



April 2010

Club News

body4u **BOXERCISE** is HERE

An exciting new addition at body4u.

We are very pleased to announce the addition to our team of Aaron Hill.

Aaron a former British boxing champion and qualified boxing coach is the newest member of our professional team and brings with him his fantastic boxing skills and an enthusiastic and motivating approach to exercise. Suitable for all fitness levels.

Boxercise classes will run for a 2 hour duration, and will be conducted on a Tuesday morning from 5.30am at body4u.

\$8 non-members
\$6 members

Bookings can be made through reception and please bring your own gloves with you. (Gloves can also be purchased at reception if required).

PH: 3488 2455 NOW!



Making Exercise Personal

body4u April 2010 Monthly Motivator

"Can you hear it?"

"Stay with me, snuggle up, put your feet up, grab a wine!"

Yep that couch is starting to call to you already and it's not even winter. The mornings are taking that little bit longer to become light and the evenings are getting darker earlier. This is the time to take charge, "don't listen to the couch" **you own the couch** the couch doesn't own you! You can do all of those relaxing things with a much better frame of mind after you have trained.

Get serious with yourself and set some goals to keep you in check for the coming months when winter is closing in and training gets that bit tougher. Try one of our in house challenges, (well done to all our members that had a go on the climber you totalled 94½ mins, over 11800 steps and 2038 meters were climbed).

Maybe the upcoming 8 week challenge will help keep you motivated and on track. Starts May 10th – Register NOW! on 3488 2455

Monthly Fit Tip

This Month's Fit tip is focusing on stretching. "Why stretch?"

There are many reasons to stretch, the main ones being:

To increase blood flow to the muscle, this brings more oxygen into the muscle tissue.

To flush out waste products such as lactic acid.

To enhance flexibility.

To help you relax and reduce your heart rate after a training session.

To prevent injury.

It is important to stretch in a controlled manner and not to bounce into the stretch. Your body has safety mechanisms that will protect you from hurting yourself. It is important to recognise and listen to these, for example when the limb/muscle you are stretching begins to shake and twitch it is telling you to back off. You should not feel pain when you stretch it should be an awareness and slight irritation of the muscle/s you are stretching.

Try our one hour stretch class at 9.30am Friday which includes a meditation/relaxation segment at the end of the class. It is a fantastic way to finish or enhance your weeks training. Non members welcome.

MEMBERS ONLY SECTION

Member of the month

Congratulations to **Margaret Gregory** on being selected as our member of the month.

Margaret has undergone 2 hip replacements and is an example of how to keep going no matter what is put in your way.

With regular exercise with one of our professional personal trainers (Amanda) she has now been commended by her surgeon on how strong she has become.

Congratulations Margaret and keep up the fantastic work!

3 Monthly Weigh Ins

Remember 3 monthly weigh ins are a great way to keep a check on your progress.

These are an important part of your health regime and are not just to check your weight.

Blood Pressure, nutrition and your general health are important to maintaining a healthy lifestyle.

So allowing a short amount of time to go over these things with your trainer helps us to help you.

As always we look forward to helping you with all your training needs.

Nutrition Tips

A HANDY LITTLE BOOK ABOUT FOOD

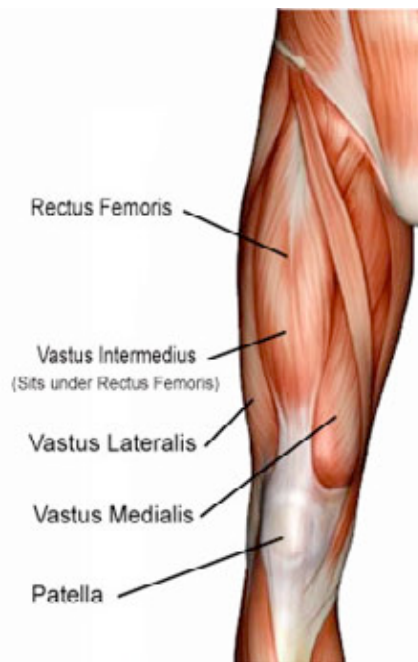
If you haven't already noticed we have a great little book available for only \$8.00. It contains some great tips on food myths, calories, good food choices and much more. Grab your copy at reception – It's a must have!

One section that will shock you is what you need to remove from your pantry and house. Oh dear. I know this will take a bit of time for all of us but would definitely be a great thing to do (even if only some of it) 😊.

Muscle of the month

The 'Quadriceps' femoris muscle – commonly known as the Quad.

The quad consists of 4 parts, hence the name. These are the rectus femoris, vastus lateralis, vastus medialis and vastus intermedius.



The quad is responsible for extension of the knee, straightening of the leg.

Tendons of all four parts unite and attach to the sides of the patella (knee).

The great thing about training the quads is that it is a very large muscle group and therefore is always guaranteed to give you a top workout with plenty of calorie burn.

As with all muscle groups ensure you train the opposing muscle group, which in this instance would be the hamstrings. This prevents uneven load on the surrounding joints and structure.

Exercise for muscle of the month

The best exercise for **isolating** the quadriceps is the **leg extension**.

Although this exercise has got its critics it is still an extremely popular exercise, therefore if performed correctly and without overloading the weight it will most definitely increase the strength in your quads.

Always begin with a light weight, form is always the most important factor of any exercise – not how much you can push, press, pull, lift etc.

It is a common mistake for people to fling their legs up and drop off at the top of the range when the leg is extended. This is NOT good form and could cause injury. Instead think about a nice slow squeeze to extension and then pause for a second before slowly bringing the leg back to the bent start position. I guarantee if performed correctly even with a light weight you can achieve great quads and an awesome burn as a bonus 😊.

Your personal trainer can help show you the correct set up, range and speed of motion for the leg extension exercise.

Thank You

We would like to take this opportunity to thank all those members who are often congratulating and commending our team and our facility for making their personal training and gym experience the best they have had.

It is greatly appreciated and motivates us to keep offering the best and most professional service we can. So thank you very much.



body4u Personal Training Club

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body4u Super Gym Membership Special

We are currently offering a fantastic opportunity for you, your family or friends to be able to become a member at body4u and experience the top class facilities and exercise professionals we have to offer.

If you are not already a member at body4u you will not have enjoyed the friendly, uncrowded and state of the art facility we have to offer.

For a limited time and for only \$20/week with NO joining fee (includes 3 personal training sessions absolutely free on sign up*) you can become a full unlimited member at the 2009 'People's Choice' winners gym. Come in and see why we we're voted the best in Queensland.

This offer won't last long so act quickly. Contact our friendly staff to get started phone 3488 2455.

body4u 8 week Challenge

The next 8 week challenge will begin 10th May of this year and we are looking forward to seeing the amazing results once again. Also available for non-members.

For more information visit

<http://www.body4u.com.au/programs.html>

Please register your interest at reception.

Classes and Passes

Non members can participate in any of our classes at only \$15 a session for a casual visit or \$130 if you purchase a 10 pack .

All body4u classes are great fun, personalized and suitable for all levels of fitness.

You will find it hard to find prices like these for the quality of classes body4u offers.

<http://www.body4u.com.au/timetable.html>

Talk to us.....we would love to hear from you!!

If you have any feedback on the content of this newsletter, have something you would like to see included in a future issue or any questions or just have something cool to tell us – We would love to hear from you! Either send an email to info@body4u.com.au or give us a call on 07 3488 2455. Otherwise, come in to reception and have a chat with a friendly member of the body4u team!