



# October Newsletter

| October | Fitnow!

## Welcome Back

Hello once again.

September was another busy month at Fitnow in fact it was our busiest month yet! Welcome to all our new members and a big thank you to everyone for the continued support of our little gym.

Our next fitness challenge will be coming up shortly so keep your eyes peeled for some notices placed around the gym. We haven't decided on what the challenge will be yet so if you have any suggestions send them our way!

One last thing; Daniel and I have been so happy with the response that we have decided to extend our current promos until the end of spring. If you haven't renewed yet or have been thinking about joining you can still save!

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# Fitness Focus : Things You Can Train Everyday

## Forearms

Forearm exercises don't cause much, if any, muscle damage, especially for exercises with less eccentric loading like the wrist roller or Thor's hammer. But even wrist flexion and wrist extension will cause little damage.



## Abs

You can recover rapidly from pretty much any abdominal exercises. Daily ab training at an adequate level of intensity is one of the fastest ways of improving abdominal aesthetics, provided you're lean enough to show them. The "abs are made in the kitchen" mantra isn't quite accurate. Abs are simply revealed in the kitchen: you must be lean. Building them through direct training will increase the likelihood of seeing them. It'll also make it easier to see them at a slightly higher body fat level.



## Band Work

The band pull-apart, banded triceps press down, banded biceps curl, banded leg curl, and banded pull-through are just examples of exercises that can be done daily to improve mind-muscle connection, allowing you to fix a weak point.

The reason? When the muscle is stretched/elongated, there's no tension. This leads to minimal, if any, muscle damage. This means you'll recover quickly.

## The Lateral Raise

While becoming stronger for sets of 5-8 reps on the basic pressing movements is the key to great delts, there's no doubt that properly executed lateral raises can help you get there faster. How? Both by directly developing the delts and by improving your capacity to recruit them so they're better stimulated when you do heavy pressing work.

When used to develop a solid mind-muscle connection, lateral raises can be done pretty much every day.





## Member of The Month

The latest member of the month goes to Michelle Tresize. Michelle is one of our most consistent, hard working members. Michelle rarely misses a session and always has a smile on her face when she walks both in and out of the door. Well done Michelle it's a pleasure having you with us!



# Monthly Recipe : Almond & Oat Crusted Salmon with Vegetable Kebabs

2 x 100-120g salmon fillets

1 tablespoon rolled oats

1 tablespoon almonds

1 tablespoon fresh dill

2 teaspoons lemon zest

1 teaspoon lemon juice

1 tablespoon olive oil

## Vegetable Kebabs

6 Bamboo Skewers, soaked in water for 30 minutes

1 medium red capsicum, halved, seeded, cut into chunks

1 zucchini, cut into chunks

½ red onion, cut into chunks

6 cherry tomatoes

2 cloves garlic, minced

½ teaspoon freshly cracked black pepper

2 lemon wedges, to serve



Preheat oven to 180°C. Line a small baking tray and a large baking tray with baking paper. Set aside.

To prepare salmon crust, place rolled oats, almonds, dill, lemon zest, lemon juice and olive oil in a mortar and pestle and pound until paste forms. If you don't have a mortar and pestle, a small food processor can be used instead.

Place salmon fillets onto prepared small baking tray and press crust on top. Bake in the oven for 10-15 minutes until salmon is cooked and crust is golden.

To prepare vegetable skewers, place capsicum, zucchini, red onion, cherry tomatoes, garlic and pepper into a small bowl and toss to combine. Thread the vegetables onto 4 skewers.

Place vegetable skewers onto the prepared large baking tray and bake in the oven for 10-15 minutes until vegetables are roasted and cooked through.

Serve salmon with vegetable skewers and a lemon wedge.

## Equipment Emphasis : Smith Machine

The smith machine is a versatile piece of equipment. Just about anything you can do with a barbell you can do with the smith machine. I find that the smith machine is a good starting point if you haven't done much work with free weights before. It's a good place to learn to squat and do a bent over row for example. This is due to the fact that the smith machine follows a set angle that mimics the movement that the weight would go through normally but with a bit less pressure on yourself.

The smith machine is also a good place to bench. Particularly if you don't have a spotter as you can set the height for the bar to stop. This could save you a spot of bother in the future.

The main thing I use the smith machine for is actually a body weight exercise; inverted rows. Inverted rows involve you lying with your back on the ground underneath the bar. Grab the bar with your hands a bit wider than shoulder width. The bar should be high enough that your arms have to be fully extended whilst holding it with the back of your heels the only point of contact with the ground. The movement form here is fairly similar to if you were doing a seated row except you are bringing your body towards the bar as opposed to bringing the bar to yourself. Try and bring yourself up high enough so that your chest is touching the bar. A few sets of 5-8 of this along with push-ups and chin-ups is a great warm-up if your training your back muscles.


## Dr. Jeff Harris : Head and Neck Aches

### HEAD & NECK aches?

A patient I knew well, came with a left-sided Headache, no weight loss, no other symptoms. In the first session, there was a lump in her neck about 1cm in diameter. I suggested for her to see her GP, in the same practice. She didn't make an appt. I saw her 2 weeks later, her headache was better but her neck worse, with a cough?? I said again, see your GP! 2 weeks later she did see her GP, unfortunately, she had tongue cancer that had spread to her neck chest & head. In her defence, the 1st time I saw her may have already been too late.

Osteopaths don't treat cancer but we can treat many other types of pain relating to abnormal body mechanics!





*Authentic Osteopathy*

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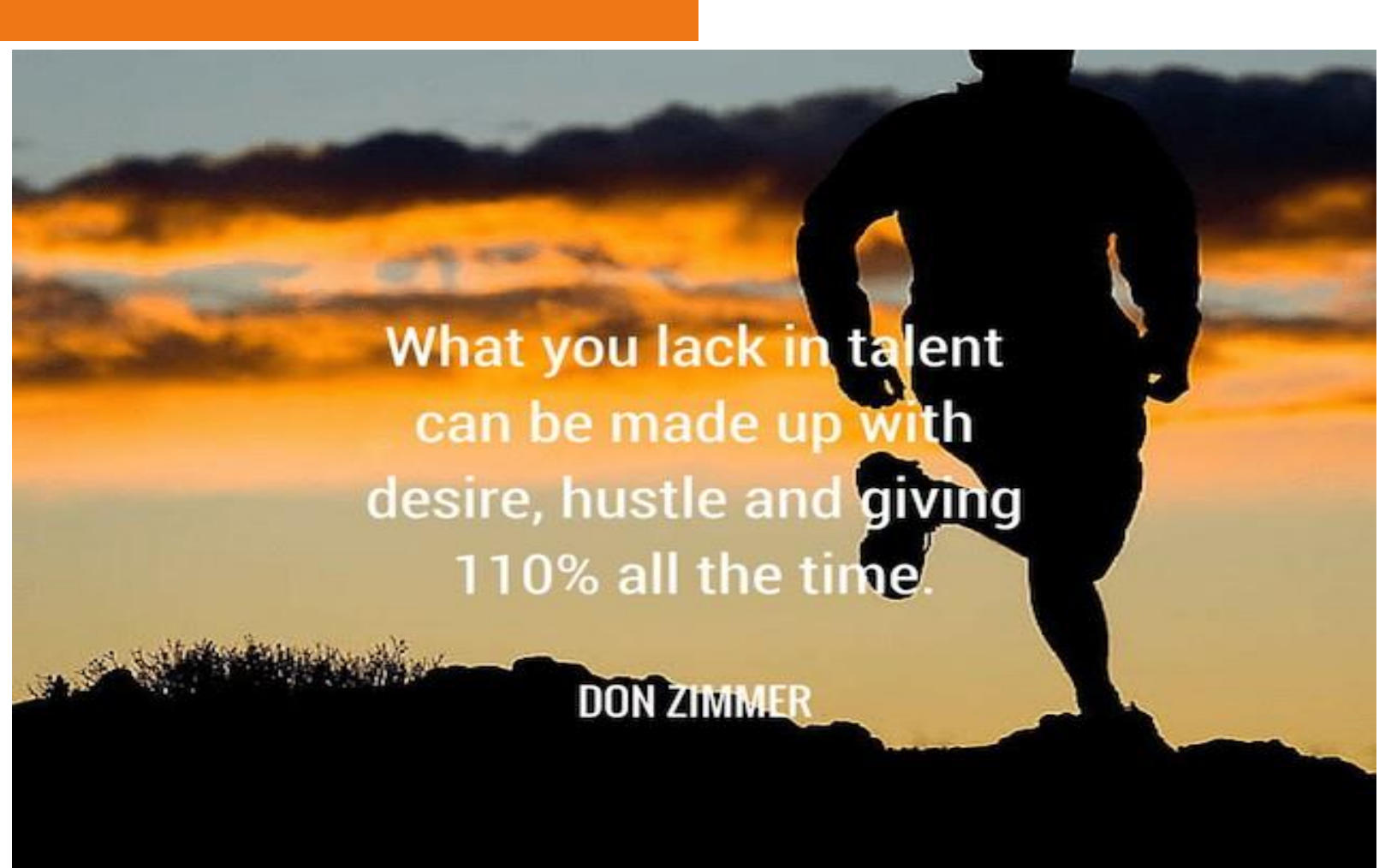
## Melinda Roe : Stress

Stress is a major contributor to health problems including fatigue, obesity, anxiety, depression, aggression, IBS, metabolic disorders and endocrine imbalances. We are primitive, sensitive beings - We are simply not built to withstand the level of stress in today's society. So where can the stress come from:

- Environmental- not only from external sources such as air pollution and work/family stress but our internal environment as well. There has been over 40 thousand chemicals introduced to our food chain in the last 70 years. Several Pesticides for example, damage the gut lining contributing to leaky gut, immune dysfunctions and malnutrition to name a
- Gut health- the most common source of stress for clients in my clinic! A damaged gut lining is a major source of stress to the body. Large particles leak through causing inflammation, irritation and an inappropriate immune response (such as hay fever). This stimulates the stress response in the body and can cause underlying chronic stress.
- Poor eating habits- eating too much too quickly and food combining. Support your HCL production by regular resting.
- Chronic illness- such as asthma, diabetes and viral infections. Long term medication use.
- Work life- are you fulfilled in your daily work? Is there something you always wanted to do but felt it not good enough?
- Acute and chronic insomnia- quality sleep is essential for detoxification, repair, weight management and overall wellbeing.
- Postural stress- pelvic misalignment for example can place enormous stress on your entire body, effecting organ function and elimination ability.
- Exposure to chronic stress stimulates the adrenal glands to excrete stress hormones such a cortisol which prompts the lowering HCL, fat storage to feed in crisis, lowered cognitive function and constant thinking/worrying reducing focus and memory.
- The longer the exposure to chronic stress exists the lower your tolerance and ability to deal with daily life.

Melroe's place can help you identify the sources of chronic stress and assist you in reducing the adverse effects- finding a happier healthier you!





What you lack in talent  
can be made up with  
desire, hustle and giving  
110% all the time.

DON ZIMMER

Just a quick reminder that if you feel like you've plateaued with your current program or if you are just looking for a change that Daniel or myself are more than happy to write you up a new one at any time.

Just let us know if you see us in the gym, give us a call or email. 03 5881 2810 [info@fitnowdeni.com](mailto:info@fitnowdeni.com)

Best Regards,

Lawrance Warren  
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**Fitnow! Deniliquin**



*"Leading the way in fitness now!... and into the future"*

