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KP FITNESS Newsletter

5th June 2007

THIS MONTH

Recipe of the month

VIVA LAUNCH PARTY-Same Club, Same People, New Look!

WIN 3, 6 or 12 Mth packages for your CLUB WRAP!

PERFECT YOUR TECHNIQUE!

DRINK H2O EVEN WHEN IT'S COLD OUTSIDE!

DON'T CONFUSE HUNGER WITH THIRST!

MEMBER OF THE MONTH ... DAVE!

Dave's Motivational Story

TEAM MEMBER OF THE MONTH....HEIDI!

Welcome KRISTY,

Included in this months newsletter is some exciting news regarding our Viva Launch Party - Same Club Same People New Look , another inspiring article from our push trainers about the importance of strength training for older adults, details of our 'Advanced Lifting-Perfect Your Technique' seminar, and great competitions for you to win some awesome prizes.

Make It Happen .. GET RESULTS,

Dion Mychalyn

• Recipe of the month

Hearty Sweet Potato Salad
Serves 6
Cooking time: More than 1 hour



INGREDIENTS:

- 1kg sweet potato (kumara), peeled and cut

PUSH Article of the Month!

FIT LIFE!

QUOTE FOR THE MONTH

**" GO CONFIDENTLY
IN THE
DIRECTIONS OF
YOUR DREAMS!
LIVE THE LIFE YOU
HAVE IMAGINED..."**

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into large chunks

- 1½ tablespoons Authentic Thai Sweet Chilli Sauce
- 4 spring onions (shallots), sliced
- 100g baby English spinach leaves
- ¼ cup pepitas (pumpkin seeds)
- 400g chickpeas, rinsed and drained
- 400g Juicy Nectarine Yogurt
- 4 tablespoons fresh coriander, chopped

COOKING INSTRUCTIONS

METHOD

1. Preheat oven to 200°C
2. Put the sweet potato onto a non-stick baking tray, drizzle with Sweet Chilli Sauce. Bake for 40 minutes or until the sweet potato is caramelised and soft.
3. Allow to cool. Transfer the sweet potato to a large serving bowl, add the spring onions, spinach, pepitas and chickpeas and gently toss to combine.
4. Whisk together the lemon juice, yogurt and coriander. Drizzle over the salad and serve immediately.

- **VIVA LAUNCH PARTY-Same Club, Same People, New Look!**



**VIVA LAUNCH
PARTY JULY 7TH**

**GET YOUR ASS
THERE!**

KP FITNESS has a new look and a new name. We are now Viva

Fitness and will be launching our new look and

KP GROUP FITNESS TIMETABLE



[Check out this months
changes ...](#)

KP JOKE OF THE MONTH



[classic jokes..](#)

upgraded facility on JULY 7th in our normal fashion. A HUGE PARTY!

Our club offers personalised service and a fun atmosphere where there is something always going on from presentations, seminars, social clubs and most of all parties so we thought we would throw one for the launch of the new name VIVA.

We are unique with our constant innovations, fun squad, group programs, rehabilitation specialists, affiliated businesses which saves you \$\$\$, Kids programs, and most of all, we have been here for 27 years and we are involved in our community!

We also have the leading personal training team 'PUSH_ Training Systems who offer results **GUARANTEED OR YOUR OLD BODY BACK!** Come join us and experience Viva!

- Group fitness extravaganza from 9-1
- 30 minute kids classes from 9-1
- Bouncy castle and face painting for the kids
- Free food thanks to Baa Moo Oink and Zootz and Semaphore Bakehouse.

PLUS The PUSH Team will be busy running fun competitions, health appraisals, massage, training sessions and offering free advice.

- There will be member awards given for our 5-10- 15+ year friends after 1pm.
- There will be a live band from 2 onwards for us to party Viva style!

LARGE PRIZES

Everyone who comes along will go into the draw to win a FREE Overnight Holiday thanks to JETSET Norwood. Valued at \$300.

Bring a friend and go into the draw for a 12, 6, 3 month package.

GET RESULTS .. GET REWARDS!



[Check out our other business affiliations for great rewards!](#)

STRENGTH FOR LIFE AT KP!



- **WIN 3, 6 or 12 Mth packages for your CLUB WRAP!**

KP FITNESS will be VIVA FITNESS as of July this year and we are running a competition for the best club testimonials to tie in with the the launch of our new club name.

You can win 3, 6 or 12 months FREE for simply sharing your results or positive experiences about our club. Your response can be about anything you wish to share and therefore the best club wrap or Push wrap will be voted on by you, our friends.

Email your response to Dion@kpfitness.com.au or simply hand to reception. All wraps will be posted on our testimonial wall where club friends can vote for the winner. All entrants go into the draw for the prize and entrants and voters will be given a free gift for taking part. To vote simply write down the number of the testimonial you like and why? Place your name and details down receive your FREE gift.

Competition will close Mid- July We look forward to hearing your responses and make our club an even warmer and friendlier experience!

- **PERFECT YOUR TECHNIQUE!**

:: amber@kpfitness.com.au
:: <http://www.kpfitness.com.au>

:: 08 8353 5533



Learn how you can "Perfect Your Technique" where the PUSH team will take you through an hour of the most effective strength training lifts.

All participants go into the draw to win 3 PUSH_Fit-life packs.

Pack your training gear and get ready for results.

June 30th @8pm

Put your name down as there are only limited spaces for this one guys!!!

- **DRINK H2O EVEN WHEN IT'S COLD OUTSIDE!**

Even though it's cold outside, don't overdress when you're exercising. Exercise raises body temperature significantly. Even a moderate workout can make you feel like it's 30 degrees warmer than it is. So, if it's 25o, dress as if it were 55o. You should be slightly chilled when you first start training. You'll warm up soon



enough, once you start exercising.

Also, layer your clothing. Instead of a heavy jacket, wear a lighter jacket over a sweater or sweatshirt, over a regular shirt. That way, you can unzip or remove items to lower your body temperature during exertion.

You know the importance of drinking plenty of water while exercising during hot weather. But it's just as important to keep the water flowing during the winter months.

When exercising in cold weather, you lose water from sweating and breathing - when you "see" your breath, you're seeing water droplets that your body uses to warm the cold air you're inhaling. Cold also stimulates urine production.

So, to avoid dehydration, drink even if you don't feel thirsty.

- **DON'T CONFUSE HUNGER WITH THIRST!**

The reason people eat is because their satiety centers are begging for attention. But sometimes, those appetite centers want things for quenching thirst, not filling the stomach. Here's how to figure out what your body is really asking for.



Quench or Crunch? Thirst could be caused by hormones in the gut that produce feelings much like hunger cravings. To figure out what your body really needs when you feel hungry, drink a glass or two of water. If the craving goes away and you feel more satisfied, you have your answer.

Satiety Training Thirst could also be a chemical response to eating; eating food increases the thickness of your blood, and your body senses the need to dilute it. A great way to avoid confusing your hormonal reaction to food is to make sure that your response to thirst activation doesn't contain empty calories -- like the ones in soft drinks or alcohol. Your thirst center doesn't care whether it's getting zero-calorie water or a mega calorie frappe'.

So how do you know if you're getting enough fluids? Some people rely on their thirst to gauge whether their bodies are properly hydrated. Others go by the conventional wisdom of "8x8", and others wait until they are feeling the signs of mild dehydration like fatigue or notice a dark colour or strong smell of their urine before they drink up.

Using either of the first two rules will probably ensure that you are properly hydrated. However, neither system is the last word on water intake. You'll need to listen to your own body to determine the level of fluid intake that is optimal for you.

When standard measures may fail, keying in to times that you may need more water like during and after exercise and in hot weather, or signs that you are mildly dehydrated can help you avoid annoying symptoms of heavy fluid loss, such as feeling more tired. However, there's little usefulness in getting more fluids than you need. It will result in nothing more than having to run to the bathroom frequently.

So next time when you feel a hunger come on, ensure you have had an adequate intake of H2O for the day before reaching for that extra sandwich, or eat foods that are high in water content!

• MEMBER OF THE MONTH ...

DAVE!

Dave's Motivational Story



I have always struggled with my weight. Sometimes I struggled hard, but most of the time I just didn't care about the way I looked. I go to the point where I could no longer stand to look at the reflection in the mirror, and resolved to change it. That was when I joined KP (Viva) Fitness.

Exercise was on my list of least favourite things to do, and should be avoided at all costs. I was so unfit that the 5 minute walk to the gym would wear me out. This was overcome with the push from Adam, and the friendly encouragement of the KP (Viva) Fitness staff.

It has been nearly a year since I first started my training sessions, and during that time I have lost 30 kilograms, have put on muscle tone, and feel a whole lot better. If I don't get to the gym at least three times a week, I go through withdrawal. Not only has Adam shown me some great fat burning/muscle building exercises, but has taught me valuable lifestyle changes to make sure that I don't put the weight back on. I have more confidence in myself, which has improved every aspect of my life. I know that I will reach my goal weight, and keep it off!

Now the only exercise I struggle with is the walk home from the gym, when I have completely worn myself out.

The photo of me above in my suit was taken

recently. It has been 12 years since I fit into this suit, thanks to KP (Viva) Fitness.
Dave Huggins

• **TEAM MEMBER OF THE MONTH....HEIDI!**



Heidi has had an outstanding month in customer care servicing all of our clients. She has gone out of her way this month to train up our new team member Vicki who's been doing a fantastic job.

Heidi is a great person to have around the centre as she's always happy to help out in any way that she can, and she has an infectious personality...a true gem! Shine on Heidster!

• **PUSH_Article of the Month!**

STRENGTH TRAINING
FOR OLDER ADULTS



It is very important for all of us to maintain a quality of life, stay fit, stay strong, and be mobile for as long as possible. No matter what your age, you don't have to accept becoming frail and you can slow down and even stop some of your conditions.



[THE RIGHT BUTTON]

Some things to consider:

- Use it or lose it!
- Strength training is a potential age eraser
- Women need strength training as much as men
- You don't have to be young to lift weights
- Weight training will build strength and get those unwanted inches off
- Your metabolism will be sped up with muscle gain
- Strength training can help prevent back pain, reduce arthritic pain, and help prevent some symptoms of diabetes.

Once you have reached the age of 25 you can lose up to 3.2 kg of muscle per decade. This does not sound like much but each kg of muscle is an extra 25 calories per day your body will burn. The more muscle that you have, then the more likely that your body will be a "Fat Burning Furnace".

If you suffer from Osteoporosis or are worried about being a victim of it then you need to get on to some form of strength training. Bone degeneration can be slowed down by strength training and new bone can actually be regenerated.

Arthritis sufferers can get relief from strength

training. This will help to lubricate the affected joints and also nourish the joint. Regular resistance work will strengthen the muscles around the joints and provide better support.

For most of us strength training is seen as lifting heavy weights and getting huge with muscles. This is not the case as strength training is basically just lifting more than your body is accustomed to working. Some improvements are:

- Tone and strength through the muscles
- Stronger tendons and ligaments
- Stronger bones
- Stable joints and less chance of injury
- It'll be easier to perform daily tasks

If you want to get old without getting frail then get into some resistance training. Speak to one of the PUSH_Trainers and we can get you headed in the right direction.

PUSH_ the right button

Jamil

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training
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for people
who love
living.....
....a fit
life!**



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28th

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See Front line for details.

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