



# Firm Fitness

## Newsletter

### Feb ~ Mar 08

#### Latest News

Farewell to our wonderful Camilla!

Cam has sold FIRM Fitness, leaving our gym in the 'very good hands' of Deb and Bill Miles. They're both friendly, knowledgeable and passionate about health and fitness.

Thanks Cam, for 9 great years. The gym was in very rough shape when you bought it, & you've worked hard to bring it to where it is today. It's come such a long way, thanks to you.

We'll still be seeing Cam here: whenever she comes in to work out.



#### Firm Facts

Food Myth 3: Fats are bad for you.

False! Not all fats are bad! 'Good fats' supply you with essential fatty acids, which the body can not produce itself. They also act as a carrier for fat soluble vitamins, and certain antioxidants.

There are 4 different types of fats: Saturated fats & trans fats are 'bad fats', linked to heart disease and certain types of cancer.

Monounsaturated and polyunsaturated fats are 'good fats', found to reduce your risk of heart disease, diabetes and symptoms of arthritis. Dietitians recommend we consume 1 - 2 tbsp of a good oil, or some nuts, avocado or wheat germ every day.

(From "Australian Healthy Food Guide" Sept. 2007).

#### Our Goals



"It's never too late to be who you might have been"

~George Eliot

We welcome Deb and Bill Miles -- the new owners of our gym. Their goal is to turn our great gym into an even better one.

And for that they want to hear from you! Deb and Bill value your feedback and suggestions, and they'd love to hear from you.

Deb and Bill are pleased to introduce the convenience of online booking at [www.firmfitness.com.au](http://www.firmfitness.com.au) (for all Group Programs like Body Pump, etc).

Of course, bookings can still be made in person, or by phone!

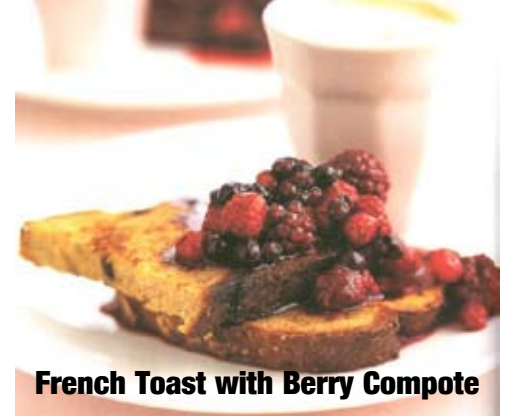
Deb and Bill are also enthusiasts about ICE: Indoor Cycling Experience. For fans of our traditional cycling class, this one's even better! ICE is a real calorie burner: people are burning up to 800 calories in just a 45 minute session!

Watch out for other exciting changes, all designed to improve our gym.

Do you have any low fat and low GI recipes you'd like to share? Just send them to [newsletter@firmfitness.com.au](mailto:newsletter@firmfitness.com.au). Please include nutritional information (e.g. fat content, etc.) and, ideally, a picture of the meal. Thank you!

#### Cooking Corner: Always Low GI

From "The Low GI Diet Cookbook".



#### French Toast with Berry Compote

Ingredients:

- 200g mixed berries, fresh or frozen \*
- 2 eggs
- 2 tbsp low fat milk
- 4 slices fruit loaf
- 2 tbsp pure maple syrup

\* Use any combination of berries -- strawberries, raspberries, blackberries, blueberries or boysenberries.

Berries don't ripen once they're picked, so choose carefully -- the deeply coloured ones tend to be the sweetest and have the most flavour.

Method:

1. Put berries in a small saucepan. Gently heat till berries are warm and have softened.
2. Meanwhile, break eggs into a flat dish, add milk & whisk with a fork to combine. Add slices of bread and coat well, on both sides, with mixture.
3. Heat a nonstick fry pan over medium heat and dry-fry 2 slices of the bread for about 3 minutes on each side, or until brown. Repeat with the remaining 2 slices.
4. Cut the toast in half and serve topped with the warm berries, and 2 tsp of maple syrup drizzled over the top of each.

Analysis Per Serve (4 serves):

Energy	890 kJ (215 cal.)
Fat	4 g (saturated 1g)
Protein	7 g
Carbohydrate	37g
Fibre	4 g
Sodium	140 mg

## Thanks from Camilla!

In this edition, Cam wanted to say 'thank you' to all of us. She feels so privileged to have been able to help us -- because every time she's done so, she has gained (as much as we have) from the experience. Here are Cam's words:



"I want to thank everyone for the support you have given me over these 9 years. You've helped me so much.

You know, everyone contributes something to people's lives, and you probably don't realise how much you have helped me. Everyone thanks me (which is lovely!), but I need to say 'thank you' back. The wealth of experience I've gained by helping people here is immeasurable. The wisdom I have today is not from any book.

I treasure the close, personal relationships I have formed with so many clients. It's impossible to work in this field without getting to know people, and I've loved this aspect of my work. And it's been a joy to watch your children grow. It's been an inspiration to know older people who have decided to go to university, etc. And so on.

By the way: I'm not going anywhere, really!! I'm staying on as a member here, so I look forward to seeing everybody when I come in to work out.

I also look forward to the new and exciting changes that Deb and Bill will bring to our gym. They have some terrific ideas...wait and see!

I often get asked what the secret is to what I've managed to achieve. Well, all it really comes down to is: perspective. When I'm struggling, I just picture myself where I want to be: I imagine my life as if I have already achieved that goal. This makes it so much easier to then achieve that goal. Really!

Thank you everyone, for everything. And I'll see you around at the gym!"

Want to share your success story? We'd love to hear from you! You don't have to tell us your name, if you don't want to. But do give some relevant, personal information such as your age, sex, weight, health conditions, etc. Send your story to [newsletter@firmfitness.com.au](mailto:newsletter@firmfitness.com.au) Thank you!

## The Nifty Over-50's!

"Beautiful young people are accidents of nature. Beautiful older people are works of art."

-- Eleanor Roosevelt

The following is sourced from "Choose Health: Be Active. A physical activity guide for older Australians".

**Getting Started:** if you're starting an activity program, it's important to begin slowly and increase your activity over time. Be realistic: don't make it too hard for yourself and remember that every 10 minutes counts!

**Choose your activities:** think about the four groups of activities [refer to previous newsletters]: moderate fitness, strength, flexibility, and balance. Make a list of the activities you enjoy and want to do. Strive to do at least one activity from each group every day.



## Brain Teasers

It's important to keep your mind active too. This edition's brain teaser:

I soar without wings, I see without eyes.

I've travelled the universe to and fro.

I've conquered the world, yet I've never been anywhere but home.

What am I?

Answer to Dec / Jan Brain Teaser:  
Four. The four fathers could be grandfathers and are definitely sons already.

Choose a time that you can stick with, and remember: small changes to your daily habits can make a big difference in your overall activity level. Get into a routine. Choose a set time to be active every day. So in addition to coming to FIRM Fitness, why not set small, additional goals, like:

I'll walk every day for 10 minutes after meals.

I'll park my car farther away from the shops.

I'll walk with the grandchildren to the park.

I'll walk the dog every day this week.

I'll walk to get the paper/ milk/ bread.

I'll go dancing every week.



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