range of activities available for the students to take part in. Some of these included sumo wrestling (in "sumo suits"). Basketball, rock-climbing, fishing and surfing. There was also bands playing, a sausage sizzle and plenty more for the students to watch or join in on. My contribution to the day was boxing for fitness and although the students didn't have a great amount of stamina to stick at, the staff that were involved all got in and had a real go. Thanks to Mel Taylor (at Batforce) fro putting our name forward.

Dates available for On Campus Programs in November at present include:

Wednesday 4th, Thursday 5th, Friday 6th, Wednesday 11th, Wednesday 18th, Thursday 19th, Friday 20th, Wednesday 25th & Thursday 26th (ACHPER Conference).

For December there are more vacant dates but **with all of our bookings we require at least 4 weeks notice** (booking form must be submitted 4 weeks prior to the planned date). Hurry to book your program.

Women's only Boxing for Fitness photos

Our very first Women's only Boxing for Fitness program started on Monday 3rd August and ran for 6 weeks. Sessions had between 10 to 16 ladies per session, all of varied ages and fitness levels. The next program starts on Monday 28th September and operates from Mandama PS gymnasium (places are still available). As shown in the photos, the last program involved some kicks along with a variety of punch types.





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Client Profile— Claire Thomson

Name: Claire Thomson **Age:** 22 **Occupation:** child carer

Programs you've participated in:

Boxing classes, six of the boot camps that have been and the one that's just finished.

Date joined:

The middle of December 2008.

What were your reasons for joining with PFC:

To get my fitness levels up and to try and lose some weight.

What benefits have you experienced to date:

It's given me some self confidence and I'm feeling better after each class I go to.

What's the best part in participating in the sessions:

Feeling great after it and knowing that I'm getting better at it each time.

What has been your experience of PFC Personal Training:

It's good, they know your level and know how much to push you.

Any tips for other participants:

Just go out there and give it a go. All levels of fitness are accommodated.



Boot Camps- what's the real benefits?



You would hear about boot camps and maybe you've even tried them before but what are the real benefits of this form of training? To start with, the term "boot camps" is a popularised terminology for what is essentially group training/fitness and usually it's done outdoors. This type of training lends itself to so many variations and options to help improve fitness.

Here are 5 of the greatest benefits for getting involved in this type of training:

1. There is a **team orientated environment** that is **encouraging** but **still fun**. Everyone is there for their own reason but the people attending boot camps really **enjoy group training**.
2. Because there are **like minded people** participating the training environment is extremely **motivating**. The motivation comes from not only the trainers pushing you to achieve your best but also from other participants in the group.
3. **Intensity in the program builds** over the life of the program so the fitter you get, the harder you can push. The sessions also keep **challenging** you as that intensity builds.
4. The programs have a **huge variety** of session types and venues. This enables you to get a **full body work out, burn fat and develop lean muscle**.
5. The training is **regular and consistent** which gives the best chance of improving fitness and reaching goals.

Next PFC Boot Camp programs: 6.15am-7am Monday, Wednesday & Friday starts 12th October.

New evening program 6.30-7.15pm Tuesday, Thursday & Saturday morning (7.30am-8.15am) starts 20th October. FREE session on Thursday 15th October.





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October Calendar

DAY & DATES	PROGRAM OR EVENT	DETAILS
Monday 5th	<i>Start Term 4</i>	
Monday 5th, 12th, 19th & 26th	Women's only Boxing for Fitness	\$55 upfront payment. 6 week program. Mandama PS gym, Grovedale, 6.30-7.15pm
Tuesday 6th	Cressy PS On Campus Program	PFC Fit 'n' Fun for P-6 students
Tuesday 6th & Thursday 8th	Lunchtime Fitness– FREE session	Johnstone Park, Geelong, 12.15-1.45pm. Register via the website
Tuesday 6th, 20th & 27th	Boxing for Fitness program 5	\$10 per session, Wandana Heights Hall, Wandana Drive, 6.30-7.15pm
Wednesday 7th, 14th & 28th	MacKillop Family Services staff	Boxing for Fitness sessions, 5.30-6.15pm
Thursday 8th, 15th, 23rd & 30th	Team Triumph program	Kardinia International College, Prep to Grade 2 students, 3.30-4.30pm
Friday 9th	St John's PS Portland On Campus Program	PFC Fit 'n' Fun (P-2) & PFC Contest (Grade 3-6)
Monday 12th, 19th & 26th	Challenge Yourself II Boot Camp	3 times a week, 4 week program, 6.15-7am, various locations.
Monday 12th, 19th & 26th	Leopold PS Teacher Exercise Network	8 week program, upfront payment \$125, LINC front room, 4-4.45pm
Tuesday 13th	Free Information session- "5 Keys to Getting That Toned Body for Summer"	Wandana Heights Hall, 6.30-7.15pm. Registration via the website required.
Wednesday 14th, 21st & 28th	Challenge Yourself II Boot Camp	3 times a week, 4 week program, 6.15-7am, various locations.
Thursday 15th	Marlborough PS On Campus Program	PFC Fit 'n' Fun (P-2) & PFC Contest (Grade 3-6)
Thursday 15th	Challenge Yourself II Boot Camp– FREE session	6.30-7.15pm at Kardinia Park (grassed area between Netball courts & La Trobe Terrace). Registrations via the website required
Friday 16th, 23rd & 30th	Challenge Yourself II Boot Camp	3 times a week, 4 week program, 6.15-7am, various locations.
Tuesday 20th & 27th	Basketball AASC	Ceres PS, 3.30-4.30pm
Monday 26th	Ocean Grove PS Staff Fitness session	Boxing for Fitness, Circuits & 10 minute talk, 3.45-4.45pm
Thursday 29th & Friday 30th	Strathfieldsaye PS On Campus Program	PFC Grand Championship (Grades 3-6)