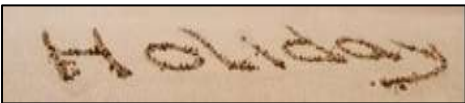




# March Newsletter

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**Labour Day Weekend:** Fitness Energy will be **closed on Monday 13th March for the long weekend.**



## MARCH BIRTHDAYS!

Donald Thompson	4th
Danielle Thom	4th
Philippa Birch	10th
Mollie Bracken	14th
Monica Morton	16th
Cheryl Moulden	17th
Julie Rodriguez	17th
John Gunn	19th
Jared Fitzpatrick	20th
Rachel Waldren	21st
Robert Ellis	23rd
Daniel Mow	27th
Debbie Dwyer	30th
Susie Crawford	31st
Glenn Hill	31st

## SUPER SENIORS

**Age is no barrier to exercise and you are never too old to start.**

As we age our bodies and brains will go through several changes that result in reduced performance, but there is one key factor that can change this, EXERCISE.

Our bones and muscles will deteriorate with age but these changes can be controlled and often reversed with exercise. The saying “use or lose it” is definitely true. If we continue to challenge our bones and muscles they will continue to be effective and the same is true for our brains, exercise has a positive effect on our cognitive performance.

Balance is another key area in this population. As we age our balance deteriorates, which can result in increased falls risk and decreased confidence. However effective exercise programs can keep you active, mobile and enjoying life well into your senior years.

For those who have enjoyed activity throughout their lives continuing to challenge yourself with exercise will keep you feeling young and energetic. Ageing is inevitable, but you don’t have to get “old”. Getting old is about reduced function, chronic illness, pain, frailty, and life slipping by. You have the power to control this.

Staying active keeps you in control of your life, and enjoying good health. There might be a few health challenges along the way but maintaining your health and fitness is crucial.

Taking up exercise to combat ageing is also effective. You are never too old to start looking after yourself better. Regular aerobic activity and strength training will keep your body and brain working well and will make you feel much younger.

Retirement should be the time when you are active and enjoying life, not slowly sinking into “old age”.

### **BENEFITS FOR SUPER SENIORS:**

- Improved fitness and strength
- Improved brain function
- Injury prevention
- Disease prevention



## NEW CLASS SESSIONS

Tues 6.00am & Thurs 7.30pm

### SMASH45

Cardio and resistance interval training

- Self paced
- Fun
- 60 minute class
- Suits all fitness levels
- Booking Essential

Starting Tuesday 14th March



## ATHLETE DEVELOPMENT

Jane is currently working with some very talented elite junior athletes. Several of those athletes will be competing at national level in the coming months and their progress is impressive. They show a great level of maturity and dedication to their training which is crucial to success.

Talented junior athletes need to focus on balanced functional development which will enhance performance in their chosen sport. Technical skills and general fitness are not enough, talented juniors need targeted training to maximize their potential. We wish our junior superstars well in their upcoming events. If you know of other athletes who may benefit from training to enhance their progress, have a chat with Jane.



## WELCOME NEW TRAINERS

We would like to welcome **Phillipa** and **Sean** to the team at Fitness Energy!

They are both experienced trainers who will offer a new challenge for your training sessions.

Phillippa is a talented cyclist and has also done adventure racing and worked in fitness on a cruise ship.

Sean is in his final year of study for his Bachelor of Exercise Science at Deakin University and has plenty of football and basketball experience.



## A Great Sports Drink

Forget the others that contain many extras you don't need. March is going to be hot - Summer is not over!! Maintaining adequate hydration is super important.

The Nuun Active sport drink tablet is packed with optimal electrolytes, contains clean ingredients and is low in calories and sugar. It is designed to keep you hydrated wherever your active lifestyle takes you. The electrolytes found in Nuun will help alleviate cramps, help muscles function, communicate and burn energy efficiently.

One tube of Nuun contains 10 tablets. Each tablet makes one 16oz sports drink. Gluten-free/vegan.

Available at the Studio  
\$15 per pack (10 tablets)



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