

PG. 2

Monthly Recipe: Breakfast Burritos; fast, nutritious, delicious.

PG. 4

Fitness Focus: Tabata; really optimise your training time

PG. 5

Member of the Month

PG. 5

Feedback



HELLO AND WELCOME TO THE FIRST EDITION OF THE FITNOW MONTHLY NEWSLETTER.

On the 1st of December we celebrated our first year of business and what a ripper of year that has been. Not only for Daniel and myself but also for our 300+ members. It's amazing watching everyone in here pushing hard towards their goals and getting their bodies ready for what will no doubt be a scorcher of a summer.

The aforementioned open day was a success, with well above average visits from our members, new sign ups, and some impressive totals being posted in our second powerlifting challenge.

Congrats to our winner Reece Pattinson, as well as our runners up, Ethan Leslie, Jay Parker, and all the other people who competed and/ or spectated. I personally will be looking forward to the next one and I highly encourage anyone who didn't give it a go this time around to come and have a laugh in a few months when we next hoist heavy things together.

Speaking of Jay Parker another congratulation is in order as not only did Jay win himself a free Fitnow shaker cup and gym towel but he was also lucky enough to win a full 12 months free membership just for turning up on the day! Now that's what I call a good Christmas gift.

Monthly Recipe



HEALTHY BREAKFAST BURRITOS

If you're anything like me you probably struggle with having a balanced breakfast every morning.

We all lead busy lives and it's hard to find the time to have a breakfast that is nutritious and doesn't take your entire morning to prepare. It can be tempting to skip breakfast or maybe just go through maccas drive through on the way to work. However, whilst research can be complicated when it comes to eating vs not eating breakfast most specialists suggest that people who eat a healthy breakfast are happier, healthier, burn more calories when they work out, and snack less throughout the day.

Let me introduce to you the prepared breakfast burrito. Each of these burritos can be made in under half an hour and contain 13 grams of protein, 5 grams of fibre and only around 966 kilojoules.

What you'll need:

- 6-9 whole eggs
- $\frac{1}{4}$ cup lite milk
- $\frac{1}{4}$ green capsicum
- $\frac{1}{4}$ red capsicum
- $\frac{1}{2}$ cup chopped onion
- 6 slices short cut bacon

- 6 large multigrain tortillas
- ¼ cup low fat shredded cheese

Whisk together the Eggs, 1/4 C. Lite Milk, 1/4 Capsicum, 1/4 Red Capsicum, 1/2 C. Chopped Onion and 6 Slices Crumbled Bacon.

Heat a large skillet over medium-high heat and lightly coat with non-stick cooking spray.

Pour the egg mixture into the skillet and cook until the eggs are done and the veggies are starting to become tender.

Warm the tortillas in the microwave for a few seconds to get them nice and soft.

Lay each tortilla out and fill with about 1/2 C. of the cooked eggs and veggies.

Top the egg mixture with 1 Tbsp. of reduced fat cheese and roll it all up with the ends being tucked in to form your burrito.

To Freeze:

Wrap each burrito tightly in cling wrap once cooled down and place them into a freezer-friendly ziplock bag.

Store in the freezer for up to 6 months. When ready to enjoy, remove a burrito from the freezer and from cling wrap. Wrap loosely in a paper towel and place into the microwave to cook for 1 - 1 1/2 minutes (depending on the watts of the microwave.)

What's your "go to" healthy meal?.....

If any of you are willing to open your cook book and suggest a recipe, you win a drink bottle and towel if we publish in our next edition!





FITNESS FOCUS : TABATA

I think finding the time to exercise is something that we all have struggled with at one point or another. It can be daunting thinking about coming home, getting ready, going to the gym, spending an hour working with weights, then having to spend another half an hour or so doing cardio.

Add all this on to an eight-hour working day and it's no surprise that some days you might think to yourself, "I couldn't be bothered today". What if I told you that you could get the same, if not better results from a 5-20-minute session?

If your goals are to lose weight, tone up, or to increase your cardiovascular endurance then look no further than Tabata, or H.I.I.T. High intensity interval training was developed in 1996 by a Japanese professor named Izumi Tabata, who used Tabata Training methods on the Japanese Olympic speed skating team.

Tabata is one of the few training styles to have incredible anabolic and cardiovascular effects on the body quickly. When a study was conducted on cyclists performing Tabatas, the results showed that a four-minute workout was more effective than an hour of moderate cycling. A typical Tabata session might go something like this;

20 seconds of intense training—as hard as you can go!

10 seconds of rest, OR “recovery”

Total of 8 rounds.

Tabata isn't only for cardio though! Try doing this exact same set-up but with push-ups, squats, boxing, or dumbbell swings. As long as you're strict with your rests and push yourself with your intensity during work sets, I promise that you will be exhausted after your four minutes are up.

Tabata training helps to burn more fat, protect your hard-earned muscle tissue (this will not kill your gains), increase your Aerobic and Anaerobic Capacity, and it is short on time. Come in and try out a quick Tabata work out next time you find yourself stretched for time.

“

If my mind can conceive it,
and my heart can believe
it — then I can achieve it.

— Muhammad Ali

Member of the Month

Our first member of the month for the month of December goes to Robert Scott.



Robert is one of our quiet achievers here in the gym. He comes in during his lunch breaks and then often comes back in the evening to train again. Robert has a solid work ethic and is a genuine pleasure to have in the gym. Congratulations Robert and keep up your hard work.



WE WANT TO HEAR FROM YOU

If there are any diet or fitness trends you would like to know more about come in and ask Daniel or Lawrance about it and we can either tell you what we know or research it for you and we will write an article about it in the next newsletter.

If you have any feedback about the newsletter let us know. Is there anything you want to see? Do you like the format? Tell me what a great idea this was! Thanks for taking the time to read and I look forward to seeing you all in the gym throughout the new year.

Best Regards,

Lawrance Warren
Instructor
Fitnow! Deniliquin



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