



# VIVA FITNESS Newsletter

**1st December 2007**

## **THIS MONTH**

**RECIPE OF THE MONTH**

**VIVA STRIP CLUB!**

**LAST CHANCE TO WIN A PLASMA!**

**CHRISTMAS PARTY!**

**WHAT'S YOUR EXCUSE FOR NOT EXERCISING?**

**EAT, DRINK & BE MERRY SEMINAR!**

**MEMBER OF THE MONTH ...Stav Alexiadis . .**

**TEAM MEMBER OF THE MONTH....Jamil Boumoulgbay!**

**PUSH Article of the Month!**

**V-STYLE!**

**FREE\_PUSH Session on Viva!**

**Welcome KRISTY,**

Included in this months newsletter is our delicious low-cal fruit cake (perfect for christmas!), how you can give a free PUSH session to a friend, another great article from one of our PUSH\_trainers, your last chance to win an awesome plasma and some info all about our new Strip Club!

If you haven't tried our Spring Sizzler classes yet, make sure you try one soon . . . they're proving to be really popular!

And don't forget to put your name down for our Eat, Drink & Be Merry seminar coming up soon!

Make It Happen .. GET RESULTS,

Dion Mychalyn

## **• RECIPE OF THE MONTH**

**SPECIAL FRUIT CAKE**

It contains no butter, sugar or salt - a great way for everyone to celebrate Christmas!



## QUOTE FOR THE MONTH

**"HE THAT IS GOOD AT MAKING EXCUSES, IS SELDOM GOOD AT ANYTHING ELSE"**

## GET 10% OFF CONSULTATIONS AT SEAVIEW PODIATRY!



## VIVA GROUP FITNESS TIMETABLE

- 1 kg mixed dried fruit
- 1/2 cup boiling water
- 1/2 cup orange juice
- 1 cup nuts
- 2 cups wholemeal flour
- 2 tablespoons gluten flour or extra flour
- 3 teaspoons baking powder
- 3 eggs
- 1/4 cup slivered almonds
- 2 tablespoons sherry

For the mixed dried fruit use any combination of the following dried fruits: dried fruit mixture, sultanas, raisins, prunes, currants, dried apricots, peaches, nectarines, dried apples, dried mango etc.

Chop or cut (with scissors) large pieces of fruit into pieces the size of sultanas. Put them in a tough, heatproof plastic bag and pour the boiling water and then the orange juice over them.

Close the bag, leaving an opening of about 2cm unsealed, lie fairly flat in the microwave and cook on High (100% power) in 1 minute bursts, until the fruit is hot. Turn the bag over after the first minute, making sure the liquid can't escape. When the fruit is hot, take the bag out of the microwave and lie it on a cold surface to cool to room temperature. Leave overnight or for at least 2 hours, to cool and soak up the liquid.

Turn the oven on to 160 ° C or 150 ° C fan-bake with the rack below the middle. Line the bottom and sides of a 20cm square cake tin with baking paper. When you are ready to mix the cake, chop the nuts finely and put them in a large container with the wholemeal flour, gluten flour (if available) and the baking powder. Mix thoroughly. In a mixing bowl large enough to hold everything, beat the eggs until thick and fluffy with a rotary beater.



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

## VIVA'S JOKE OF THE MONTH



[classic jokes..](#)

**GET RESULTS  
.. GET REWARDS!**

Add the cold fruit mixture and the dry mixture. Mix with a clean hand until everything is thoroughly combined. If about a cupful of mixture seems to be too dry to drop from your hand, add 2-3 tablespoons extra water or sherry. Put the mixture into the cake tin by hand, pushing it evenly into the corners. Level off the top with a damp hand. Sprinkle evenly with the slivered almonds.

Bake, start testing the cake after 1 1/4 hours. It usually takes about 1 1/2 hours until a skewer pushed into the centre of the cake comes out clean, showing the cake is ready. Stand the hot, cooked cake on rack. Sprinkle or brush the surface of the cake with 2 tablespoons of sherry for extra flavour. When cold, wrap the cake in greaseproof paper and a tea towel, and store in the fridge for a least several days before cutting or freeze strips (see below) in airtight plastic bags, up to 3 months.

To cut the cake into 1cm x 4cm slices, use a sharp serrated knife. Cut the cake into five strips of equal width, then cut each of these crossways into about twenty 1cm slices.

*Approx nutritional analysis per slice?* Energy 213kJ  
51kcal Fat 1g Carbohydrate 8g

### • VIVA STRIP CLUB!

You've spent all year working hard to get the results you want - now get the wardrobe you deserve! A new innovation here at Viva is collecting the clothes that no longer fit and donating them to a charitable organisation. Simply bring in





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

## STRENGTH FOR LIFE AT VIVA!



[Check out strength training for the elderly](#)

your old clothes and put them in the bin!



### • LAST CHANCE TO WIN A PLASMA!

**WIN A PLASMA! Valued at \$1500!**

All you need to do is refer 3 friends and you could win a massive 42" Plasma television.



Refer as many people as you can and increase your chances of winning!!!

Place your entries in the stand in the front foyer.

Conditions Apply

### • CHRISTMAS PARTY!

Join us for a night to remember at The HENLEY HOTEL on Friday 7th Dec at 8pm

Announcements of plasma winner and BTC winners

All night drink specials, DJ & private function room.

See you there!



:: [info@vivafitness.com.au](mailto:info@vivafitness.com.au)  
:: <http://www.vivafitness.com.au>

:: 08 8353 5533

## • WHAT'S YOUR EXCUSE FOR NOT EXERCISING?

There are millions of excuses not to exercise.

Too busy, too old, too tired . . . none of them are valid reasons.



1. If time is your enemy: Re-evaluate your schedule.

Time is the easiest cop-out for not exercising. Unless your schedule is crammed with activities from the time you get up until the time you go to bed (talking on the phone and watching television don't count), then you simply have to make time to exercise. Get up earlier and take a brisk walk around the block. Instead of spending 30 minutes sitting in front of the television at night, walk on your treadmill when you watch your favorite show. Have a baby? Find a club that offers aerobics with strollers. And don't think that you have to exercise all at once. Break your workout into two 15-minute sessions or three 10-minute sessions and do them throughout the day.

2. If you think you exercise enough already: Examine exactly what you do.

If you're working in your target heart rate zone for at least 20 minutes five times a week, then you probably are getting enough exercise. If not, add some extra minutes for more vigorous exercise, whether that's working longer in the garden or taking your bike around the neighborhood more often.

3. If you have health problems: You may have a valid reason for not exercising, especially if your doctor has ordered you not to.

However, exercise has been shown to aid in the recovery and prevention of many health problems, including heart disease. Talk to your physician and see what kind of exercise program he or she recommends.

4. If exercise is boring: Take a new approach to exercise.

Participate in an activity you enjoy. Better yet, find several activities you enjoy so that you're never doing the same thing twice. If you're tired of working out alone, find a workout buddy; dogs are also good companions on walks. (Remember, though, that even dogs have a limit to how much exercise they should do.) Sick of working out at home? Join a gym or hire a qualified personal trainer to revamp your exercise program.

5. If you think you're too old: Revisit your childhood and remember how you used to say you'd never be too old to do anything.

You're still not. Exercise is an ageless activity, and it's the closest thing we have to the fountain of youth. Exercise may not erase the wrinkles on your skin, but it will increase your energy level, have you lose weight, reduce stress, allow you to live longer and healthier, and renew your confidence. And that's just for starters. In fact, research shows that exercise is the best medicine we have for helping us age gracefully.

6. If you think exercise is a waste of time: Imagine if you said the same thing about changing the oil in your car.

Without oil changes, your car would eventually not function, the same way your body will if you don't exercise. Commit to just three days of being active and your body will thank you. In the end, it'll repay

you by helping prevent illnesses like heart disease, some cancers, hypertension, and obesity. If you still think exercise is a waste of time, then do two things at once. Ride a stationary bike and read a book. Take a walk outside and plan your strategy for making that presentation your boss asked you to do.

7. If you're too tired to exercise: Get moving.

Fatigue can actually be caused by a sedentary lifestyle. Exercise will help jump start your body. Start slowly, and over time, exercise will increase your energy level while decreasing your fatigue.

Excuses provide an easy way to avoid exercising. The faster you work towards eliminating those excuses, the closer you'll be to living a healthier, more active life. Eventually, exercise won't be a chore - it will be the reward your body's been craving

#### • **EAT, DRINK & BE MERRY SEMINAR!**

**Wednesday 5th December  
at 7.45pm**



Learn how to maintain your years progress and enjoy the festive season in this helpful and informative presentation on healthy living.

Take away 5 key points to ensure you go forward this holiday season.

**A presentation not to be missed!  
Register your name at frontline to ensure your  
place as seats are limited.**

## • MEMBER OF THE MONTH ...Stav Alexiadis . .

. . for being an absolute legend.

She is always positive and a great team member. She joins each and every session with her group in the mornings with a positive attitude and they love having her there.



She really goes out of her way for those around her and she deserves to be noticed as an Eagle because she flies above the rest.

Well done!

## • TEAM MEMBER OF THE MONTH....Jamil Boumoulgbay!

Jamil is the Eagle of the month and deserves it BIG TIME.

He is a star because:

- He opened the club when frontline didn't show and did it well.
- He broke records in PT with a massive month and 71 pts in a week.



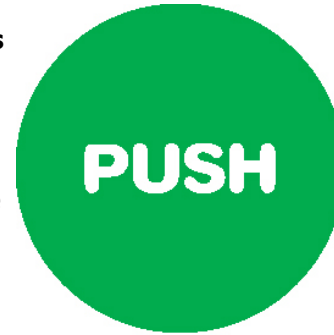
He is always cool and calm wherever some may be stressed. Jamil has gone out of his way for his team this month to help where needed, and also his clients are always reporting his extra efforts.

Mate you are a true leader - Well Done.

- **PUSH\_Article of the Month!**

### **The Spinal Cord and its Functions**

The spinal cord is made up of nerve fibers that travel in two ways. These fibers send messages from the brain to the body and vice versa.



An example of messages being sent is... when you touch something hot/cold/sharp etc, messages are sent through your spinal cord and your body reacts with the reflex action. This can also be seen when you are off balance, miss a step, or misjudge something.

**THE LOWER BRAIN** – made up of the brain stem, cerebellum, and basal ganglia.

The brain stem is the stalk of the brain connecting it to the spinal cord. This area is highly involved in maintaining the body's centre of gravity and plays a huge role in stability and balance training.

The cerebellum is the modification area. This is where running, jumping, and agility training are adjusted. The cerebellum adjusts the actual movement pattern being produced so that everything works the way that it should.

The basal ganglia helps the brain control complex motor activities, and almost all the motor nerve fibers pass through the basal ganglia. This area is used to initiate and control repetitive and

continuous movement patterns such as walking or running.

THE HIGHER BRAIN (cerebral cortex) – controls the most complex motor patterns and is responsible for initiation of all voluntary movements.

Together the SPINAL CORD, LOWER BRAIN AND UPPER BRAIN, along with the rest of the central nervous system are continually attempting to learn, store, recall, and modify movement to help our bodies move and react in a changing environment.

As your body changes (grows, gets damaged, gets stronger, shrinks, weakens), then these systems are affected and will adjust to reprogram the body to compensate. This process happens all through our lives and requires constant coordination of the neuromuscular system. This is another good reason why we all need to be consistent and efficient in our exercise programs.

Jamil "jammin"

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## • V-STYLE!

**V-STYLE** Spring Sizzler is an innovative program that we designed to bring back freestyle group fitness and it is only available at Viva. The classes were such a hit in November - we're doing it again!



Saturday 3rd at 10.45am,  
Wednesday 10.30am & Friday 6.30pm.

- **FREE\_PUSH Session on Viva!**

Submit your entry to win one of 10 FREE sessions! (For non\_PUSH members ONLY)

See inside Viva's newsletter for the entry slip.



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VIVA FITNESS | 3-4 Keele Place | Kidman Park | SA | 5024 | Australia