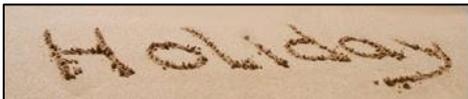




March Newsletter

CONTENTS -

- Treadmill Challenge
- Don't Get Old - Get Fit
- SMASH Revamped
- Easter SMASH
- Olympic Winners



Labour Day Weekend: Closed
Sat 10th - Mon 12th March.
 Reopen on Tuesday 13th March.

Easter Holiday - Closed
Fri 30th March - Mon 2nd April.
 Reopen on Tuesday 3rd April



MARCH BIRTHDAYS!

Kate Cusano	3rd
Hugh Parrott	10th
Mollie Bracken	14th
Monica Morton	16th
Cheryl Moulden	17th
John Gunn	19th
Rachel Waldren	21st
Robert Ellis	23rd
Daniel Mow	27th
Glenn Hill	31st



DATE CHANGE!

Due to logistical issues we have moved the Ultimate Treadmill Challenge to the **4th and 5th May!**

We apologise for any inconvenience this may have caused however we can assure you this change was necessary to guarantee an amazing event. We will be located outside the cinemas at Westfield Doncaster.

We hope you will all join us for a run/walk on a treadmill and encourage you all to donate to this wonderful cause. We are supporting two amazing charities who are making a difference to the lives of sick children. Every step counts. Every dollar counts. PLEASE help us make this the biggest ever Ultimate Treadmill Challenge. We are secretly hoping to raise over \$100,000.

TREADMILL BOOKINGS WILL OPEN ON WEDNESDAY 4TH APRIL.
DONATIONS CAN BE MADE AT ANY TIME ON:
ultimatetreadmillchallenge.com

Muscle Up Against Ageing

Latest research from the University of Queensland confirms that **strength training is essential as we age.** *One of the greatest risks to good health for older Australians is the risk of falls.* It is one of the greatest causes for moving into an assisted living environment.

The study involved 245 participants aged between 65-92 and included a 24 week program focusing on Progressive Resistance plus Balance Training (PRBT).

On average the participants more than doubled their upper body, lower body and core strength during the program.



Muscle Up Against Ageing

The additional benefit was the reduction in depression and anxiety levels. So once again we confirm that an appropriate exercise program provides major physical and mental health benefits. Even for those who have not been regular exercisers in their younger years it is crucial to focus on strength and balance as we get older. Muscle strength will naturally deteriorate with age, as does balance and cognitive function. Therefore we need to be proactive and actively work on improving these aspects of health.

Age is inevitable but vitality is not, it is within our control.

Monitor these 3 simple aspects:

Extra Strength: make sure you are getting plenty of strength training each week.

Balance training: understand your centre of gravity and how it works. Your ability to control your core has a major impact on your balance so you need to maintain your core.

Water intake: make sure you are drinking enough water because dehydration can cause dizziness.

The simple message is DON'T GET OLD – GET FIT!



WINTER OLYMPIC CHAMPIONS:

CONGRATULATIONS to

300m Sprint Ski: Glenn Hill and Peter McDonald tied for gold with 1.01 with Sam Hutchinson taking the female gold with 1.10.

Balance Board: Noel McKay was the clear winner with 17 seconds!

Vertical Jump: Lachie Hoorn won with 44cm and Ann Gibson proved the top female with 27cm.

Duathlon: Matt Faulkner took the gold with 2.19 with Sam again taking the female honours with 2.32.

Biathlon: Chris Mow took the title with 2.19.

Well done to everyone who had a go, we will have a new set of **Commonwealth Games challenges** for you in a few weeks!!



Welcome Tim

Pictured here with Mollie, Matt and Lauren, Tim is our newest trainer who is currently studying Exercise Science and Business at ACU.

EASTER SUPER SMASH45

Before the Easter Bunny brings you chocolate, hop into the Easter *Super SMASH*

Tuesday 27th March



6.30 - 8.00pm

Live DJ

Easter Hunt

[Book Online](#)

NEW CLASS FORMAT

Tues 6.30pm & Sat 7.00am

New SMASH challenge - **pyramid timing** for work intervals (30-45-60-45-30 seconds)

Cardio and resistance interval training

- Fun, self-paced, great music
- 60 minute class
- Suits all fitness levels
- Book online- [click here](#)

Fitness Energy

Shop 1 & 2 Hopetoun Rd, PARK ORCHARDS 3114

Ph: 9876-6800 Website: www.fitnessenergy.com.au

Email: info@fitnessenergy.com.au