

Fit Bits..

This Edition

- Gym News
- Gym Events
- Recipe
- Fit Tips

Warkworth fitness
CENTRE



Farewell Sheila

Firstly we would like to say a big farewell to Sheila, who has left us after a wonderful 5 and a half years at the gym. We are sad to see her go. Her big smile, new and interesting exercises and of course her unique Scottish ways will be sorely missed. We wish her all the best in her new job and no doubt we will see her popping in and out of the gym pumping a few weights here and there.....



Spin Race Day

Good news to our keen spinners! Back by popular demand is our 90min Spin Race Day, which will be held on the 9th December. So if you have what it takes – both mentally and physically then put your name down at reception today, as spaces are limited and they will fill up fast. If you have any ideas for a theme then let us know.



BootCamps Biggest Loser

Another six weeks has flown by which means we have just completed another successful round of BootCamp. We had 8 victims this intake, and there were some tough athletes among the small group. Getting up at the crack of dawn to get put through their paces by Pat, and myself and not once did our dedicated bunch give up.

Many of you have probably seen the weight loss board at reception, some of which have had awesome results, and others well lets just say they did their bests and we thought it was about time we recognized the lady who kept pulling the big numbers. Tania Wood signed up for our very first BootCamp on the 1st August and in that first six weeks she lost anything between 1-3kgs a week and overall lost a whopping 7.4kgs. Tania enjoyed the first intake so much that she came back for round 2. She continued to push herself beyond her limits and kept amazing us with her weight loss every week. After 2 extremely successful intakes, overall Tania has lost an incredible 13.3kgs. Well done Tania, you are an inspiration to all of us with your dedication and determination, keep up the good work!

Bench Press Competition

We have set a date for our End of Year Bench Press Competition, and it will be on December the 10th. This year's Mid Year Bench Press Competition was a great success as we saw 9 men giving it their best efforts for that 1st Place title. It was also great to see all the support from family, friends and fellow gym members and we hope that our End of Year Competition is going to be just as, if not more successful. So to all our strong guys and women out there start your training now so you can be in the running for that first place spot. If you need help with training just ask one of our awesome trainers today who will set you up with a programme to get you started.

HOW LONG TO BURN OFF ?

Just a little something to think about next time you want a treat and reach for that Cadbury Flake Bar in the aisle of the supermarket or on the shelf of your pantry.

How long you need to exercise for to burn off 1x 60g Cadbury Flake Bar	
Run	28minutes
Walk	79minutes
Swim	34minutes
Cycle	34minutes
Aerobics	46minutes
Tennis	34minutes
Weights	56minutes



So just stop and think before you indulge next time, is it really worth it???

Fit Recipe

Baked Sweet Chicken

Serves 4-6

Ingredients

- 750g Chicken Thigh Fillets
- 3/4cup Natural Yogurt
- 1/4cup Strawberry Jam
- 2cups Cornflakes Crumbs
- 1cup finely grated parmesan cheese
- 1/4cup butter, melted

Instructions

- Preheat oven to 180°C
- Combine yogurt and jam in a large bowl, and combine cornflake crumbs and parmesan cheese in another large bowl
- Coat each chicken thigh with yogurt mixture and then with cornflake mixture
- Place in baking dish, drizzle with butter and bake for 15-20minutes
- Serve with baked potatoes, carrots and green beans

This unusual combination is a sure one to try, it is delicious and will be a definite hit!
Remove the skin from chicken before adding the yogurt mixture and cornflakes to keep the fat content down.

Fit Tip

Instead of the same old long boring cardio sessions why not try High-Intensity Interval Training (HIIT). HIIT is a great training method for fat loss because you can expend a lot of calories in such a short space of time. For those who have little time to train, this is the perfect training for you, as you only need 10-15minutes to complete a session. HIIT consists of a warm up, followed by six to ten repetitions of high intensity exercise, with a recovery in-between, and ending with a period of cool down. The ratio for work to recovery should be 1:2 for example a high intensity burst for 10-seconds followed by a 20-second recovery period. The high intensity exercise should be done at near maximum, with the recovery at about 50% intensity. The goal is to do at least six cycles (working phase) in a row and to have the entire HIIT session last at least 10 minutes and no more than 20. You may choose to have a 1-2 minute long recovery time in-between each working phase if needed. Choose cardio equipment that is easy to speed up and down for example rowers, bikes and x-trainers.

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