



February Newsletter

Volume 2 | February | Fitnow!

HELLO THERE. WELCOME TO THE FEBRUARY EDITION
OF THE FITNOW! NEWSLETTER

What a fun month January has been for the Fitnow! team.

It's amazing to see how busy the gym has been even on some of the warmer days. If you've been into the center you have probably noticed the two big, wall mounted fans in the front room.

It was already pretty cool in the gym but now we've increased the air flow to ensure that we have the coolest climate possible.

Inside This Issue

PG. 2

Fitness Focus: Squats

PG. 3

Member of the Month

PG. 4

Monthly Recipe : Smoothies

PG. 6

Equipment Emphasis : Treadmill

Fitness Focus : Squats

EVERYONE should be doing squats.

Nothing beats the pride and accomplishment one feels from putting some heavy (or light weight) on their back and smashing out a set of one of the most beneficial, but hard exercises known to man.

The odds are that if myself or Daniel have written your programs you would have had some variations of squats as a core element of your session. This is for a good reason, I don't exaggerate when I say that squats are one of the most beneficial strength, hypertrophy, or muscular endurance exercises you can do. This is because squats target so many muscle groups.

We'll start at the bottom, they hit your calves, hamstrings, quadriceps, abdominals, obliques, the lumbar muscles (lower back), and most importantly your glutes. As you can see Squats are a bit of a jack of all trades exercise.

There are many variations of squats, the barbell squat, front squat, goblet squat, duck squat, and the jump squat just to name a few.

Ok so now we know that squats are awesome and most of you reading this should be doing some variation of them. Most everyone already knows how to squat but if you don't, please come and see Daniel or myself in the gym and we will always have time teach you.

Instead of writing about the basics I'd like to talk about something that probably isn't as widely known.

It's called blocking.

Blocking isn't as essential when working with light weights but if you don't practice early and get yourself into good habits you could end up hurting yourself later on. There are three steps to blocking;

1. Expand your chest and hold a deep breath. This will fill your lungs which will support your rib cage and prevent your chest from collapsing forward
2. Contract your abdominal muscle group, this will support the core and increases the intra-abdominal pressure. This will prevent the torso from collapsing forward.
3. And lastly, arch your lower back by contracting the lumbar muscles, this would position the spinal column in extension

Doing these three things together will keep you from rounding your back. Rounding your back when lifting heavy weights can lead to a herniated disc.

Squatting is different for every individual. This is due to the different compositions of our bodies. Shorter people (like myself) often have an easier time squatting than taller people. Just keep this in mind if you have a longer torso that you will be positioned differently.



Member Of The Month

Our member of the month goes to an early riser in Joanne Austin. I don't see Joanne super often but I can almost guarantee that when I check the visitors in the morning that I will see her name.

Joanne has been our most consistent member for the last month and her recent fitness assessment has shown great progress!

Well done Joanne keep up the great work!





Monthly Recipe : Smoothies

Smoothies rock. That's the easiest way to put it. Smoothies are great for so many reasons.

You can load them up with whatever your heart desires, they're full of vital nutrients, they're quick and easy to make, and if you make them right, they are delicious.

Smoothies are suitable for any time of the day, breakfast on the go, mid-day snack, pre or post work-out, or you can use them to make up a few extra calories at the end of the day.

Let's have a look at a recipe for each one of these instances. Just in case you've never heard of a "smoothie", order to get the smoothie from the ingredients, you do have to blend them!

Breakfast

As we talked about last month, breakfast can be one of the hardest meals of the day to do right. This smoothie makes things easy.

- 1 cup milk
- ½ cup orange juice
- 1 banana
- ½ cup greek yogurt (I prefer chobani)
- 1 scoop protein powder of choice (optional) banana or vanilla flavour works best
- 1 tea spoon of honey
- Dash of cinammon

Kilojoules- 2095.8 (499 calories)

61.2g carbs, 10.5g fats, 42.8g protein

Snack

Something nutritious that actually tastes amazing!

- 2 cups baby spinach
- 2 slices pineapple
- 1 cup ice
- 1 cup water
- 1 banana
- ½ mango

Kilojoules- 1150 (calories 274)

68.2g carbs, 1g fat, 3.7g protein

Pre/ Post Work-Out

It is so important to refuel your body after training so your muscle fibres can grow and repair. This smoothie has everything you need to do just that!

- 1 banana
- 1 cup blueberries
- 1 medium orange, peeled and chopped into pieces
- ¼ cup rolled oats
- ⅓ cup low-fat Greek yoghurt
- Protein powder (optional)
- 1 cup milk

Kilojoules- 2667 (635 calories)

95g carbs, 12.1g fat, 44.2g protein



Just keep in mind that the calories and macronutrients are my best estimate. It depends on the ingredients you use, and how much you put in. Have fun and make sure you let me know if you try any of these! The snack smoothie is particularly good.

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!

Extra Goodness

Sometimes it gets to the end of the day, you've had dinner but you feel like you haven't eaten enough. Instead of pigging out on ice-cream try this smoothie instead!

- 1 cup milk
- 1 tbsp raw cacao powder.
- ¼ cup rolled oats.
- 1 tbsp peanut butter.
- 1 banana
- 1 tbsp chia seeds.
- 1 scoop chocolate whey protein powder (optional)
- 1-3 ice cubes.

Kilojoules- 2335 (556 calories)

53.8g carbs, 21.5g fat, 40.9g protein

Equipment Emphasis : Treadmill

I'm not going to lie to everyone, I hate running. It sucks. Unfortunately, I also want to stay at least relatively fit. So occasionally I find myself running. The treadmills here at Fitnow! are top of the range, quality Precor products.

I lived in Canberra for two years and trained at three different gyms during my time there, and I am proud to say that the equipment we have here is better than anything I used in those big commercial gyms.

Features



Reliable, Efficient and Easy to Maintain

The motor drive system improves performance, efficiency, and reliability through redesigned Power Factor Correction, improved internal cooling, a wider operating range, unique input current averaging to identify more precisely when a running belt requires replacement, and an Active Status Light that alerts facility staff at a glance to the operating status of the treadmill.

Ground Effects® Impact Control System & Integrated Footplant Technology™

GFX is the improved progressive shock absorption system that absorbs high impact movements and supports a solid and controlled push off. IFT is Precor's patented motor drive system that fully complements your natural running stride, reducing joint stress and fatigue.



880 Line Touchscreen Console

With a touch screen console just like a high-end phone, and a simple, intuitive interface that draws users deeper into their workout, the 880 Line console is a reliable fitness solution that will provide a personalized fitness experience that is engaging and motivating.



REMEMBER WE CAN HAVE
EVERYTHING WE WANT IN
LIFE. WE JUST GOTTA BE
WILLING TO PUT IN THE
WORK AND BE OPEN TO
HOW TO GET IT.

THE ROCK

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

Best Regards,

Lawrance Warren
Instructor
Fitnow! Deniliquin



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



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.

Thanks for taking the time out of your day to once again read the newsletter. I was truly humbled by the positive response to the first edition and I look forward to continuing this trend into the future!