



FIRM FITNESS

NOWRA'S FAMILY GYM

Spring/Summer 2011

Hi FIRM Family,

A few more busy months have flown by... We hope our ever growing FIRM Family have been settling into the new premises. As you may see we have finally had our air-conditioning installed in our reception & cardio area, just in time for this cool rainy weather we have been having. We have some new floor & wall fans downstairs which are helping to cool things down and provide some air circulation. The new benches in the change room are in, thanks to the Nowra Men's Shed for making and installing them.

September–December has seen our 10th 12 Week Challenge & we have finally hit our one tonne milestone! Congratulations to Kelly Greenwood & Julie Gregoraci, winner & runner-up. Our challengers achieved great results making the Shoalhaven another 105.8kg healthier, bringing our running total to 1087.2kg! Gemma Edwards & Nat Gallagher won the Challenge Polaris with a total of 1040 points.

Thank you to all the members who came along to the FIRM Christmas Party on Saturday 10 December. A great afternoon was had by all.

A very special thank you to Ashley, Amanda, Skye & Kaisha for keeping the place running while Deb has been recovering from knee surgery. Deb should be back full time by the end of January.

This is our last newsletter for the year. We wish all our members, staff & families a safe and happy Christmas & New Year's Holiday. We thank you all for your patronage in 2011 and look forward to continuing to provide your health & fitness needs in 2012.

Yours in fitness...

Bill, Deb and the FIRM Team

Christmas Trading Hours

24 Dec	Open 7am - 10am
25 - 27 Dec	Closed
28 - 30 Dec	6am - 10.30am & 4.30pm - 7.30pm
31 Dec	7am-12pm
1 & 2 Jan	Closed
3 Jan	Normal Trading

Exercise Myth

Fiction: Light weights on your arms or legs can boost your exercise benefit.

Fact: Some people carry light handheld weights when they walk or run, while others strap Velcro-fastened weights around their ankles. Unfortunately, these sorts of weights are not heavy enough to provide the benefits of strength training, but instead will slow your training down, can alter your natural gait and therefore decrease the overall benefits received from the activity.

Top 20 Attendees in September

- | | |
|----------------------|-----------------------|
| 1. Noel Webster | 11. Alex Emery |
| 2. Michele Edwards | 12. Mitch Christensen |
| 3. Harry Sawkins | 13. Ray Spratt |
| 4. Letitia Anderson | 14. Trish Bird |
| 5. Caitlin Dalton | 15. Sam Sprowles |
| 6. Daniel Dean | 16. Maureen Gray |
| 7. Aymie Goozeff | 17. Lorraine Dodd |
| 8. Debbie-Lee Wright | 18. Tony Gallen |
| 9. Melanie Jenkinson | 19. Tom Pottenger |
| 10. Jutta Moss | 20. Arthur Scott |

Top 20 Attendees in October

- | | |
|----------------------|-----------------------|
| 1. Noel Webster | 11. Melanie Jenkinson |
| 2. Kristi Buckley | 12. Simon Butterworth |
| 3. Jenna Bowtell | 13. Alex Emery |
| 4. Letitia Anderson | 14. Tony Gallen |
| 5. Harry Sawkins | 15. Aymie Goozeff |
| 6. Julie Gregoraci | 16. Sarah Wall |
| 7. Leila Wall | 17. Jeff Bennett |
| 8. Debbie-Lee Wright | 18. Ashleigh Cox |
| 9. Michele Edwards | 19. Trish Bird |
| 10. Gemma Edwards | 20. Dylan Driver |

Congratulations

Kelly Greenwood



Next challenge begins

9 January 2012

Come along to our FREE information sessions to find out how we can help you achieve your health & fitness goals for 2012!

11am Saturday 17 December

7.30pm Thursday 5 January

HELP US HELP THE PLANET!

FIRM Fitness are now using 25% GreenPower, it's just one of the ways we can help the environment. Cutting down on electricity usage will also help reduce emissions. Our bathroom facilities have been fitted with automatic sensors & timers, so we only use power when it is required. We also have dedicated lighting in all areas of the centre, further reducing the use of unnecessary power.

Fans are provided in the centre for your comfort, on most days it is quite sufficient to run the fan on the lowest setting. You can further assist us by switching fans off after use, or if you are the last to leave an area.

FIRM Fitness Centre proudly use



Mirrors in Group Fitness

Instructors are vital to improving in-class technique. Mirrors in the front of the room detract focus away from the instructors and can make people feel self-conscious.

We believe instructors are the most powerful coaches when it comes to improving in-class technique. So we want attendees to focus on the instructor on the stage at all times, rather than looking at themselves in the mirror. We also believe mirrors can be detrimental to a member's experience as they can make them uncomfortable.

Les Mills recommend mirrors are only on the sides of the studio. This will mean that attendees are not distracted from the

instructor by looking at themselves. It will also have the benefit that the instructor will focus on connecting with the class rather than occasionally looking at themselves in a mirror on a back wall.

Researchers at McMaster University in Hamilton, Ont asked 58 sedentary female university students to exercise in front of a mirror for 20 minutes. The women said they felt less energised, less relaxed and less positive and upbeat than women who worked out without facing their reflections. Even women who felt good about their bodies experience negative effects after seeing their reflections.

Courtesy of LesMills.com

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