



The Focal Point

www.peakfitness.net.au

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September 2010 Issue

You may notice that this month's issue is a shortened version of The Focal Point—just three pages. Not that I'm skimming on content but I really wanted to make sure that this edition (and October's issue) got out on time as it's a busy time of year. Busy in such a good way though!

A new era of Boot Camp training started for Peak Fitness Challenge on Monday 27th September. Enviro Training Boot Camp began. What's different about this style of class? It's open to all PFC clients, there is no end date to the boot camp so you can start when you want, it's all outdoor training but the sessions are designed around the environment we're training in and the group members, and we change the training environment every month to keep it interesting. What's the same then? It's still outdoors, it's still group exercise, it still has plenty of variety and it's still lots of fun.

Come join Envrio Training when you're ready!

A brand new 9.30am women's only group fitness program starts in October. A great chance for mum's and women to get together and train outdoors and it's all followed up with a coffee (or water or juice) at Two Sugars Café (who have kindly donated a \$20 voucher to all involved). And being that mum's don't always have a predictable schedule, you can use my "Pay It Forward" system to reserve a place one session in advance and not have to worry about not getting value for upfront programs.

Finally, it's only 8 weeks until summer and less to the Run Geelong event. Will you be fit and have your beach body ready in time? Act now!

Dale Ringin



What's Making News?

The Premier's Active Families Challenge runs from October 2nd to November 13th. The goal of the challenge is to do 30 minutes of activity for 30 days. There's prizes for individuals just for entering but you can also help your club or school win clinics and sporting gear. The challenge is not so much a competition but just that a challenge. You must do 30 minutes of physical activity a day for 30 days to successfully complete the Challenge. The 30 days do not need to be consecutive and you can do the activity on your own or together as a family. The 30 minutes of activity can be made up of any sort of physical activity, including incidental activity. It should be in 30 minute blocks, but if your team finds it hard, two lots of 15 minutes is OK. Throughout the Challenge you will be sent weekly emails with physical activity and healthy eating tips. Go to www.goforyourlife.vic.gov.au/challenge to register.

Not only is this a great incentive to get people exercising at this time of year but a chance for parents to role model to their children the importance of regular physical activity. With a 25% child obesity rate we need adults, especially parents to be positive role models to help reverse the title of fattest nation per capita. The Go For Your Life website also has a huge number of resources on a variety of health and fitness topics.



September 2010 Issue



Health Tip of the Month



It's such a great time of year to get out and go for a run and with the Run Geelong event drawing closer and a fantastic line of fun runs on in the new year NOW is the time to start improving upon your running capabilities (and not getting out on race day). So I've listed 8 tips below to help improve your running.... good luck!

1. Strengthen your glutes. Use these big muscles to prevent unnecessary movement in the hips.
2. Run the shortest route on the course (legal route of course).
3. Ensure you get adequate rest/sleep and nutrition as part of your running program.
4. Develop a good "kick" for finishes.
5. Set realistic goals and "own them". Break those goals down and make sure you track & measure your progress.
6. Look after your feet.
7. Mix up your cross training - cycling, swimming, boxing etc.
8. Shorten your stride when running downhill



Boxing Boot Camp



The Boxing Boot Camp itself was a huge success. It was the first Boxing Boot Camp I'd run, the first Boot Camp to offer four sessions a week but also the last Boot Camp to have a start and finish date. There was a range of fitness levels and gender that participated over the 4 weeks and it was great to see the bonds that were formed in such a short time. This is one of the greatest benefits of "boot camp style training" - we're all in it together so there's plenty of support no matter what fitness level you are at.

The first time format of combining Boxing with other "boot camp style work outs" went really well so there'll be more to come in 2011. The new format of Enviro Training boot camp also enables the trainers to be more flexible and combine more boxing into the session so remember to bring along your inners.

In the photo above from the left: Greg, Jim, Ingrid, Katherine, Belinda, Alan and Kate at Rippleside for the last Boxing Boot Camp session. After the session last session we went to The Edge for breakfast, a great suggestion by Belinda! Well done to everyone that attended the sessions, the attendance rate was brilliant meaning there was plenty of health benefits gained in the four week period.



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October Calendar

| DAY & DATES | PROGRAM OR EVENT | DETAILS |
|------------------------------------|---|---|
| Friday 1st, 8th, 15th, 22nd & 29th | Gymstick Hybrid | 6.15-7am, Wandana Heights Hall |
| Saturday 2nd | Cardio Circuits (last session) | 8.30-9.15am, Mandama PS gym |
| Monday 4th, 11th, 18th & 25th | Enviro Training | 6-7am, Kardinia Park |
| Monday 4th, 11th, 18th & 25th | Women's only Boxing for Fitness | 6.30-7.15pm, Mandama PS |
| Monday 4th- Saturday 9th | Bring A Friend Week | Bring along family, friends or a colleague to a group fitness session for FREE. |
| Monday 4th, 11th, 18th & 25th | Kilometre Club running group | 6-6.45pm, Eastern Beach |
| Monday 4th & 18th | Shell Training sessions | 12-1pm, Stead Park |
| Tuesday 5th, 12th, 19th & 26th | Boxing for Fitness | 6.30-7.15pm, Wandana Heights Hall |
| Tuesday 5th & 12th | Shell training sessions | 7-8am, Stead Park |
| Wednesday 6th, 13th, 20th & 27th | Enviro Training | 6-7am, Kardinia Park |
| Wednesday 6th, 13th, 20th & 27th | Gymstick Muscle | 6.45-7.30pm, Mandama PS gym |
| Thursday 7th, 14th, 21st & 28th | Kilometre Club running group | 6.15-7am, Kardinia Park |
| Thursday 7th, 14th, 21st & 28th | Enviro Training | 6-7pm, Kardinia Park |
| Saturday 9th, 16th, 23rd & 30th | Brand New PT Circuits | 7.30-8.15am, Mandama PS gym |
| Monday 11th, 18th & 25th | Leopold PS Teacher Exercise group | 4.15-5.15pm, LINC blue room, Leopold |
| Monday 11th, 18th & 25th | Brand New 9.30am Women's only group fitness | 9.30-10.15am, Highton Reserve, followed by coffee at Two Sugars Café |
| Tuesday 12th | Supermarket Tour with Dietitian | 7.45-8.45pm, Wauron Ponds Safeway, 8 places only, register on website |
| Wednesday 13th, 20th & 27th | Brand New 9.30am Women's only group fitness | 9.30-10.15am, Highton Reserve, followed by coffee at Two Sugars Café |
| Thursday 14th & 21st | Shell training sessions | 12-1pm & 7-8am, Stead Park |
| Wednesday 27th | Shell training session | 5-6pm (TBC), Barwon River |
| Friday 29th | Shell training session | 7-8am, Stead Park |
| Friday 29th | Gymstick Muscle class @ Geelong's Gym | 12.15-1.15pm |