



March 2011

## Members Only Section

### THANK YOU

Thank you to everyone who donated to the body4u flood appeal. The money was donated to the premiers flood appeal fund.

We would also like to send our best wishes and condolences to all families affected by the recent natural disasters. Our thoughts are with you all.

### THE RIDE TO CONQUER CANCER

If anyone is interested in participating in the above ride which is for a great cause please ask at reception for details or contact Lyn Mursalo for further information on 0423 962 075

## Making Exercise Personal



## body4u March monthly motivator

*"It takes courage to push yourself to places that you have never been before. To test your limits.....to break through barriers."*

*'Anais Nin'*

**Welcome everyone to a brand new year and hopefully success for everyone in all their goals and dreams for 2011.**

I would like to take this opportunity to thank all our existing clients for their support over previous years and to welcome the many new members that have recently joined our wonderful club.

### **The body4u 8 Week Challenge**

Keep an eye open for all our 8 week challenge participants. We have a great contingent in this challenge and wish everyone the best of luck with their own goals which vary from weight loss, toning, fitness and muscle building.

It has been very interesting viewing various food diaries and to see some definite improvements in peoples eating habits and also the common mistakes people frequently make with their eating.

We are watching you guys so be careful !!!!

### **Class Update**

Please remember to book through reception for all classes to help us assist all our clients. Also if unable to attend please let us know so we can place anyone who may be on the reserve list into that vacant spot.

Boxing Classes - Please remember that for health and safety reasons each client should have their own boxing gloves, these can be kept at the gym for your convenience. They are for sale at reception or at most leading sports stores.

Visit our website [www.body4u.com.au](http://www.body4u.com.au) for our class timetable or contact us on 3488 2455 to make a booking.

## PERSONAL TRAINING

Please remember that as a personal training club we still maintain our policy that Personal Training clients and their Trainers have priority on equipment whilst in progress of a session. We appreciate your assistance. Keep in mind one day it may be your PT session

## YOUR HEALTH & FITNESS GOALS

Please don't forget that we are here to assist you in all your health and fitness needs. As individuals our goals frequently change and that means your training should too.

Ask any of our fantastic Personal Trainers they can help with toning, weight loss, motivation, fitness and getting your results safely and more effectively.



## **body4u Personal Training Club**

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## **Exercise of the Month**

The rower.

The rowing machine is a great workout both cardio-vascularly and muscularly. It is low impact and a fantastic full body session.

It is important to maintain good form on the rower which will prevent you from injuring your back. Try not to over-grip the handles and be relaxed through your hands. Use primarily your leg and hip muscles. Don't overarch your back as you finish each stroke. Sit up comfortably and bend forward at the hips. Your elbows should remain close to your body when pulling through the stroke.

There are 3 phases to rowing they are the 'catch', the 'power' stroke and the 'recovery'.

The catch phase is when you come forward on the rower. Your knees are bent and close to your chest. Your upper body is leaning forward slightly and not hunched over, your head should be up.

The power stroke is when you push against the foot pedals and extend your legs followed by pulling the handles toward your upper abdominal region. You should exhale as you drive backwards and push through your legs for power. A very slight lean back at the end of the stroke is good but not too far to avoid back strain.

The recovery is simply straightening your arms and bending the knees back into the catch position as you glide forward. The three phases should flow onto one another and should be strong and long. Avoid being jerky and do not overuse your back.

Start off with smaller distances/times and slowly try to increase either your distance each time or maybe aim for a quicker time – always maintaining good form. Enjoy.

Please feel free to chat with a trainer if you need further assistance.

## **body4u Bali Wellness Retreat**

Our previous Bali retreats have been fantastic and every client has enjoyed the wonderful experience and has returned relaxed and glowing.

Commences May 1st and runs for 6 days 5 nights. Great opportunity to experience the cultural Bali with outdoor activities suitable for all fitness levels.

A great trip to share with your partner, friend or even a few friends. The hosts of this wonderful retreat will provide you with stunning surrounds, fabulous fresh thai influenced cuisine and a chance for you to experience nature at its best.

You will be accompanied by a Personal Trainer for the duration of your trip to encourage you and have your health and fitness needs attended to.

Bookings are essential contact our friendly staff to book or for more information. Ph: 3488 2455 or email [info@body4u.com.au](mailto:info@body4u.com.au)